a. direct sporting injuries happen from an external force or blow. It can break bones, or dislocate or fracture.

eg. tackle in football causing dislocated collar bone

Indirect sporting injury happens from an internal force. Can cause injuries such as pulling a hamstring, tearing ligaments, spraining body parts

eg in a 100m sprint pulling a calf muscle

b. Physical preparation plays an important role in prevention of sports injury.

Flexibility - if not flexible enough in certain parts for certain activities/movements the joint won't be able to stretch as far causing harm. Also overflexibility can be detrimental as as the joint will stretch beyond it's normal range of movement.

strength - in a game or activity if athlete does not have suitable strength for the movement, or even appropriate stength to come up against

a particular player injury can be caused.
eg trying to lift a weight not attempted before.
Skill practice - if athletes have not practiced the required skill before or for a long period of time they are likely to do it incorrectly causing injury. Before the game it's also important to practice the skills to get in the habit and be prepared for the game.
eg Kicking a soccer ball if about to play soccer.
Warm up - warm down - before any game or activity it is always important to complete a warm up so as the muscles are stretched, blood is flowing, and so you don't pull any muscles in the game. After the activity must complete a warm-down which is the reverse of a warm-up but not as intense so it reduces muscle stiffness and soreness.
playing surfaces - coaches/officials must inspect a playing surface before commencing the game to check for anything that may cause injury to players, and to make sure correct equipment is set-up

C. When an athlete ~~Bo~~ is returning from injury there are many factors that have to be taken into account. There are two acronyms to follow: RICER AND TOTAPS.

Rest - atlelek must rest injured area for a period of 48-72hrs.

ICE - apply ice to injured area to reduce the swelling

Compression - apply a bandage to the injured part to keep it mobilised

Elevation - elevate the injury above heart level to get blood flowing properly.

Referral - refer to a docter so as they can examine and say when to return to play

~~Foot~~ Talk - ask the player questions about where it hurts

observe - look at the injured site to look for any deformities, redness etc.

Touch - feel the players injured site and look

for any discomfort, and feel for any deformities
Active movement - ask the player to move the injured site watching for pain + discomfort
passive movement - Someone else Such as coach trys to move the injury looking for pain + discomfort
Skills - ask player to stand up and perform movements similar to those required in the game.

These two procedures are important to follow if gaining an injury and wanting to return. If a more serious injury was done then it would also be up to the coach to say when the athlete can return. Also that players doctor/physio would know how capable the athlete is, and how the injury is coming along, therefore knowing if the athlete is able to return. The most important person in making the decision though is the athlete itself because they know the best what their body is capable and if they are ready to return to play.