

## Key Stage 4

### Tackling injuries

#### Pupil worksheet

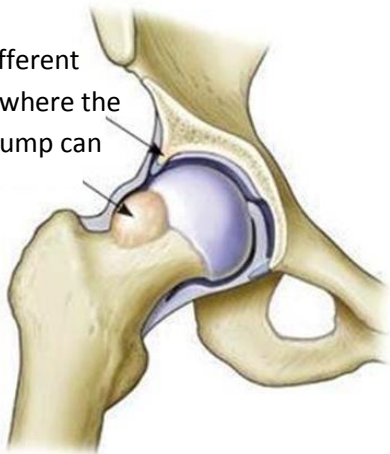
##### Wear and tear

Playing a sport has many benefits but as with most things, it also carries risks.

One common condition which is linked to playing sport is osteoarthritis (OA) in the hip joints. This is where the cartilage becomes worn away and the bones start to rub together. Around 80,000 people a year have to have a hip replacement because of OA.

##### What causes OA?

Two different places where the bony bump can form



Scientists at the University of Oxford are researching this. One condition they are investigating is called FAI. This is a small bump of bone that can develop in the hip joint and can increase the risk of developing OA.

##### FAI and sport

- 55% of athletes have FAI compared to 23% of the general population.
- About 66% of professional footballers and almost 90% of American footballers have it.
- The majority of FAI development occurs between the ages of 12 and 14 in sporty people.
- It's not the amount of exercise you do but how intense the exercise is that is the greatest risk factor.



##### Your task

Create an infographic on FAI for your school that can be displayed in the changing rooms.

It needs to include the following information:

- What FAI is, how it impacts on sporting ability and health in later life.
- What to do if you experience hip pain
- Why it doesn't mean you should give up sport

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### How to design a good infographic

**Sketch it out**

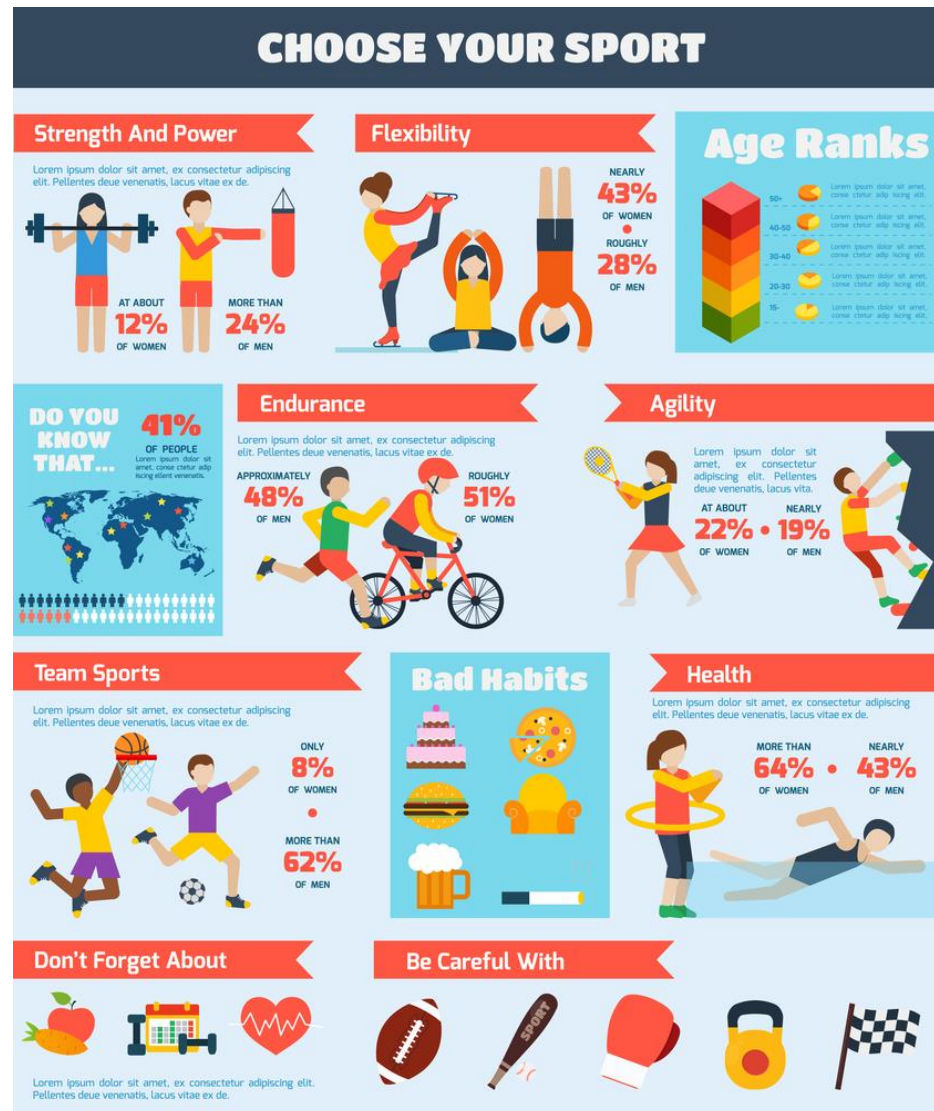
Use a storyboard to plan your layout and design.

**Tell a story**

At the beginning of the infographic, introduce the problem or question. From there, back it up with data. Finally, end the infographic with a conclusion.

**Organisation**

Place different types of information into different sections. Give each one a heading so it is clear what it is about.



**Give it a title**

But don't spend too long designing this. The rest of the information is more important!

**Make it clear**

Use simple images, include very little text. Stick to 3 or 4 different colours.

Show data in an interesting way - you don't just have to use graphs.

**Use a hook**

This is the key message that makes the viewer say "A-ha!" Place the hook at either the centre or the very end of the infographic so that it grabs more attention.