



Unit Outline (Higher Education)

Institute / School:	Institute of Health and Wellbeing
Unit Title:	MANAGING INJURY PREVENTION IN SPORT
Unit ID:	ISMAN3004
Credit Points:	15.00
Prerequisite(s):	Nil
Co-requisite(s):	Nil
Exclusion(s):	Nil
ASCED:	069999

Description of the Unit:

This unit is designed to enable students to examine activity related injuries impacting on sport globally and to identify injury settings and mechanisms. Students will analyse the sports injury prevention policies from international federations and the risk behaviours of individuals while considering the various factors impacting on injury prevention strategies.

Grade Scheme: Graded (HD, D, C, P, MF, F, XF)

Work Experience:

No work experience: Student is not undertaking work experience in industry.

Placement Component: No

Supplementary Assessment: Yes

Where supplementary assessment is available a student must have failed overall in the Unit but gained a final mark of 45 per cent or above, has completed all major assessment tasks (including all sub-components where a task has multiple parts) as specified in the Unit Description and is not eligible for any other form of supplementary assessment

Course Level:

Level of Unit in Course	AQF Level of Course					
	5	6	7	8	9	10
Introductory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intermediate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Advanced	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Learning Outcomes:

Knowledge:

- K1.** Comprehend major sport-related injury priorities from a global perspective
- K2.** Recognise and discuss the general nature and extent of common sports injuries occurring during active sports participation and their physical, psychological, social and economic impact.
- K3.** Examine safety issues in sport and recreation and identify strategies for injury prevention.
- K4.** Define and explain behavioural, social, cultural, attitudinal, economic, legal and environmental factors that act as barriers to, or facilitate the uptake of injury prevention strategies.

Skills:

- S1.** Evaluate and report on current campaigns relating to injury prevention in both sporting and general environments.
- S2.** Develop an outline of a safety plan or risk management strategy for a sports organisation, facility or event.
- S3.** Critically analyse methods of investigating injury and evaluating injury prevention strategies.
- S4.** Develop new strategy/ies that could be implemented to address an injury issue.

Application of knowledge and skills:

- A1.** Critically analyse and apply principles of injury prevention and risk management to exercise and sport.
- A2.** Critically analyse policies associated with the mitigation of risk of sports injuries
- A3.** Translate knowledge of sports injury prevention priorities into preventative practices for international and national sport federations

Unit Content:

Topics may include:

- The burden of sports injuries
- Sports injury prevention models
- Sports injury risk management strategies
- International sporting federations and their priorities for sports injury prevention
- The burden and risk management strategies associated with head injuries in sport
- The burden and risk management strategies associated with knee injuries in sport
- The burden and risk management strategies associated with hamstring and groin strain injuries in sport
- The burden and risk management strategies associated with injuries in throwing athletes
- The burden and risk management strategies associated with injury prevention in youth athletes
- Effective dissemination of sports injury prevention and safety messaging

Learning Task and Assessment:

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1, K2, S1, A1-A3	Research and examine the major sport injuries and their associated impact on sport organisations and athletes.	ePoster	10-30%
K3, S1-S4	Review and critical analysis of a sporting federation's recommended preventative practices for a specific injury.	Written paper and presentation	40-60%

Learning Outcomes Assessed	Assessment Tasks	Assessment Type	Weighting
K1-K4, S1,S3, A1- A3,	To demonstrate knowledge of a major sport related injury and translate it into preventative practices for national and international sport federations.	Interactive Oral	20-40%

Adopted Reference Style:

APA

Refer to the [library website](#) for more informationFed Cite - [referencing tool](#)