

PDHPE

“Preventative action not only enhances the wellbeing of the athlete but ensures they are prepared for performance.” Select a sport which you are familiar with. You have been given job of head coach. Write an analysis of how physical preparation and the role of sports policy/sports environment assist to maintain the wellbeing of athletes.

Within hockey, physical preparation as well as the role of sports policy and sports environment allows for the athlete’s wellbeing to be maintained as well as preparing them for performance to ensure that performance is safe and skilful.

Pre-screening involves assessing the health of an athlete prior to being involved in a training program. The purpose of this in hockey would be assess the suitability of hockey for the athlete and to tailor a training program to help prepare the hockey player for performance as well as ensuring their wellbeing. This would help the athlete achieve their goals in the most effective and safest way. In assessing, previous and current injuries, medical conditions and lifestyle factors will be noted for this purpose.

Skill and technique and physical fitness together are other factors that must be considered as part of physical preparation in hockey due to the possible risk of injury involved. By having good technique and physical fitness, the risk of injury done to the athlete themselves and to others would decrease. In addition to safety, the athlete would also be better prepared for performance, allowing them to be more proficient and skilful.

Warm up, stretching and cool down are essential preventative actions in hockey to ensure a reduced risk of injury during performance and enhanced recovery post performance. In addition to ensuring wellbeing of the athlete, warm up and stretching would enhance performance as warm up allows for improved blood flow to the body and stretching improves flexibility and mobility of muscles and joints. Cool downs would help to redistribute blood flow and remove waste products in the blood as well as aiding in reducing DOMS. This is especially important with hockey due to its dynamic nature of the sport, demanding many health and skill components of fitness.

As hockey can be a dangerous sport with its high risks of injury, rules, including those in relation to protective equipment, are enforced in the interest of the wellbeing of the participants. Those who don’t comply will either be unable to play or be penalised due to them running the risk of injuring themselves and others. For example, when the ball is lifted into the air, a player is not allowed to play it above shoulder height unless saving a shot at the goal to ensure the safety of others. Furthermore, players are required to wear shin pads and mouth guards and the goal keeper is required to wear a helmet, cup, and padding on appropriate parts of the body all to ensure safety of the athletes. These protective equipment would have to be checked regularly as a preventative measure to ensure they provide proper protection.

Despite the risks associated with hockey, children are also able to play with modified rules in place, allowing them to compete safely and maintain their wellbeing. These preventative actions ensure that children are not exposed to the risks and intensity that seasoned adult hockey players are exposed to as children do not have the capacity to perform at that level. Minkey Hockey, the form of hockey modified for children, has smaller fields are smaller and often no goalkeeper. In addition, their sticks cannot be raised above the waist, they aren’t allowed to lift the ball high and have a softer ball. Through this, children become prepared for performance through motivation whilst still having their wellbeing considered.

The sports grounds, equipment and facilities are also checked and regulated as preventative action to ensure safety and wellbeing of the athletes in hockey. Hockey is usually played on a field with a water based synthetic turf as, compared to other grounds e.g. sand, water turf is less abrasive,

meaning it would be less likely to cause an abrasion to a player. Perimeter fences are also well back from the playing area to ensure that hockey players who play around the edges of the court would not hit into the fences and injure themselves.