

VIBE ACTIVITIES

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HEALTHY VIBE

HEALTHY BODY

Stay fighting fit during footy season

Tips and hints to help you survive the season in top form

AS WE GET INTO THE SWING OF THE FOOTBALL SEASON, IT'S A GOOD TIME TO MAKE SURE PLAYERS, COACHES AND PARENTS ARE THINKING ABOUT SAFETY AND INJURY PREVENTION AS WELL AS STRATEGY. HERE, SPORTS CHIROPRACTOR MATT WINDSOR SHARES SOME OF HIS INSIGHTS INTO HOW PLAYERS CAN GET THROUGH THE SEASON UNHARMED.

Former Rep player and now coach and sports chiropractor Matt Windsor says he sees several common injuries in his practice that could easily have been prevented.

"I see a lot of shoulder injuries, particularly with rugby players and that is at all levels, from juniors to international. Also a lot of neck, shoulder and lumbar spine, but shoulders are the most common," Matt says.

While coaches learn safety skills that are passed on to players during coaching sessions, Matt says these skills are often an afterthought because the main focus is usually on strategy.

"(Players) should be taught how to fall – there's a big push at the moment in coaching in Union at the moment. Coaches have to go to the ARU to do a course and a lot of it is actually about safety: how to tackle, engage in scrums – all the high-risk areas," he says.

"I've spoken to a lot of other coaches who have actually learnt this stuff, but eventually they tend to focus more on the strategy of the game rather than aspects of safety and skill."

Bearing this in mind, it's also the responsibility of the players and their parents to be aware of their own physical limitations and strengths so that injuries can be avoided.

One good way to become aware of your limits is to have regular sessions with a chiropractor. They can detect weaknesses in your body that you may not even be aware of.

"Being a wellness practitioner, we want to see people before they are injured

because a lot of the time what chiropractors do is not just reacting to an injury or treating an injury, it's setting up the system so that it can potentially avoid that injury in the first place" Matt says.

Getting to know your body is a process, but one that's worth undertaking for maximum performance.

"Some people are very good at understanding what is happening to their body, and for some people, the absence of pain is enough. They assume that the absence of pain means that everything is normal, which isn't actually the case," Matt says. "A lot of problems exist under the surface without any noticeable signs unless you know what to look for. And that's what a chiropractor will look for. They will be able to identify the signs that are already there already or potentially leading to an issue well before they get to a point where they are easily injured or even not fit to play."

Apart from discovering your body's strengths and weaknesses, Matt says there are other things you can do as a player to make sure you maintain peak physical condition throughout the season.

"Skill development, learning how to fall and tackle have a big impact on a player. The other main one is pre-season fitness and conditioning: if it's not done, you'll see a lot of injuries in the first couple of games in the season. That's because they're asking a lot of the body in the way of performance, but they haven't prepared it."

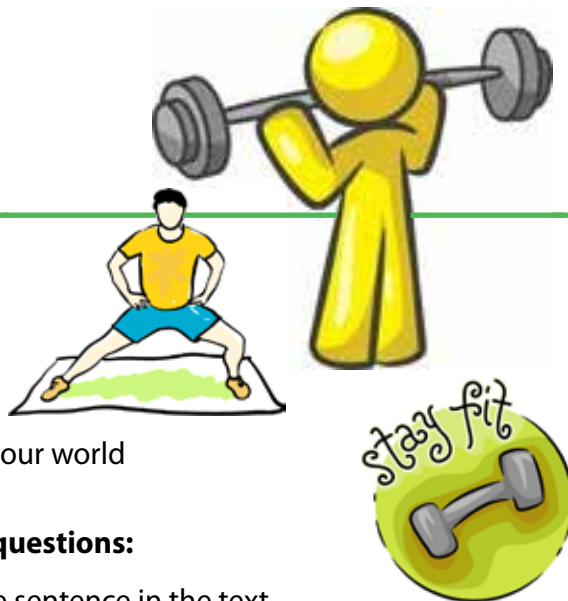
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ACTIVITY 1

BUILDING READING SKILLS

- skimming and scanning for information
- reading headings, text boxes and pictures
- reading for meaning
- making connections between the text and your world



There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between sentences and graphics (such as illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge, what you already know or feel.

