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School: STA

Subject: Physical and Health Education

Class: JSS 1

Topic: Common Sports Injuries

Injury is a damage to any part of the body which may allow the escape of blood and germs to enter.

Sports injury is an unexpected accident on the sports field which can lead to damage of any part of the body.

Examples of common sports injuries

1. Fracture - it is a break or crack in the bone.
2. Sprain- it is a tear or damage to the joint.
3. Strain- it is a tear or damage to the muscle.
4. Dislocation- it is a shift in position of the bone.
5. Fainting- it is the state to suddenly become unconscious for a short time.
6. Bruise- it is a swelling that traps blood when hit against a hard object. It is also known as **contusion**.
7. Bleeding or hemorrhage- it is an occasion when someone loses a lot of blood as a result of injury inside their body.
8. Drowning- it is the suffocation in water or sinking in water.

Causes of sports injuries

1. Disobedience to safety rules
2. Carelessness
3. Lack of warm-up exercise
4. Haste
5. Faulty equipment
6. Slippery floors

