

Year 9 Cycle 1 Knowledge Assessment

*Required

1. Email address *

2. Name *

3. Yellow: Identify what an acute sports injury is. *

1 point

Mark only one oval.

- ☐ injuries also known as overuse injuries and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries also known as overuse injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries caused as a result of a sudden trauma to the body and result in pain, and usually swelling with a loss of function.

4. Yellow: Identify what an chronic sports injury is. *

1 point

Mark only one oval.

- ☐ injuries caused as a result of a sudden trauma and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.
- ☐ injuries caused as a result of a sudden trauma to the body and result in pain, and usually swelling with a loss of function.
- ☐ injuries also known as overuse injuries and are a result of continuous stress on an area. These injuries tend to develop gradually over a period of time.
- ☐ injuries also known as overuse injuries caused as a result of a sudden trauma to the body and result in immediate pain, and usually swelling with a loss of function.

5. Yellow: Identify which one is an acute sports injury. *

1 point

Mark only one oval.

- ☐ Sever's disease
- ☐ Golfer's elbow
- ☐ Diabetes
- ☐ Contusion
- ☐ Osgood schlatters

6. Yellow: Identify the chronic sports injury that is not specific to children. *

1 point

Mark only one oval.

- ☐ Golfer's elbow
- ☐ Epilepsy
- ☐ Concussion
- ☐ Contusion
- ☐ Osgood schlatters

7. Green: Select the correct description for symptoms of a concussion. *

1 point



Mark only one oval.

- ☐ Symptoms of a concussion are immediate pain, swelling with some discolouration.
- ☐ Symptoms of a concussion are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of a concussion are immediate pain, swelling, inflammation and loss of function.
- ☐ Symptoms of a concussion are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of a concussion are immediate pain, deformity, loss of function and swelling.

8. Green: Select the description for symptoms of an abrasion. *

1 point

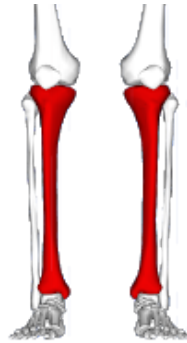


Mark only one oval.

- ☐ Symptoms of a sprain are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of an abrasion are immediate pain, swelling with some discolouration.
- ☐ Symptoms of an abrasion are immediate pain, bleeding, redness and swelling.
- ☐ Symptoms of an abrasion are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of an abrasion are immediate pain, deformity, loss of function and swelling.

9. Green: Select the description for symptoms of shin splints. *

1 point



Mark only one oval.

- ☐ Symptoms of shin splints are a dull ache in the fibula, tenderness and swelling of the soleus muscle from overuse.
- ☐ Symptoms of shin splints are a dull ache in the patella, tenderness and swelling of the patella tendon from overuse.
- ☐ Symptoms of shin splints are a pain or dull ache in the tibia, tenderness and swelling of the tibialis anterior muscle from overuse.
- ☐ Symptoms of shin splints are a dull ache in the femur, tenderness and swelling of the hamstring from overuse.
- ☐ Symptoms of shin splints are a pain or dull ache in the tibia, tenderness and swelling of the quadriceps muscle from overuse.

10. Green: Select the correct description for symptoms of runner's knee. *

1 point



Mark only one oval.

- ☐ Symptoms of runner's knee are a dull ache in the femur, tenderness and swelling of the patella tendon from overuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the iliotibial band from underuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the hamstring from overuse.
- ☐ Symptoms of runner's knee are a dull ache in the patella, tenderness and swelling of the iliotibial band from overuse.
- ☐ Symptoms of runner's knee are a pain or dull ache in the patella, tenderness and swelling of the quadriceps muscle from overuse.

11. Blue: Select the correct description for treatment of a concussion. *

1 point



Mark only one oval.

- ☐ Treatment of a concussion is rest, ice, taping, bandaging and call 999 for medical assistance.
- ☐ Treatment of a concussion is rest, ice, compression and call 999 for medical assistance.
- ☐ Treatment of a concussion is rest, ice, compression and call 911 for medical assistance.
- ☐ Treatment of a concussion is rest, ice, compression, elevation and call 999 for medical assistance.
- ☐ Treatment of a concussion is rest, compression, elevation call 999 for medical assistance.

12. Blue: Select the description for treatment of an abrasion. *

1 point

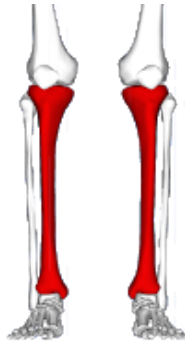


Mark only one oval.

