

Title	Demonstrate knowledge of injuries, injury prevention and risks and hazards associated with sport or recreation		
Level	3	Credits	5

Purpose	People credited with this unit standard are able to: describe the types of injuries that may occur while participating in sport or physical recreation, their possible causes and methods for their prevention and/or minimisation; demonstrate knowledge of how to respond to common injuries for a selected sport or physical recreation; and describe hazards and risks related to a selected sport or physical recreation.
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Classification	Recreation and Sport > Recreation and Sport - Core Skills
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this standard includes but is not limited to – the Health and Safety at Work Act 2015, and the Vulnerable Children Act 2014.
- 2 The principles of injury prevention and management applied in this unit standard are taken from and follow Accident Compensation Corporation’s (ACC) SportSmart resources, these may be found online at <https://accsportsmart.co.nz/> or at Regional Sports Trusts and public libraries.
- 3 Definitions
Force application refers to an injury caused by the application of force, including gravity, or resistance external to the body.
Injury prevention refers to methods used to reduce the risk of injury in terms of likelihood and severity.
Overuse (chronic) refers to an injury that has developed over a long term or is chronic in terms of permanent or long term management requirements.
Sudden onset (acute) refers to an injury that does not have an identifiable cause and is denoted by immediate onset or short duration.

Outcomes and performance criteria

Outcome 1

Describe the types of injuries that may occur while participating in sport or physical recreation, their possible causes and methods for their prevention and/or minimisation.

Performance criteria

1.1 Describe types of injuries that may occur while participating in sport or physical recreation.

Range may include but is not limited to – soft tissue, hard tissue, head, spinal.

1.2 Describe possible causes of injury that may occur while participating in sport or physical recreation.

Range may include but is not limited to – force application, sudden onset (acute), overuse (chronic), weather conditions, insufficient hydration or nutrition, factors in the participation environment.

1.3 Describe methods for preventing and/or minimising the risk of injury in relation to sport or physical recreation.

Range may include but is not limited to – warm up, cool down, stretching, personal conditioning, correct skill execution and technique, adherence to rules, safe equipment, protective equipment and clothing, sufficient hydration and nutrition, managing the environment.

Outcome 2

Demonstrate knowledge of how to respond to common injuries for a selected sport or physical recreation.

Performance criteria

2.1 Demonstrate knowledge of the steps to take to respond to injuries common to the selected sport or physical recreation.

Range two common injuries.

Outcome 3

Describe hazards and risks related to a selected sport or physical recreation.

Performance criteria

3.1 Describe potential hazards and risks relating to a selected sport or physical recreation.

Range may include but is not limited to – equipment, people (self and others), environment (including physical environment and climate).

- 3.2 Describe methods of managing the identified hazards and risks in relation to the selected sport or physical recreation.

Range may include but is not limited to – elimination, minimisation.

Planned review date	31 December 2023
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	22 September 2004	31 December 2012
Rollover and Revision	2	16 April 2010	31 December 2012
Rollover and Revision	3	20 May 2011	31 December 2021
Review	4	27 September 2018	N/A

Consent and Moderation Requirements (CMR) reference	0099
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Skills Active Aotearoa Limited info@skillsactive.org.nz if you wish to suggest changes to the content of this unit standard.