

LEVEL 4

SEMESTER 1 & 2

MODULE CODE: SHSS4062
PROFESSIONAL DEVELOPMENT AND PRACTICE

ASSESSMENT TYPE: ASSIGNMENT

ASSESSMENT/COMPONENT: 1

COMPONENT WEIGHTING: 50 %

WORD COUNT: 1500 WORDS

MODULE TUTOR: GERAINT FORSTER

Task

Choose **ONE** of the essay titles allocated to your degree group below, and using **relevant and reliable research** to support your points, write a 1500 word essay on that topic. Pay particular attention to the **structure and referencing** of the essay, as these correspond to a large proportion of the available marks. Please refer to your lecture notes on referencing and essay writing in order to ensure you are following the correct format – you must reference as described in the UWTSD Harvard Referencing Handbook.

SUBMISSION DETAILS: Submit via turnitin by 3:00pm on 1st November 2019

Essay titles (please choose only ONE of these, from the relevant options for your degree):

BA Physical Education:

1. Discuss the advantages of children learning outdoors.
2. Discuss whether Physical Education should be a compulsory part of the school curriculum.
3. Discuss the health promotion role of Physical Education.

BA Outdoor Adventure Education:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss the key features of an "adventurous" activity.
3. Discuss whether there really is a need for children to play freely outdoors.

BSc Health, Nutrition and Lifestyle:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss the role of Registered Nutritionists, Registered Dieticians, Nutritional Therapists and other professions who offer dietary advice in the United Kingdom. Consider the inequality in qualifications and codes of conduct in relation to the above.
3. Discuss the causes of the so called 'obesity crisis' facing the UK.

BSc Sport Therapy:

1. Discuss the components of a good essay, and identify common mistakes to avoid.
2. Discuss why the Society of Sports Therapists should be statutory regulated by the Health Care and Professions Council.
3. Discuss the role of a pitchside first aider in managing complex sports trauma.

Assessment Feedback Sheet

Student No./Name:

Module: Professional Development and Practice

Module Code: SHSS4062

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.									
What do you consider to be the best aspects of this work?	I consider the best aspect of the work is the research because I read several sources on the role of a pitchside first aider.								
Which aspects do you consider could have been improved in this piece of work?	An aspect of the work I would have improved would be the structure and the written content.								
What have you found most satisfying whilst undertaking this submission?	An aspect of my work I found most satisfying was conducting the research for seeing the role of an ptichside first aider, what is the role and how they respond to situations.								
ASSESSMENT CRITERIA	Le a r n i n g O u t c o m e s	GRADE							
		Poor 0-25%	Unsatisfact ory 26-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 85%	Exceptional 86– 100%	%
Essay content and quality of resources used	1								30%
Referencing within the essay	1								20%
Correctly constructed reference list	1								20%
Structure of essay and clarity of writing	1								30%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below.									

TUTOR COMMENTS:

**Submission date: 1/11/19
via Turnitin**

**Return date: 8/11/19
(at least within 4 weeks)**

Tutor:

Mark:

Assignment Checklist

- ☐ Please complete the **Personal Evaluation** section of the Assessment Feedback sheet, add your name and details, and paste the whole of this assignment document into the front of your assignment
- ☐ Submission is a **single .pdf file, clearly labelled** with your name and module code
- ☐ Font style - Times New Roman, size -12 for text and 14 for headings
- ☐ Ink colour – black only
- ☐ Line spacing – 1.5 line spacing and 2cm- 2.5cm page margins
- ☐ Quotations more than three lines to be indented 1 line spacing
- ☐ One line space between paragraphs, paragraphs must be left aligned
- ☐ Pagination (your assignment should have **page numbers**)
- ☐ All tables and figures are internally referenced and have a title
- ☐ **Word count** checked and written at end of text (before references and any appendix)
- ☐ Assignment is within 10% of the word limit (excluding references and any appendices)
- ☐ **All** references in the text are included in the reference list
- ☐ **Correct referencing as described in UWTSD Harvard Referencing Handbook on the Library website**

<https://www.uwtسد.ac.uk/media/uwtسد-website/content-assets/documents/library-and-learning-resources/infoskills/harvard-eng.PDF>
- ☐ Correct spelling and punctuation, using **UK English**
- ☐ Grammar and syntax correct- double check anything that has a green line under it
- ☐ I have read my assignment out loud to myself and it makes sense and is easy to read
- ☐ Somebody else has read my work and it makes sense to him or her!
- ☐ **I have checked and I have not plagiarised**

**Failure to follow these guidelines will
cost you marks!**

Discuss the role of a pitch side first aider in managing complex sports trauma

A first aider is someone who has undertaken training appropriate to the circumstances. They must hold a valid certificate of competence in either a first aid at work, an emergency first aid

at work or any other level of training or qualification that is appropriate to the circumstances, according to the Health and Safety Executive.

A pitch side first aider is someone who responds to a sporting medical emergency and creates an emergency action plan. This involves recognising and treating different medical conditions and injuries and implementing an emergency action plan when dealing with a complex or serious injury, such as unconsciousness, a non-breathing casualty, spinal injury, concussion or a bleeding player.

A Sports Therapist often has the role of a pitch side first aider as they have an extensive knowledge of anatomy, physiology and sports injury pathology, which means they can successfully deliver emergency care as they are at the centre of any emergency.

