AS LEVEL PE - PROGRESS / TRACKING SHEET

INJURY PREVENTION AND THE REHABILITATION OF INJURY

TARGET GRADE	
Current Working at Grade	

	Start of Unit			Interim Check			End of Unit		
TOPICS	R	A	G	R	A	G	R	A	G
You can identify acute and chronic injuries									
You understand how screening, protective equipment, warm-up, flexibility training, taping and bracing are used in injury prevention									
You can describe how proprioceptive training, strength training and hydrotherapy can help rehabilitation									
You can give the physiological reasons why hyperbaric chambers and cryotherapy are used in injury rehabilitation									
You can explain the importance of sleep and nutrition for improved recovery									