

Injury · supported focus

Supported focus · HL

Supported scope

- Supported HL focus. First assessment 2026; current SL/HL brief acquired. Remaining guide, assessment and practical requirements retain their recorded holds.
- State model conditions and distinguish fictional data from measurements.

Sport Injury · 1.1

Reasoning

A team records more injuries after adding training sessions. A larger count does not necessarily mean a larger risk per hour of exposure. Start with a prediction. State the quantities or features you would compare, then decide what evidence could distinguish two explanations.

Sport Injury · 2.1

Reasoning

Injury surveillance requires an explicit injury definition, consistent recording and an exposure denominator. Acute injuries follow a particular event; overuse injuries can develop through repeated loading. Mechanism, tissue capacity, previous injury, equipment and environment can contribute, so one observed association rarely establishes a single cause.

incidence rate	: New events divided by a specified
exposure measure; overuse injury	: Injury associated with repeated
loading over time.	

Sport Injury · 3.1

Reasoning

An incidence rate divides new injury events by exposure time, often expressed per 1,000 athlete-hours. Use the same case definition and exposure method in comparisons. Severity, recurrence and missing records also matter; two groups with equal incidence can have different time lost or different injury types. Use anonymized fictional surveillance tables. Identify what counts as an injury and how training or match exposure was recorded. Calculate comparable rates, check sample sizes and reporting changes, and propose prevention hypotheses for qualified staff to evaluate. Students do not induce injuries, diagnose peers or decide return-to-play clearance.

Sport Injury · 4.1

Reasoning

State the known values and their units. Choose the relation because its assumptions fit this case, then rearrange before substitution. Known: group A has 6 injuries in 3,000 athlete-hours, rate 2 per 1,000 hours. Group B has 8 injuries in 8,000 athlete-hours, rate 1 per 1,000 hours. Group B has the larger count but the smaller recorded exposure-normalized rate. Different reporting systems or injury severity could still make the comparison misleading.

Sport Injury · 4.2

Reasoning

A fictional group records 9 injuries in 4,500 athlete-hours. Calculate injuries per 1,000 hours. Use the same sequence: known quantities $\rightarrow$ model $\rightarrow$ relation $\rightarrow$ substitution $\rightarrow$ unit and interpretation.

Sport Injury · 5.1

Reasoning

A rate estimate from a small number of events is uncertain. A low recorded rate can reflect under-reporting, and exposure-normalized association is not proof of a prevention intervention's causal effect. Return to the original observation. Explain what the result supports, which conditions it assumes, and one way to test a competing explanation.

Sport Injury · 5.2

Reasoning

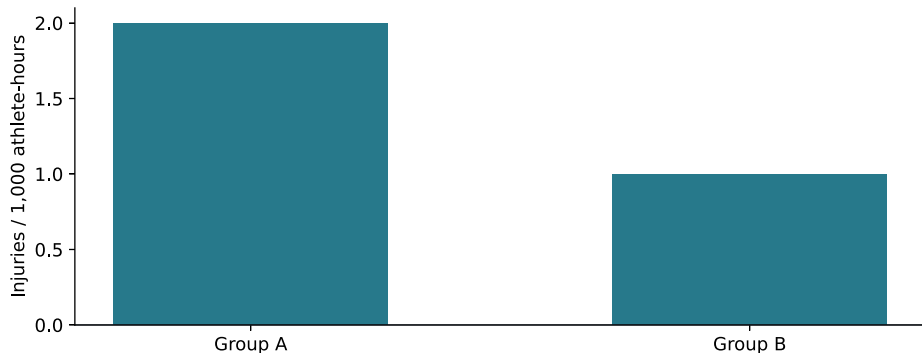
The group with more recorded injuries necessarily has a greater injury rate per hour. This claim is false: A rate estimate from a small number of events is uncertain. A low recorded rate can reflect under-reporting, and exposure-normalized association is not proof of a prevention intervention's causal effect.

Sport Injury · 5.3

Reasoning

Injury evidence: compare exposure as well as counts: An incidence rate divides new injury events by exposure time, often expressed per 1,000 athlete-hours. Use the same case definition and exposure method in comparisons. Severity, recurrence and missing records also matter; two groups with equal incidence can have different time lost or different injury types.

Sport Injury · diagram



- Original teaching diagram: Injury evidence: compare exposure as well as counts
- Use the labels and the stated model together.

Sport Injury · original transfer

Your turn

Fictional groups report 4 injuries in 2,000 hours and 6 in 6,000 hours. Compare rates and state a limitation before claiming one programme is safer.

Sport Injury · transfer reasoning

Method and interpretation

Rates are 2 and 1 per 1,000 hours. Definitions, severity, reporting, exposure mix and uncertainty affect comparisons. Observed rates alone cannot establish causation.

Check yourself

- Explain incidence rate using the stated model.
- Explain overuse injury using the stated model.
- Change one value in the original transfer; explain which assumption still matters.