

	R181 Exam Unit	R181 Reducing the risk of sports injuries	Revision Guide Pages
	Topic area 1 Understand the different factors which influence the risk and severity of injuries		
8/1/24	Extrinsic factors	Type of activity, coaching supervision Environmental factors, equipment,	11 - 18
15/1/24	Intrinsic factors	Individual variables, Psychological factors Aggression Mental strategies	19 - 25
W/B 22 nd Jan	Topic area 2 Warm up and cool down routines	Components of a warm up Physiological benefits of a warm up Psychological benefits of a warm up	26 - 32
		Components of a cool down Physiological benefits of a cool down	
W/B 29 th Jan	Topic Area 3 Different types and causes of sports injuries	Acute injuries – soft and hard tissue injuries	33 - 44
		Causes and treatments	
		Types of chronic injuries Causes and treatments	
W/B 5 th Feb	Topic Area 4 – Reducing the risk, treatment and rehabilitation of sports injuries and medical conditions	Safety checks Strategies to reduce risk Emergency action plan	45 - 55
February ½ term			
W/B 19 th Feb	Mock exams		
W/B 26 th Feb	Mock exams		
W/B 4 th March		Responses and treatments SALTAPS	
W/B 11 th March		DRABC PRICE X-Rays Treatments and therapies	
W/B 18 th March		Psychological effects of injuries and conditions Rehab	
W/B 25 th March	Topic area 5 – Causes, symptoms and treatments of medical conditions	Asthma, Diabetes, Epilepsy	56 - 64
W/B 15 th April		Cardiac arrest Hypothermia Heat Exhaustion Dehydration	

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W/B 22 nd April		Revision	
W/B 29 th April		Revision	
W/B 6 th May		Revision	
W/B 13 th May		Revision	
20th May		OCR Sport Science Exam (pm)	