

Program	BS Physical Education	Course Code	PE-407	Credit Hours	02
Course Title	Common Sports Injuries, Treatment & Rehabilitation (Theory)				
Course Introduction					
<p>This course provides an in-depth understanding of common sports injuries, their treatment, and rehabilitation. It covers the mechanisms of injuries, diagnostic procedures, therapeutic interventions, and rehabilitation techniques to restore athletes to full function. Emphasis is placed on injury prevention, evidence-based treatment strategies, and the role of multidisciplinary teams in sports injury management.</p>					
Learning Outcomes					
<p>On the completion of the course, the students will:</p> <ul style="list-style-type: none"> • Identify common sports injuries and their mechanisms. • Understand diagnostic procedures for sports injuries. • Apply appropriate treatment strategies for various sports injuries. • Develop comprehensive rehabilitation programs tailored to specific injuries. • Implement injury prevention strategies. • Collaborate effectively with multidisciplinary teams in sports injury management. • Educate athletes on injury prevention and rehabilitation techniques. 					
Course Content					Assignments/Readings
Week 1	Introduction to Sports Injuries <ul style="list-style-type: none"> • Overview of common sports injuries • Injury classification • Factors contributing to sports injuries 				From Books and Class Lectures
Week 2	Mechanisms of Sports Injuries <ul style="list-style-type: none"> • Acute vs. chronic injuries • Mechanisms of traumatic injuries • Overuse injuries and their causes 				From Books and Class Lectures
Week 3	Diagnostic Procedures <ul style="list-style-type: none"> • Clinical assessment and physical examination • Imaging techniques: X-rays, MRI, CT scans, ultrasound • Diagnostic tests for specific injuries 				From Books and Class Lectures
Week 4	Treatment Principles <ul style="list-style-type: none"> • Immediate care and first aid • Principles of RICE (Rest, Ice, Compression, Elevation) 				From Books and Class Lectures

	<ul style="list-style-type: none"> • Pain management strategies 	
Week 5	<p>Upper Extremity Injuries</p> <ul style="list-style-type: none"> • Common injuries: shoulder dislocation, rotator cuff tears, tennis elbow • Treatment and rehabilitation protocols • Prevention strategies 	From Books and Class Lectures
Week 6	<p>Lower Extremity Injuries</p> <ul style="list-style-type: none"> • Common injuries: ACL tears, meniscus injuries, ankle sprains • Treatment and rehabilitation protocols • Prevention strategies 	From Books and Class Lectures
Week 7	<p>Spine and Core Injuries</p> <ul style="list-style-type: none"> • Common injuries: herniated discs, lumbar strains, core muscle injuries • Treatment and rehabilitation protocols • Prevention strategies 	From Books and Class Lectures
Week 8	<p>Practical Session: Injury Assessment and Diagnosis</p> <ul style="list-style-type: none"> • Hands-on practice with injury assessment techniques • Use of diagnostic tools • Case studies and role-playing 	From Books and Class Lectures
Week 9	<p>Therapeutic Modalities</p> <ul style="list-style-type: none"> • Use of modalities in injury treatment: heat, cold, ultrasound, electrical stimulation • Indications and contraindications • Application techniques 	From Books and Class Lectures
Week 10	<p>Rehabilitation Principles</p> <ul style="list-style-type: none"> • Phases of rehabilitation • Designing individualized rehabilitation programs • Progression criteria and return-to-play guidelines 	From Books and Class Lectures
Week 11	<p>Strength and Conditioning in Rehabilitation</p> <ul style="list-style-type: none"> • Role of strength training in injury recovery • Functional training and sport-specific conditioning • Monitoring and adjusting training loads 	From Books and Class Lectures
Week 12	<p>Practical Session: Rehabilitation Techniques</p> <ul style="list-style-type: none"> • Hands-on practice with rehabilitation exercises • Use of equipment and modalities in rehab • Group projects and presentations 	From Books and Class Lectures

Week 13	Injury Prevention Strategies <ul style="list-style-type: none"> • Warm-up and cool-down protocols • Protective equipment and biomechanics • Education and training for injury prevention 	From Books and Class Lectures
Week 14	Multidisciplinary Approach to Sports Injury Management <ul style="list-style-type: none"> • Roles of healthcare professionals: physiotherapists, athletic trainers, doctors • Communication and collaboration within the team • Case studies in interdisciplinary management 	From Books and Class Lectures
Week 15	Psychological Aspects of Sports Injuries <ul style="list-style-type: none"> • The psychological impact of injuries on athletes • Coping strategies and mental health support • Role of sports psychologists in rehabilitation 	From Books and Class Lectures
Week 16	Review and Final Exam Preparation <ul style="list-style-type: none"> • Review of key concepts and principles • Mock exams and practice questions • Final exam preparation 	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Andrews, J. R., Harrelson, G. L., & Wilk, K. E. (2016). Physical rehabilitation of the injured athlete (4th ed.). Elsevier.
- Brukner, P., & Khan, K. (2017). Brukner & Khan's Clinical Sports Medicine (5th ed.). McGraw-Hill Education.
- Joyce, D., & Lewindon, D. (2015). Sports injury prevention and rehabilitation. Routledge.
- Kisner, C., & Colby, L. A. (2017). Therapeutic exercise: Foundations and techniques (7th ed.). F.A. Davis Company.
- Prentice, W. E. (2015). Rehabilitation of sports injuries: Current concepts (5th ed.). McGraw-Hill Education.
- Prentice, W. E., & Arnheim, D. D. (2021). Essentials of athletic injury management (11th ed.). McGraw-Hill Education.

Suggested Readings

- **Journals:** Journal of Orthopaedic & Sports Physical Therapy, American Journal of Sports Medicine, Sports Health: A Multidisciplinary Approach
- **Websites:** National Athletic Trainers' Association (NATA), American College of Sports Medicine (ACSM)
- **Videos:** Online tutorials on injury assessment and rehabilitation techniques, webinars on sports injury management