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| Program | BS Physical Education | Course Code | PE-408 | Credit Hours | 01 |
| Course Title | Common Sports Injuries, Treatment & Rehabilitation (Practical) | | | | |
| 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 | <p>Introduction to Sports Injuries</p> <ul style="list-style-type: none"> • Lecture on the types and causes of common sports injuries. • Group discussion on personal experiences with sports injuries. • Practical demonstration of injury identification and classification | | | | <p>From Books and Class Lectures</p> |
| Week 2 | <p>Injury Prevention Techniques</p> <ul style="list-style-type: none"> • Practical session on proper warm-up and cool-down routines. • Workshop on injury prevention strategies, including equipment use and technique correction. • Group activity to create injury prevention plans for different sports | | | | <p>From Books and Class Lectures</p> |
| Week 3 | <p>Acute Injury Management (RICE)</p> <ul style="list-style-type: none"> • Practical demonstration of the RICE method. • Hands-on practice applying RICE to simulated injuries. | | | | <p>From Books and Class Lectures</p> |

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| | <ul style="list-style-type: none"> • Group discussion on the effectiveness and limitations of the RICE method | |
| Week 4 | <p>Concussion Management</p> <ul style="list-style-type: none"> • Practical session on identifying concussion symptoms. • Role-playing scenarios to practice concussion management and communication. • Workshop on developing return-to-play protocols following a concussion | From Books and Class Lectures |
| Week 5 | <p>Revision of</p> <p>Introduction to Sports Injuries</p> <ul style="list-style-type: none"> • Lecture on the types and causes of common sports injuries. • Group discussion on personal experiences with sports injuries. • Practical demonstration of injury identification and classification <p>Injury Prevention Techniques</p> <ul style="list-style-type: none"> • Practical session on proper warm-up and cool-down routines. • Workshop on injury prevention strategies, including equipment use and technique correction. • Group activity to create injury prevention plans for different sports <p>Acute Injury Management (RICE)</p> <ul style="list-style-type: none"> • Practical demonstration of the RICE method. • Hands-on practice applying RICE to simulated injuries. • Group discussion on the effectiveness and limitations of the RICE method <p>Concussion Management</p> <ul style="list-style-type: none"> • Practical session on identifying concussion symptoms. • Role-playing scenarios to practice concussion management and communication. • Workshop on developing return-to-play protocols following a concussion | From Books and Class Lectures |
| Week 6 | <p>Muscle Strains and Ligament Sprains</p> <ul style="list-style-type: none"> • Practical demonstration of treatment techniques for strains and sprains. | From Books and Class Lectures |

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| | <ul style="list-style-type: none"> • Hands-on practice with rehabilitation exercises for different severity levels. • Group activity to design a rehabilitation program for a specific injury | |
| Week 7 | <p>Fracture and Dislocation Management</p> <ul style="list-style-type: none"> • Practical demonstration of splinting and immobilization techniques. • Hands-on practice with simulated fractures and dislocations. • Group discussion on the referral process and follow-up care | From Books and Class Lectures |
| Week 8 | <p>Soft Tissue Injury Management</p> <ul style="list-style-type: none"> • Practical demonstration of treatment modalities (e.g., massage, ultrasound). • Hands-on practice with soft tissue rehabilitation techniques. • Workshop on developing a comprehensive treatment plan for soft tissue injuries | From Books and Class Lectures |
| Week 9 | <p>Rehabilitation of Overuse Injuries</p> <ul style="list-style-type: none"> • Practical session on identifying overuse injury symptoms. • Workshop on creating and implementing rehabilitation programs for overuse injuries. • Group presentations on case studies of overuse injuries and their management. | From Books and Class Lectures |
| Week 10 | <p>Revision of</p> <p>Muscle Strains and Ligament Sprains</p> <ul style="list-style-type: none"> • Practical demonstration of treatment techniques for strains and sprains. • Hands-on practice with rehabilitation exercises for different severity levels. • Group activity to design a rehabilitation program for a specific injury <p>Fracture and Dislocation Management</p> <ul style="list-style-type: none"> • Practical demonstration of splinting and immobilization techniques. • Hands-on practice with simulated fractures and dislocations. • Group discussion on the referral process and follow-up care | From Books and Class Lectures |

