

Injuries in Sport

Chose 5 Different injuries and complete the table;

<u>Injury</u>	<u>Explain what it is</u>	<u>Give an example of how it may occur in a sport (don't just name the sport, describe how it can happen)</u>	<u>Describe how you could prevent the injury happening in the first place in the sport you have used as your example</u>