

Extrinsic factors



Safety Hazards

Safety hazards are the 5th extrinsic factor when it comes to prevention of injury. What is included in safety hazards?

R A
S C
E A P

What makes up an EAP?

Intrinsic factors

What is physical preparation?

What are individual variables?

What are psychological factors?

Learning Outcome 1

Exam question

Using **practical examples**, explain how risk assessments can help to reduce injuries to participants in physical activity. (4)

Exam question

Using examples, describe **two** environmental factors that may cause injury to sports performers. (2)

What are the injuries related to poor posture?

- 1)
- 2)
- 3)
- 4)
- 5)