

Episode 21: FOMO: Fear of Missing Out

Clip: Injury

Activity: Injuries

Theme: Health and Wellbeing

Elements of dance: **body**

1. As a class, view the clip, *Injury*, where Tara is recovering from a fracture and soft tissue injuries as a result of a fall. Discuss and explain the difference between these kinds of injuries and how to treat them:

A fracture:

- Pain at or near the site of the injury.
- Normal movement is difficult or impossible.
- Loss of power or function of the injured part.
- Deformity or abnormal mobility.
- Tenderness.
- Swelling.
- Discoloration and bruising.

How to treat a fracture:

- Refer to the **Fractures and Dislocations Factsheet** available from [St John's Ambulance Australia](#).
- Also refer to the **DRSABCD Action Plan Factsheet** available from [St John's Ambulance Australia](#).

Soft tissue injuries:

- **Bruises:**
 - Rupturing of blood vessels and damage to the tissue beneath the skin.
- **Sprains:**
 - Intense pain
 - Restricted mobility
 - Swelling and bruising around injury joint develops quickly
- **Strain:**
 - Sharp, sudden pain in the injury region
 - Loss of power
 - Tender muscle

How to treat soft tissue injuries:

- Refer to the **Sprains & Strains Factsheet** available from [St John's Ambulance Australia](#).
 - Refer to [Sports Medicine Australia, Soft tissue injury – prevention and management](#)
2. Ask students to research a common sport or dance injury and create an injury report using **Student Activity Sheet E21.1: Injury Report Card** which includes:
 - a. An account of a real or imaginary injury
 - b. Location – where the injury took place
 - c. Event – what was happening at the time
 - d. Cause – what was the cause of the injury
 - e. Symptoms of the injury
 - f. What first aid processes were undertaken to treat the injury
 - g. What remedial actions will be required after treatment has taken place and the injury is on the mend
 3. The students could be paired to research the procedure for treating their common sport or dance injury. Select students to explain their injury and the prescribed treatment for the rest of the class.
 4. Ask students to research First Aid courses available in their area.

Download

- Student Activity Sheet E21.1: Injury Report Card

Useful resources

- [Ausdance Factsheet 14: First aid for dancers](#)
- [Ausdance Factsheet 18: Occupational health & safety for the dance industry](#)
- Fractures and Dislocations Factsheet available from [St John's Ambulance Australia](#).
- DRSABCD Action Plan Factsheet available from [St John's Ambulance Australia](#).
- Sprains & Strains Factsheet available from [St John's Ambulance Australia](#).
- [Sports Medicine Australia, Soft tissue injury – prevention and management](#)
- Howse, J & Hancock, S, *Dance Technique and Injury Prevention*, 2nd ed, A & C Black, London, UK 1992.
- Kapit, W & Elson, L M, *The Anatomy Colouring Book*, 3rd ed, Benjamin Cummings, Pearson Education, London, UK 2001.



NAME:

Student Activity Sheet:
Activity:

E21.1
Injury
Report
Card

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Clip:

FOMO: Fear of Missing Out
Injury

Injury Report Card

After researching your chosen common sport or dance injury, in the space provided below, create an injury report card. Include information such as:

- The date of writing report and of the injury
- The time of writing report and of the injury
- The location of writing report and of the injury
- The cause of the injury
- The symptoms displayed
- The first aid undertaken
- Suggestions to the injured to help them get better