

Tender Heart School,

Sec-33B, Chandigarh

(Physical Education)

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Class: X

Chapter - 6

Safety in sports Question/Answers

1. Find the odd from the following: soft tissue injuries types-

(a) Laceration

(b) Abrasion

(c) Contusion

(d) None of these — ✓

2. In the technical terms, muscle pull is known as:

(a) Sprain

(b) Strain — ✓

(c) Abrasion

(d) Contusion

3. Which of the following is not a cause of sports injuries?

(a) Age related causes

(b) Equipment selection related

(c) Related to poor technique

(d) None of these — ✓

4. This ligament is located internally and crosses at the back of the knee joint.

(a) MCL

(b) ACL — ✓

(c) PCL

(d) LCL

5. Sprains are injuries to :

- a) Ligaments
- b) Tendons
- c) Bones
- d) Skin

6. In the technical terms, muscle pull is known as _____.

- a) Sprain
- b) strain — ✓
- c) Abrasion
- d) Contusion

7. What is shin splints injury?

- a) Tibialis (Posterior) Muscle is injured
- b) Tibialis (anterior) Muscle is injured — ✓
- c) Pain in two lower legs
- d) Pain in calf.

8. Which of these injuries is a common running injury?

- a) Runners knee
- b) Shin splint
- c) Blister
- d) All of these

Q:- 1. What is sprained Ankle?

Ans: A sprained ankle is common sports injury. They occur when the ankle ligaments are stretched past their limits and tear.

Define fracture?

A crack or break in the bone is called a fracture.

Q:-2 state any three preventive measures to be taken in order to avoid sports injuries?

Ans: Injury prevention is crucial for achieving training goals and maintaining overall health & safety during physical exercise.

Three preventive measures to be taken to avoid sports injuries are:

1. Proper warming up and cooling down to be done
2. Wearing recommended protective gear;
3. Regular Medical check-ups
4. Proper Technique and Training
5. Fitness of the athletes.

Q:-3 What are the principals of first Aid?

- Ans:
- Preserve life
 - Promote Recovery
 - Provide comfort
 - Seek Medical Help
 - Ensure personal safety
 - Follow the good Samaritan Approach

Q:-4. What do you mean by Rehabilitation?

Ans: Rehabilitation refers to the process of helping individuals recover, improve, or restore their physical, mental, emotional or social functioning after an illness, injury or challenging situation. The goal is to enable individuals to regain independence, improve their quality of life and back into their personal, professional or societal roles.

Q:- 5 Distinguish between ACL and MCL?

Ans: ACL → stands for Anterior Cruciate Ligament
 MCL → stands for Medial Collateral Ligament.

Aspect	ACL Injury	MCL Injury
1. Location	The ACL is placed inside the knee joint, crossing in the centre to link the femur and tibia	The MCL is found on the inner side of the knee, linking the femur the tibia along the medial (inner) part of the knee
2. Function	The ACL stabilizes the knee by preventing the tibia from moving too far forward relative to the femur and limiting rotational Movements.	The MCL stabilizes the knee by preventing the leg from bending inward & resists valgus stresses (which drive the knee inward)
3. Common Causes of Injury	ACL injuries are commonly caused by rapid stops changes in direction, or uncomfortable landings that forces the knee to twist or hyperextend.	MCL injuries are often caused by a direct impact to the outside of the knee, causing it to bend inward or by excessive strain on the inner knee.

4 Symptoms

Symptoms of ACL damage include a 'popping' sensation in the knee, acute pain, rapid swelling and instability or a sense of the knee "giving out".

An ACL injury causes discomfort and tenderness along the inner knee, swelling, and trouble moving the knee. However, knee instability is less common than ACL injuries.

5. Treatment

ACL injuries often require surgical intervention, particularly among athletes, followed by significant rehabilitation. Physical treatment is non-surgical option, although recovery may take several months.

MCL injuries are frequently treated non-surgically using rest, ice, compression & elevation (RICE) in conjunction with physical therapy. Heal within a few weeks or months.

Note: Everyone complete chapter 5, 6 or 8 in fair copies.

- * Last date submission of SUPW Project is this week only.
- Take it seriously, Heat is most urgent.

- Kiran Bansa.

CHAPTER - 6 : SAFETY IN SPORTS TOPIC - 1 SPORTS RELATED INJURIES AND FIRST-AID

