**Injury Prevention In-class Inquiry Assignment**

**Due:** February 13, 2015

* All questions must be written in full sentences.
* No copying and pasting text. Write in your own words.
* Marks are awarded for presentation, grammar and punctuation.
* Give as much detail in your answers as possible.
* Cite your sources.

1. List 4 common injuries in sports, explain what damage has occurred and suggest a way the injury may have happened.
2. What are the best ways of preventing injuries in sports?
3. What are intrinsic and extrinsic risk factors? Give 4 examples for both types of factors that are found in sports.
4. List what risks there are between leaving the classroom and doing sports on the field?
5. Create a safety protocol for when a ball gets kicked onto the road during a Phys Ed class.
6. What is the best way to treat:

* A sprained ankle
* A pulled hamstring
* Shin splints
* A concussion

7) Briefly describe how to perform CPR (one person, adult). When would you use it? How might it save

someone’s life?

You will be assessed using the rubric below.

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| **Category** | **Level 4**  **80-100%** | **Level 3**  **70-79 %** | **Level 2**  **60-69%** | **Level 1**  **50-59%** |
| **Knowledge**  - facts  **/10** | - Student answers all questions using accurate and thorough information | - Student answers most questions using accurate and thorough information | - Student answers some questions using accurate and thorough information | - Student answers few questions using accurate and thorough information |
| **Thinking**  - research  **/10** | - Answers demonstrate an extremely high quality of research | - Answers demonstrate considerable quality of research | - Answers demonstrate some quality of research | - Answers demonstrate limited quality of research |
| **Communication**  - spelling & grammar  - presentation  **/5** | - No spelling or grammar errors  - Presented with excellent clarity | - Few spelling or grammar errors  - Presented with clarity | - Some spelling or grammar errors  - Presented with some clarity | - Many spelling or grammar errors  - Presented with limited clarity |
| **Application**  - practical scenarios  **/5** | Student applies knowledge to practical scenarios extremely effectively | Student applies knowledge to practical scenarios effectively | Student applies knowledge to practical scenarios somewhat effectively | Student applies knowledge to practical scenarios with limited effectiveness |
| **Total**  **/30** | Comments: | | | |