- ☐ Treatment for an abrasion is compression, sterilising/cleaning the wound and taping or sling.
- ☐ Treatment for an abrasion is compression and covering with a dressing or plaster.
- ☐ Treatment for an abrasion is compression, sterilising/cleaning the wound and covering with a dressing or plaster.
- ☐ Treatment for an abrasion is compression, sterilising/cleaning the wound, taping, bandaging and a splint.
- ☐ Treatment for an abrasion is rest, ice, compression, taping, bandaging and a splint.

13. Blue: Select the description for treatment of shin splints *

1 point



Mark only one oval.

- ☐ Treatment for shin splints is rest, ice, compression, elevation, taping or physiology.
- ☐ Treatment for shin splints is rest, ice, compression, elevation, cast or physiotherapy.
- ☐ Treatment for shin splints is rest, ice, compression, elevation, splint or physiology.
- ☐ Treatment for shin splints is rest, ice, compression, elevation, taping or physiotherapy.
- ☐ Treatment for shin splints is rest, ice, compression, elevation, surgery or physiotherapy.

14. Blue: Select the correct description for treatment for runner's knee. *

1 point



Mark only one oval.

- ☐ Treatment for runner's knee is rest, ice, compression, elevation, taping or seek medical advice.
- ☐ Treatment for runner's knee is rest, ice, compression, elevation, bandaging or physiotherapy.
- ☐ Treatment for runner's knee is rest, ice, compression, elevation, bandaging or seek medical advice.
- ☐ Treatment for runner's knee is rest, ice, compression, elevation, taping or physiotherapy.
- ☐ Treatment for runner's knee is rest, ice, compression, elevation, surgery or physiotherapy.

15. Purple: Select the correct explanation of how a concussion might be caused in sport. * 1 point



Mark only one oval.

- ☐ A concussion can be caused from a sudden trauma/impact to the body by falling off when cycling with a helmet on.
- ☐ A concussion can be caused from a sudden trauma/impact to the body when diving in football.
- ☐ A concussion can be caused from a sudden trauma/impact to the body by getting hit in the head when fencing.
- ☐ A concussion can be caused from a sudden trauma/impact to the body by getting tackled in water polo.
- ☐ A concussion can be caused from a sudden trauma/impact to the body by colliding heads with a player in rugby.

16. Purple: Select the correct explanation of how an abrasion might be caused in sport. *

1 point

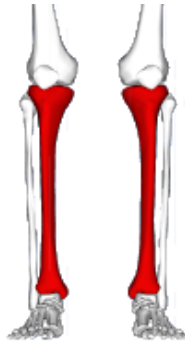


Mark only one oval.

- ☐ An abrasion can be caused from a sudden trauma/impact to the body by falling into a swimming pool.
- ☐ An abrasion can be caused from a sudden trauma/impact to the body by falling over on the court during a netball game.
- ☐ An abrasion can be caused from a sudden trauma/impact to the body by falling off a trampoline.
- ☐ An abrasion can be caused from a sudden trauma/impact to the body by falling over on the grass in rugby.
- ☐ An abrasion can be caused from a sudden trauma/impact to the body by falling on to the crash mat in gymnastics.

17. Purple: Select the correct explanation of how shin splints might be caused in sport. *

1 point



Mark only one oval.

- ☐ Shin splints can be caused from overuse and continuous stress on the fibula due to repetitive movements if running regularly 3 times a week.
- ☐ Shin splints can be caused from underuse and continuous stress on the femur due to repetitive movements if running regularly 3 times a week.
- ☐ Shin splints can be caused from underuse and continuous stress on the fibula due to repetitive movements if running regularly 3 times a week.
- ☐ Shin splints can be caused from overuse and continuous stress on the tibia due to repetitive movements if running regularly 3 times a week.
- ☐ Shin splints can be caused from underuse and continuous stress on the tibia due to repetitive movements if running regularly 3 times a week.

18. Purple: Select the correct explanation of how runner's knee might be caused in sport. * 1 point



Mark only one oval.

- ☐ Runner's knee can be caused from overuse and continuous stress on the fibula due to repetitive movements if running regularly 5 times a week.
- ☐ Runner's knee can be caused from underuse and continuous stress on the patella due to repetitive movements running 5 times a week
- ☐ Runner's knee can be caused from overuse and continuous stress on the patella due to repetitive movements running 5 times a week
- ☐ Runner's knee can be caused from underuse and continuous stress on the fibula due to repetitive movements if running regularly 5 times a week.
- ☐ Runner's knee can be caused from overuse and continuous stress on the patella due to repetitive movements if a good running technique is used.

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