An important role of a pitch side first aider is prevention. Prevention of harm to yourself as the first aider and prevention of further harm to the player who requires the assistance. For prevention to be successful you must consider the responsibility, which is to provide a safe environment. The following must be achieved in order to have a safe environment: scene safety, match play rules, emergency action plan. Scene safety is an active role for a pitch side first aider because you have to make sure that it is safe to enter the area where the injury has occurred, that the scene of the casualty is clear and also make sure that you are not risking your own safety or the injured person's safety. A secure and safe scene makes it less likely that any more injuries will happen.

Match play rules are important in prevention as each sport has different rules, which means the injury action plan will be different. As an example, in field games such as football, the referee will decide once the ball is out of play, whether a player is in need of first aid assistance. The Emergency First Aid in Football (EFAiF) manual says that you must not enter the field of play until the referee has signalled you to come on to assist the injury. It also says that if you do enter the field of play before being signalled there a chance you could cause more injury to the player or even to yourself. In order to have a safe environment you must consider a few safety factors such as other players when dealing with an injury as arguments may occur amongst opposing players if a player is at fault, supporters as field invasions by spectators can cause injury, unsuitable field of play due to uneven surface or slippery surfaces, this may cause sprains and strains to the body. Another safety factor that would be considered is foreign substances on the field like stones or bottles, as these can inflict serious injuries. If all these factors have been considered, prevention has been achieved.

Serious injuries may require specific equipment in order to provide the athlete with the best possible pre-hospital care, but within the financial constraints of the organization involved. A first aid bag is one of the main pieces of equipment that is needed in order to give good pre-hospital care. A first aid kit should be the club's responsibility. The club is responsible for checking the content of the bag prior to each game or training to make sure that all items in the bag are in date and suitable to use, sterile and present. The content of the first aid bag will vary depending on numerous factors, such as the sport and the equipment that the therapist is competent and able to use. If the injury is more critical, the first aider may decide to implement the use of a spinal board, cervical collar or splint.

A pitch side first aider will provide an advance trauma life support when needed, such as management of airways if an athlete is unconscious and not breathing. In order for this to be

achieved, the pitch side first aider must be skilled and practiced in basic life support techniques.

Basic life support techniques are split into three categories which are, primary survey, secondary survey and tertiary survey. A pitch side first aider would use primary and secondary survey more when dealing with an injury because they are presented with the casualty when it happens.

A primary survey is the first and key stage of the assessment of the patient when trauma is present, this is when life threatening injuries have been identified and resuscitation has begun. As part of the primary survey a recognised acronym is DRABC, which stands for Danger as you must analyse your surroundings to ensure your safety. The R stands for response which is where you check for response from the injured person. The A stands for airways, this is where you check their airways if they are not responding, and make sure there is not any obstruction such as blood, vomit, the casualty's tongue or a gumshield. B stands for breathing, this is where you check the casualty is breathing normally in order to rule out any complications such as difficulty in breathing. Once this has been done you then check the circulation which is the last step, you check and look for any signs of severe bleeding around the body. More recent assessments have updated DRABC to DRSABCD, with S and D standing for send for help and attach defibrillator (AED) respectively.

A Secondary survey takes place once the primary survey has been complete and succeeded in dealing with any life-threatening conditions. Secondary survey is where you start assessing the patient by questioning about how the injury occurred and what happened, also check someone carefully for any other injuries or illnesses. As you are doing this it is important that you write all the information as you would need to hand the information to the emergency services or who takes the responsibility of the injured patient. History, symptoms and signs are the import information you should be get off the injured person, you would start this assessment by doing an event history of what happened. After this you would ask for their medical history, which involves using AMPLE, this helps you remember all the questions that need to be asked. The assessment AMPLE stands for, allergy, medication, previous, last meal and event history. You would need to know if they have any allergies, if or what medications they are taking and if its regular or prescribed ones, if they have any previous conditions, what was their last meal or what did they last eat, and then what happened. After the medical history you would then ask them in as much details as possible how they are feeling for example, if they are in pain, describe the pain and so on. Once this is done you would then need to do a sign check, which means examining them from head to toe using all your senses, which are look, listen, feel and smell. St John's Ambulance advise you to make note of any minor injuries as you do the examination.

Being a pitch side first aider has its pros and cons just like everything. A pro of being a pitchside first aider is that you are saving lives, being able to save someone's life is a positive aspect being you are preventing a death and being able to treat people. The pro of being a pitch side first aider is creating a safe environment for people, as you are preventing any injuries or incidents from happening. This is an advantage because you are helping people and most individuals get pleasure from doing this as they end up feeling accomplished after achieving this. A con from being a pitch side first aider is that you might crack under pressure, this can happen as this is an important job that has to be delivered correctly, which means that there is a lot of pressure on a single individual. If a misdiagnosis or wrong

treatment could lead to worsening of an injury or even death, this is where pressure would come from.

References

<http://www.hse.gov.uk/firstaid/first-aider.htm>

<https://www.glos.ac.uk/courses/descriptors/pages/sp4007-essential-skills-pitch-side-first-aid.aspx>

<https://resources.fifa.com/image/upload/first-aid-manual.pdf?cloudid=ihkx6q5c8pxibk9ihhzip>

https://www.fht.org.uk/fs/s/v/st_working_pitchside.pdf

Ward, K. (n.d). Routledge handbook of sport therapy, injury and rehabilitation

Brukner, P. and Khan, K. (n.d). Clinical sports medicine

<http://www.sja.org.uk/sja/first-aid-advice/what-to-do-as-a-first-aider/the-primary-survey.aspx>

<http://www.tutorcare.co.uk/traininghub/first-aid-for-sport-coaches-trainers>