1 Using information from the text, list some common football injuries that could easily be prevented.

(literal)



2 According to the text, which one of these injuries occurs the most?

(inferred)

3 Which skills do coaches often mostly focus on instead of teaching safety skills?

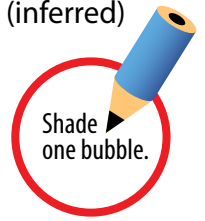
(inferred)

- how to tackle properly
- game strategies
- engaging in scrums
- how to fall safely



4 Which one of these statements is **not true?**

(inferred)



- Common neck injuries can be avoided with proper training.
- Chiropractors can detect weaknesses in a player's body.
- It is better to treat an injury after it has occurred than to try to prevent it.
- You could be badly injured even if your body isn't in pain.

5 The text says, "a lot of problems exist under the surface without any noticeable signs unless you know what to look for."

What does this mean?

(inferred)

- Anyone can be a sports doctor.
- Football players often try to cover up their injuries so they can stay on the field.
- You should have regular X-rays to check for broken bones.
- You could be injured even if you seem to be playing normally.

6 Explain the purpose for adding the pictures to the written text.

(applied)



7 Explain three ways to prevent injuries when you play sport.

(applied)

ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.



Injury prevenshon is an important part of playing sport.

There are a lot of sports injuries at internashonal level.

Medical practishoners can help you prevent sports injuries.

2 Unscramble these words from the text.



ayfset	
rhciorrpaotc	
yrseposniiblt	

3 Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.



Play within your physycal limitations.

There are sines that can point to potential problems.

You should try to maintane peak condition.



ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR AND PUNCTUATION

1 Which is not a correct sentence?

- Several common sports injuries could easily be prevented.
- Coach should teach his players about safety over the field.
- Chiropractors can identify warning signs.
- Players should always prepare before a game.



2 Which pair of words completes this sentence correctly?

If staying for training, you will need shoes.

- your your
- your you're
- you're your
- you're you're

3 Coaches have to go to the aru (australian rugby union) to do a course. This sentence contains an error in the use of

- capital letters.
- a comma.
- brackets.
- an apostrophe.

4 Which sentence is punctuated correctly?

- "Skill development learning how to fall and tackling safely have a big impact on a player" said Matt Windsor.
- "Skill development, learning how to fall and tackling safely have a big impact on a player," said Matt Windsor.
- "Skill development, learning how to fall and tackling safely have a big impact on a player, said Matt Windsor."
- "Skill development, learning how to fall, and tackling safely, have a big impact on a player," said Matt Windsor.

ACTIVITY 4

WRITING AN EXPOSITION



1 TOPIC – It is important to be fit when playing sport.

An Exposition is a type of argument that states one point of view about an issue. (A Discussion argues **both** sides of an issue.)

Here's how most Expositions are structured:

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p>Thesis – statement of your point of view (Introduction)</p> <p>Arguments – points (Your opinions)</p> <p>Restatement (Conclusion)</p>	<p>preview all the points</p> <p>evidence statistics quotes examples elaborations</p> <p>review all the points and sum up</p>

TOPIC – It is important to be fit when playing sport.

Brainstorm your ideas.

Write an EXPOSITION to convince a reader of your opinion.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- start with an attention-grabbing introduction.
- state your arguments clearly.
- give reasons and examples for your arguments.
- write in sentences.
- use words that connect your ideas cohesively (to begin, next, in addition to, furthermore, in conclusion...).
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinion; use persuasive language – rhetorical questions, high modality, emotive language, repetition, data and statistics, etc.
- pay attention to your spelling and punctuation.
- check and edit your writing so that it is clear for a reader.