

Unit 3 Revision Questions

1. Name 6 areas used in PE which can be described as potential hazards
(6 marks)
2. For 2 of these areas identify 5 specific hazards within the area.
(5 marks)
3. As a PE teacher identify 5 things you could do to minimise the risk from the hazards in a Sports Hall.
(5 marks)

Injury treatment

4. What is a Sign of an injury
5. What is a Symptom of an injury
(4 marks)

6. What are the signs and symptoms of a
 - a. A sprained ankle
 - b. Concussion
 - c. Dehydration
 - d. Strained quadriceps
(8 marks)

7. How would you treat
 - a. A blister on your foot
 - b. Concussion
 - c. Deep cut to the left shin
 - d. Sprained ankle
 - e. Strained calf muscle
(10 marks)

8. What are the 4 rules of personal hygiene?
(4 marks)

Prevention of Injury

9. Identify 5 key safety procedures in 4 chosen sports (the ones you would like to be assessed in).
(10 marks)

10. For one of your chosen sports explain how the referee can minimise the risk of injury
(2 marks)

11. How can using the correct technique can minimise the risk of injury.
(2 marks)

12. What is meant by the term appropriate level of competition.
(5 marks)