

Year 9 Cycle 2 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 which one is an acute sports injury. *

1 point

Mark only one oval.

☐ Achilles tendonitis

☐ Strain

☐ Golfer's elbow

☐ Osgood schlatters

☐ Sever's disease

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

1 point

Mark only one oval.

- ☐ Osgood schlatters
- ☐ Runners Knee
- ☐ Abrasion
- ☐ Concussion
- ☐ Sever's disease

8. Green: Select the correct description for symptoms of a blister. *

1 point



Mark only one oval.

- ☐ Symptoms of a blister are immediate pain, swelling with some discolouration.
- ☐ Symptoms of a blister are immediate pain, deformity, loss of function and swelling.
- ☐ Symptoms of a blister are immediate pain, bone sticking through skin, bleeding and swelling.
- ☐ Symptoms of a blister are immediate pain, swelling and a pocket of fluid.
- ☐ Symptoms of a blister are immediate pain, swelling and redness.

9. Green: Select the correct description for symptoms of cramp. *

1 point



Mark only one oval.

- ☐ Symptoms of cramp are immediate pain, dizziness, nausea, blurred vision and swelling.
- ☐ Symptoms of cramp are immediate pain, deformity and tenderness.
- ☐ Symptoms of cramp are immediate pain, swelling with some discolouration.
- ☐ Symptoms of cramp are immediate pain, bleeding, redness and swelling.
- ☐ Symptoms of cramp are immediate pain, deformity, loss of function and swelling.

10. Green: Select the correct description for symptoms of a strained bicep. *

1 point



Mark only one oval.

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

11. Green: Select the correct description for symptoms of Sever's disease. *

1 point

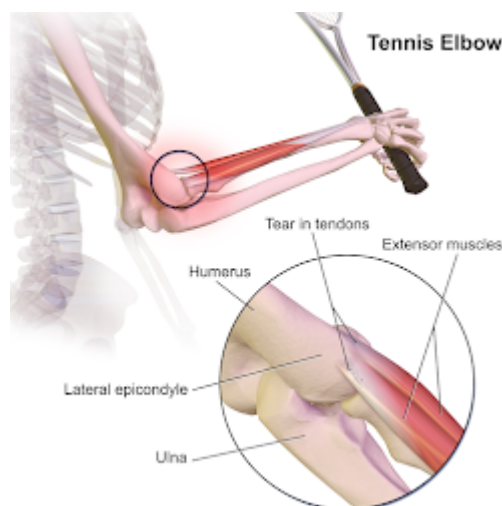


Mark only one oval.

- ☐ Symptoms of sever's disease are a pain, tenderness and inflammation of the growth plate in the heel of growing children from underuse
- ☐ Symptoms of sever's disease are a pain, tenderness and fracture of the growth plate in the heel of growing children from overuse
- ☐ Symptoms of sever's disease are a pain, tenderness and inflammation of the growth plate in the heel of growing children from overuse.
- ☐ Symptoms of sever's disease are no pain or tenderness of the growth plate in the heel of growing children from overuse
- ☐ Symptoms of sever's disease are a pain, tenderness and open tear of the growth plate in the heel of growing children from overuse

12. Green: Select the correct description for symptoms of tennis elbow. *

1 point



Mark only one oval.

- ☐ Symptoms of tennis elbow are a pain, deformity, bleed of the inside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the outside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the inside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, deformity bleed of the outside elbow from overuse.
- ☐ Symptoms of tennis elbow are a pain, stiffness, numbness of the middle elbow from overuse.

13. Blue: Select the correct description of the treatment for a blister. *

1 point



Mark only one oval.

- ☐ Treatment for blisters is rest, ice, compression, elevation, or cream/medication.
- ☐ Treatment for blisters is rest, compression, taping or bandaging.
- ☐ Treatment for blisters is rest, compression, bandaging or cream/medication.
- ☐ Treatment for blisters is rest, compression plaster or cream/medication.
- ☐ Treatment for blisters is rest, compression, taping, bandaging or cream/medication.

