B.3 · Injury

International Baccalaureate · IB Diploma · Sports, Exercise and Health Science · HL · Vocabulary in context

Word	Example
% **incidence rate** /ˈɪnsɪdəns reɪt/	The **incidence rate** counts new injuries for every 1,000 hours of play. 1,000
🔁 **overuse injury** /ˌəʊvəˈjuːs ˈɪndʒəri/	Running too much can cause an **overuse injury**, such as shin pain.