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| | <p>Soft Tissue Injury Management</p> <ul style="list-style-type: none"> • Practical demonstration of treatment modalities (e.g., massage, ultrasound). • Hands-on practice with soft tissue rehabilitation techniques. • Workshop on developing a comprehensive treatment plan for soft tissue injuries <p>Rehabilitation of Overuse Injuries</p> <ul style="list-style-type: none"> • Practical session on identifying overuse injury symptoms. • Workshop on creating and implementing rehabilitation programs for overuse injuries. • Group presentations on case studies of overuse injuries and their management. | |
| Week 11 | <p>Functional Movement Assessment</p> <ul style="list-style-type: none"> • Practical session on conducting functional movement assessments. • Hands-on practice with assessment tools and techniques. • Group activity to analyze and interpret assessment results | From Books and Class Lectures |
| Week 12 | <p>Sports Taping and Bracing</p> <ul style="list-style-type: none"> • Practical demonstration of common taping and bracing techniques. • Hands-on practice applying tape and braces for different injuries. • Group discussion on the effectiveness and limitations of taping and bracing | From Books and Class Lectures |
| Week 13 | <p>Exercise Therapy and Rehabilitation Protocols</p> <ul style="list-style-type: none"> • Practical session on creating exercise therapy programs. • Hands-on practice with different rehabilitation exercises and equipment. • Group activity to develop and present comprehensive rehabilitation protocols | From Books and Class Lectures |
| Week 14 | <p>Practical Assessment and Feedback</p> <ul style="list-style-type: none"> • Practical assessment of injury management and rehabilitation techniques. • Peer and instructor feedback sessions. | From Books and Class Lectures |

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| | <ul style="list-style-type: none"> • Reflection on learning experiences and setting goals for future improvement | |
| Week 15 | <p>Functional Movement Assessment</p> <ul style="list-style-type: none"> • Practical session on conducting functional movement assessments. • Hands-on practice with assessment tools and techniques. • Group activity to analyze and interpret assessment results <p>Sports Taping and Bracing</p> <ul style="list-style-type: none"> • Practical demonstration of common taping and bracing techniques. • Hands-on practice applying tape and braces for different injuries. • Group discussion on the effectiveness and limitations of taping and bracing <p>Exercise Therapy and Rehabilitation Protocols</p> <ul style="list-style-type: none"> • Practical session on creating exercise therapy programs. • Hands-on practice with different rehabilitation exercises and equipment. • Group activity to develop and present comprehensive rehabilitation protocols <p>Practical Assessment and Feedback</p> <ul style="list-style-type: none"> • Practical assessment of injury management and rehabilitation techniques. • Peer and instructor feedback sessions. • Reflection on learning experiences and setting goals for future improvement | From Books and Class Lectures |
| Week 16 | <p>Practical Exam and Review</p> <ul style="list-style-type: none"> • Practical exam assessing skills learned throughout the course • Review session and discussion of key learnings • Course wrap-up and feedback | From Books and Class Lectures |
| Textbooks and Reading Material | | |
| <p>Textbooks</p> <ul style="list-style-type: none"> • Brukner, P., & Khan, K. (2017). Brukner & Khan's Clinical Sports Medicine (5th ed.). McGraw-Hill Education. • Magee, D. J. (2014). Orthopedic Physical Assessment (6th ed.). Saunders. | | |

- Prentice, W. E. (2016). Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice (16th ed.). McGraw-Hill Education.
- Starkey, C., Brown, S. D., & Ryan, J. (2015). Examination of Orthopedic and Athletic Injuries (4th ed.). F.A. Davis.