

**Course Title:** Common Sports Injuries, Treatment & Rehabilitation  
**Code Number:** HPE-401  
**Credit Hours:** 03 hrs  
**Pre-Requisites course Requirement/Skills:** Nil

### **Objectives of Course**

At the successful completion of this course students will be able:

- 1) This course is designed to acquaint the students with the injuries, its management and rehabilitation elaborating central nervous system, knee, Tennis Elbow ankle injuries and explaining safety rules and basic physiotherapist treatment to manage in case of emergency.

### **Course Contents**

#### **Unit-I Introduction to Sports Injuries**

- 1.1 Classification of Sports Injuries:
  - 1.1.1 Cramps
  - 1.1.2 Ruptures
  - 1.1.3 Fractures
  - 1.1.4 Pulled Muscles/Muscle Stiffness
  - 1.1.5 Strains
  - 1.1.6 Soreness
  - 1.1.7 Identification of Injuries:
    - 1.1.7.1 Upper Limb
    - 1.1.7.2 Lower Limb

#### **Unit-II Prevention of Injuries During Sports Activities**

- 2.1 Warm up
- 2.2 Skill performance
- 2.3 Play
- 2.4 Use of equipment
- 2.5 Proper cool down

#### **Unit-III Treatment of Injuries**

- 3.1 Through Exercise
- 3.2 Through Medication
- 3.3 Hydrotherapy / Steam Therapy/Ice Therapy
- 3.4 Pressure Therapy
- 3.5 Laser Therapy

**Unit-IV****Tendon Injuries**

- 4.1 Definition
- 4.2 Types of tendon injuries & their treatment.
- 4.3 Different types of Bursitis its causes signs , Symptoms & Treatment.

**Unit-V****Over Use Injuries**

- 5.1 Definition
- 5.2 Causes
- 5.3 Overuse injuries in sports men
- 5.4 Supraspinatus Syndrome, Injury to meniscus, Tennis elbow, Golf Elbow, Patellofemoral, Groin injuries and Hamstring Injuries.

**Unit-VI****Fractures and Dislocation of Joints**

- 6.1 Definitions
- 6.2 Types
- 6.3 Treatment / Rehabilitation

**Unit-VII****Massage**

- 7.1 Definition of Massage
- 7.2 Importance of Massage
- 7.3 Methods of Massage

**Teaching Learning strategies**

- a) Inquiry based learning
- b) Cooperative Learning
- c) Multimedia usage
- d) Concrete examples
- e) Think -Pair-Share

**Assessment and Examination**

| # | Elements                            | Details   |
|---|-------------------------------------|---|
| 1 | Theory Examination based Assessment | It takes Place at the mid-point of the semester. It is mostly in the form of a test but owing to the nature of the course. The teacher may assess their students based on term paper, research proposal development, field work and report writing etc. |
| 2 | Formative Assessment                | It is continuous assessment. It includes classroom Participation, attendance, assignments and Presentations, homework, attitude, and behavior, hands on activities, short test, quizzes etc.  |

### Recommended Books

1. Harris, S. S., Anderson, S. J., & American Academy of Orthopaedic Surgeons. (2018). *Care of the young athlete*.
2. Whyte, G., Loosemore, M., & Williams, C. (Eds.). (2015). *ABC of sports and exercise medicine*. John Wiley & Sons.
3. Solomon, R., Solomon, J., & Micheli, L. J. (Eds.). (2017). *Prevention of injuries in the young dancer*. Springer.
4. Kanosue, K., Ogawa, T., Fukano, M., & Fukubayashi, T. (Eds.). (2015). *Sports injuries and prevention*. Springer Japan.
5. Miller, M. D. (Ed.). (2016). *Orthopaedic knowledge update: sports medicine*. American Academy of Orthopaedic Surgeons.