14. Blue: Select the correct description of the treatment for cramp. *

1 point

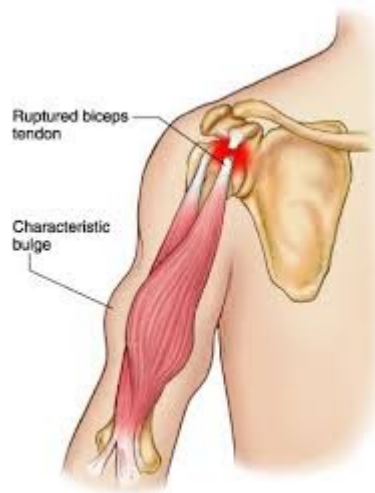


Mark only one oval.

- ☐ Treatment for cramp is rest, ice, compression, elevation, stretching and sports massage if needed.
- ☐ Treatment for cramp is rest, ice, compression, taping, bandaging and a splint.
- ☐ Treatment for cramp is rest, taping, bandaging splint, sling or cast surgery or use of metal rods.
- ☐ Treatment for cramp is rest, ice, compression, elevation, stretching and sports massage if needed.
- ☐ Treatment for cramp is rest, ice, compression, elevation, over stretching, massage, taping or bandaging.

15. Blue:Select the correct treatment for a strained bicep. *

1 point



Mark only one oval.

- ☐ Treatment for a strained bicep is rest, ice, compression, elevation and sports massage if needed.
- ☐ Treatment for a strained bicep is rest, ice, compression, taping, bandaging and a splint.
- ☐ Treatment for a strained bicep is rest, clean wound, compression, plaster or bandage.
- ☐ Treatment for a strained bicep is rest, ice, compression, elevation and sports massage if needed.
- ☐ Treatment of a strained bicep is rest, taping, bandaging splint, sling or cast surgery or use of metal rods.

16. Blue: Select the correct description of the treatment for sever's disease. *

1 point

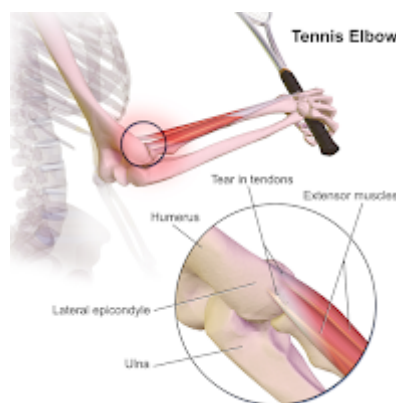


Mark only one oval.

- ☐ Treatment for sever's disease is rest, ice, compression, eleveation, over stretching, massage, taping or bandaging.
- ☐ Treatment for sever's disease no rest, ice, compression, elevation, massage, taping or bandaging.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation, stretching and physiology.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation and stretching.
- ☐ Treatment for sever's disease is rest, ice, compression, elevation, taping or bandaging and physiology.

17. Blue: Select the correct description for treatment of tennis elbow. *

1 point



Mark only one oval.

- ☐ Treatment for tennis elbow is rest, ice, compression, eleveation, over stretching, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is no rest, ice, compression, elevation, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, stretching and physiology.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, stretching, massage, taping or bandaging.
- ☐ Treatment for tennis elbow is rest, ice, compression, elevation, taping or bandaging and physiology.

18. Purple: Select the correct explanation of how blisters might be caused in sport. *

1 point



Mark only one oval.

- ☐ Blisters can be caused from repetitive movements causing a sudden impact/trauma to the body by playing football 3 times a week with boots that are too small.
- ☐ Blisters can be caused from repetitive movements causing a sudden impact/trauma to the body by playing football 3 times a week with boots that are too big.
- ☐ Blisters can be caused from repetitive movements causing a sudden impact/trauma to the body by playing football 5 times a week with boots that fit.
- ☐ Blisters can be caused from repetitive movements causing a sudden impact/trauma to the body from running 3 times a week.
- ☐ Blisters can be caused from repetitive movements causing a sudden impact/trauma to the body from running 5 times a week

19. Purple: Select the correct explanation of how cramp might be caused in sport. *

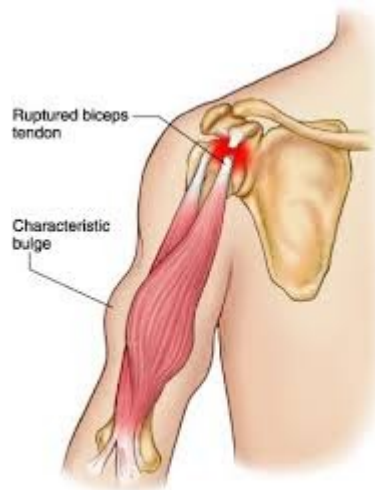
1 point



Mark only one oval.

