# PDHPE HSC Assessment Task 2: Option 3

**Sports Medicine**

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<th>Mark / Weighting:</th>
<th>Date Due:</th>
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<td>15%</td>
<td>Thursday week 6, before 8:30am (8/3/18)</td>
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**Context:** This assessment task is based on planning for safe participation; managing injuries; and enhancing athlete wellbeing.

**Task:** The purpose of this assessment is to measure student understanding and ability to apply some of the principle of sports medicine. This assessment contains HSC type questions related to a specific sporting scenario.

**Outcomes:**
- H8 explains how a variety of training approaches and other interventions enhance performance and safety in physical activity
- H13 selects and applies strategies for the management of injuries and the promotion of safety in sport and physical activity
- H16 devises methods of gathering, interpreting and communicating information about health and physical activity concepts.
- H17 selects appropriate options and formulates strategies based on a critical analysis of the factors that affect performance and safe participation

**Areas of Study:**

**HSC Option: Sports Medicine**

- Classification and management of sports injuries
- Rehabilitation procedures
- Sports policy and the sports environment

**Task Description:**

**Case Study**

The Metro under 12’s are a junior representative AFL team from the city. They train three times a week at the High Performance Institute of AFL and play weekly at major AFL venues across the city.

Occasionally, the Metro under 12’s travel to other districts to defend their reputation as the best junior AFL team in NSW. On a recent trip, the team travelled seven hours to a regional NSW town. Arriving the day before the competition, they camped at the Horse Shoe Motor Village. Like the camping ground, the grounds were bumpy and in poor condition with pot holes and patches of bare dirt.

Additionally, the temperature on the day of the competition was in the high thirties and the humidity was also quite high.

During the match, the Metro’s best player John strained his hamstring and several other players also sustained a variety of injuries and illness.
Question 1 and 2 are to be submitted on the due date (same day as students are to complete the Question 3 in class component).

**Question 1**
Outline the management of John’s injury.
(6 marks)

**Question 2**
Explain the rehabilitation procedures that will be used to manage John’s injuries.
(8 marks)

**Question 3** – You will have 45 minutes to complete a response for the following statement in class.

As the president of a junior AFL association, analyse how sports policies and the sports environment can promote safe participation for junior athletes.
(12 marks)

**Student Guidelines:**
Review your Syllabus document to ensure you are covering the correct areas of study and provide examples for each question.

Students **MUST** hand in their assessment task to Student Reception on **Thursday week 6, before 8:30am (8/3/18)**

If you are having trouble in understanding what to do; make sure you see your class teacher well in advance of the due date for clarification.

Good luck!!!
### MARKING GUIDELINES

**PART A (26 MARKS)**

**Question 1**
Outline the management of John’s injury.
(6 marks)

**Outline:** Sketch in general terms; indicate the main features of

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| 5-6   | Outlines the accurate management of soft tissue injuries  
      | Using relevant examples (specific to case study - hamstring injury) to illustrate answer  
      | Presents ideas in a clear and logical way |
| 3-4   | Identifies the management of soft tissue injuries  
      | Uses examples to illustrate answer |
| 1-2   | Provides some relevant information about the management of soft tissue injuries |

**Question 2**
Explain the rehabilitation procedures that will be used to manage John’s injury
(8 marks)

**Explain:** Relate cause and effect; make the relationships between things evident; provide why and/or how.

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| 7-8   | Thorough explanation of the rehabilitation procedures used to manage a hamstring injury in AFL  
      | Uses appropriate examples to illustrate answer  
      | Presents ideas in a clear and logical way |
| 5-6   | Describes the rehabilitation procedures used to manage a hamstring injury in AFL  
      | Uses appropriate examples to illustrate answer |
| 3-4   | Outlines the rehabilitation procedures used to manage a hamstring injury in AFL  
      | Few examples and / or limited reference to hamstring injury or AFL |
| 1-2   | Provides some relevant information |

**Question 3**
As the president of a junior AFL association, analyse how sports policies and the sports environment can promote safe participation for junior athletes.
(12 marks)

**Analyse – Identify components and the relationship between them; draw out and relate implications.**

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| 10-12 | Draws out and relates implications between the sports policy and environment in promoting safe participation in junior AFL  
      | Uses appropriate and specific examples related to junior AFL  
      | Presents ideas in a clear and logical way |
| 7-9   | Discusses the role of the sports policy and environment in promoting safe participation in junior AFL  
      | Uses appropriate examples  
      | Presents ideas in a clear and logical way |
| 4-6   | Describes the role of the sports policy and environment in promoting safe participation in junior AFL  
      | Uses appropriate examples |
| 1-3   | Provides some information on sports medicine and/or sports policy and the environment |