

## Kinesiology 11: Sports Injuries Project 2020 (modified since we aren't at school ☹)

### Introduction:

As many of us know from personal experience, playing sports can have physical consequences. These can include different injuries to the skeletal and muscular systems such as fractures, dislocations, sprains and muscle strains or tears. Team trainers and physicians treat injuries to both professional and college athletes.

### Task:

Working **alone or in a group of 2** (you can work together in Google slides or PowerPoint online), you will take on the role of a team trainer for one of your favorite sports teams or athletes.

You will research **three different injuries** that athletes can or have sustained by playing your sport.

You will then present your findings by submitting a PowerPoint, a video, or a news report (via email to Ms. Wood – [kwood@sd44.ca](mailto:kwood@sd44.ca)).

You will also need to include **references in APA**.

### Criteria (the project needs to include the following):

- Name of sport or activity of your choice (pick something you play, or something exciting where you know people get injured often)
- Brief description of the 3 sport specific injuries you researched (show the three filled in charts):
  - **Your chart will look like this for each of your injuries:**

1	Name and type of injury	Ankle sprain
2	Explain how the injury affects cells, tissues, organs and systems specifically	"Cells of the ligaments are torn"...be more specific than this!! Name the cells involved when an injury goes through the healing phases...
3	Tissues affected by the injury (bones, tendons, ligaments etc)	Ligaments of the ankle (name them specifically)
4	How the injury is most often caused	Landing on the ankle and the ankle falls inward - an inversion sprain (use proper terminology and explanations)
5	How the injury is diagnosed	MRI (tell me what this will reveal about the injury)
6	How the injury is treated and the length of recovery time	P.R.I.C.E or surgery depending on the severity - recovery time days to months depending
7	Prevention - what can you do to prevent this injury or prevent a relapse	Wearing a brace

- Detailed explanation of **ONLY ONE** of the injuries you researched (be sure to discuss the 7 areas included in your chart with more in depth information that you put in the chart)
  - Include appropriate **terminology** which properly shows your understanding of the musculoskeletal system
  - Include **pictures**
  - Include statistics about **injury occurrence**

- Introduce the class to an athlete (preferably famous) who has suffered from ONE of the types of injuries you researches (not ALL of them!)
  - Athlete's name, who they play for, for how long...
  - How and when the injury occurred (if there's a video clip of this be sure to embed it into your presentation to show me)
  - Explain the **mechanism of injury** (how their injury occurred)
  - How the injury was **diagnosed**
  - How the injury is being **treated**
  - How long the **recovery** will be - when the athlete can be expected back in play
- Any other information or "fun facts" you can come up with

**Assessment:**

You will be marked according to the following assessment rubric:

	<b>Excellent (4)</b>	<b>Good (3)</b>	<b>Fair (2)</b>	<b>Poor (1)</b>
<b>Content (/8)</b>	All required information is presented	Most of the required information is presented	Some of the required information is presented	Hardly any required information is presented
<b>Knowledge and Understanding (/8)</b>	Researchers clearly tie together the human body systems and the injury. It is clear that the researchers fully understand how this injury affects the musculoskeletal system	Researchers tie together the human body systems and the injury. It is clear that the researchers understand how this injury affects the musculoskeletal systems, but could have made the connection a little more clear.	Researcher's information is lacking in linking together the human body systems and the injury.	Researchers do not bring together the human systems and their researched injury with enough detail. Understanding is not clear to the audience.
<b>Organization (/4)</b>	Presentation is well organized and easy to follow. Transition between topics is smooth	Presentation is organized and easy to follow but transition between topics is not smooth	Presentation is somewhat organized but hard to follow	Presentation is very unorganized and difficult to follow
<b>Visual Aid (/4)</b>	Visual aid is creative, colorful, easy to read, and used effectively.	Visual aid is colorful, readable and used somewhat effectively.	Visual aid is lacking color, difficult to read, and not used effectively.	Visual aid is not used at all in the presentation.
<b>Total = /24</b>				