- ☐ Cramp can be caused from a sudden trauma/impact to the body by overstraining and becoming hydrated on a short distance run
- ☐ Cramp can be caused from a sudden trauma/impact to the body by understraining and becoming dehydrated on a long distance run
- ☐ Cramp can be caused from a sudden trauma/impact to the body by overstraining and becoming hydrated on a long distance run
- ☐ Cramp can be caused from a sudden trauma/impact to the body by overstraining and becoming dehydrated on a long distance run
- ☐ Cramp can be caused from a sudden trauma/impact to the body by understraining and becoming hydrated on a long distance run

20. Purple: Select the correct explanation of how a strained bicep might be caused in sport. * 1 point



Mark only one oval.

- ☐ A strained bicep can be caused from a sudden trauma/impact to the body by under stretching to stop a goal in hockey.
- ☐ A strained bicep can be caused from a sudden trauma/impact to the body by overstretching to reach a rock in climbing.
- ☐ A strained bicep can be caused from a sudden trauma/impact to the body by overstretching for the ball in football.
- ☐ A strained bicep can be caused from a sudden trauma/impact to the body stretching when shooting in netball.
- ☐ A strained bicep can be caused from a sudden trauma/impact to the body by under stretching when kicking the ball for a conversion in rugby.

21. Purple: Select the correct explanation of how sever's disease might be caused in sport. *

1 point

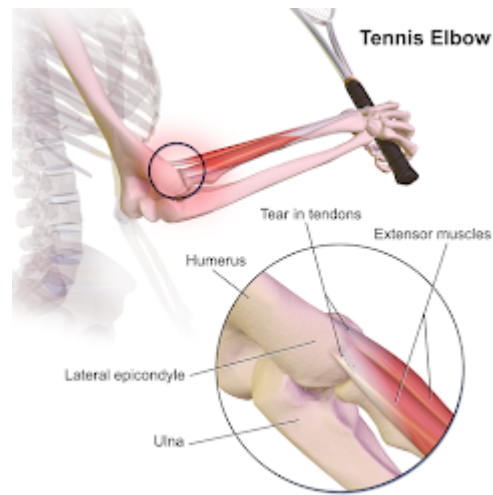


Mark only one oval.

- ☐ Sever's disease can be caused during a growth spurt as a child from overuse and continuous stress on the calcaneus due to repetitive movements if regularly skipping 5 times a week
- ☐ Sever's disease can be caused during a growth spurt as a child from overuse and continuous stress on the meta tarsals if jumping occasionally.
- ☐ Sever's disease can be caused during a growth spurt as a child from underuse and continuous stress on the calcaneus due to repetitive movements if regularly skipping 5 times a week
- ☐ Sever's disease can be caused during a growth spurt as a child from overuse and continuous stress on the calcaneus due to repetitive movements if sitting too much on a regular basis.
- ☐ Sever's disease can be caused during a growth spurt as a child from overuse and continuous stress on the tarsals due to repetitive movements if regularly skipping 5 times a week

22. Purple: Select the correct explanation of how tennis elbow might be caused in sport. *

1 point



Mark only one oval.

- ☐ Tennis elbow can be caused from underuse and continuous stress on the lateral epicondylitis tendon due to repetitive movements when performing the forehand in tennis.
- ☐ Tennis elbow can be caused from overuse and continuous stress on the lateral epicondylitis tendon due to repetitive movements when performing arm swings when stretching.
- ☐ Tennis elbow can be caused from overuse and continuous stress on the lateral epicondylitis tendon due to repetitive movements when performing the forehand in tennis.
- ☐ Tennis elbow can be caused from overuse and continuous stress on the lateral epicondylitis tendon due to repetitive movements when performing front crawl in swimming.
- ☐ Tennis elbow can be caused from underuse and continuous stress on the lateral epicondylitis tendon due to repetitive movements when performing front crawl in swimming.

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