Program	BS Physical Education	Course Code	PE-452	Credit Hours	02
Course Title	**Sports Medicine (Theory)**				

Course Introduction

This course provides an in-depth understanding of sports medicine, focusing on preventing, diagnosing, treating, and rehabilitating sports-related injuries. It will cover the principles of sports medicine, including the anatomy and physiology of injury, injury management, and the role of the sports medicine team. Practical sessions will provide hands-on experience in injury assessment, taping, and rehabilitation techniques.

Learning Outcomes

On the completion of the course, the students will:

- Understand the basic principles of sports medicine.
- Identify and describe common sports injuries.
- Apply anatomy and physiology knowledge to assess and manage sports injuries.
- Demonstrate skills in injury prevention, including proper training techniques and use of protective equipment.
- Execute primary injury treatment and rehabilitation techniques.
- Understand the role of nutrition in injury prevention and recovery.
- Work effectively as part of a sports medicine team.

	Course Content	Assignments/Readings
Week 1	**Introduction to Sports Medicine** • Course overview and expectations • History and evolution of sports medicine • Role and responsibilities of sports medicine professionals	From Books and Class Lectures
Week 2	**Anatomy and Physiology of Injury** • Overview of the musculoskeletal system • Types of tissues involved in sports injuries • Mechanisms of injury	From Books and Class Lectures
Week 3	**Common Sports Injuries** • Sprains, strains, fractures, dislocations • Overuse injuries • Injury case studies	From Books and Class Lectures
Week 4	**Injury Prevention** • Warm-up and cool-down techniques	From Books and Class Lectures

	• Proper training methods • Use of protective equipment	
Week 5	**Injury Assessment and Diagnosis** • On-field injury assessment protocols • Clinical examination techniques • Use of diagnostic tools (X-rays, MRI, etc.)	From Books and Class Lectures
Week 6	**Immediate Care and First Aid** • Principles of First Aid • Management of acute injuries • Emergency action plans	From Books and Class Lectures
Week 7	**Rehabilitation and Recovery** • Phases of rehabilitation • Principles of therapeutic exercise • Use of modalities in rehabilitation	From Books and Class Lectures
Week 8	**Practical Session: Injury Assessment and Taping Techniques** • Hands-on practice of injury assessment • Demonstration and practice of taping techniques	From Books and Class Lectures
Week 9	**Nutrition and Sports Injuries** • Role of nutrition in injury prevention and recovery • Nutritional strategies for athletes • Supplementation	From Books and Class Lectures
Week 10	**Psychological Aspects of Sports Injuries** • Impact of injuries on mental health • Coping strategies for athletes • Role of sports psychologists	From Books and Class Lectures
Week 11	**Special Populations in Sports Medicine** • Injuries in Youth Athletes • Considerations for Female Athletes • Master athletes and ageing	From Books and Class Lectures
Week 12	**Legal and Ethical Issues in Sports Medicine** • Ethical considerations in sports medicine • Legal responsibilities of sports medicine professionals • Case studies and discussions	From Books and Class Lectures
Week 13	**Role of the Sports Medicine Team** • Composition and function of the sports medicine team	From Books and Class Lectures

	• Communication and collaboration within the team • Case management	
Week 14	**Emerging Trends in Sports Medicine** • Advances in injury prevention and treatment • Use of technology in sports medicine • Future directions in the field	From Books and Class Lectures
Week 15	**Practical Session: Rehabilitation Techniques** • Hands-on practice of rehabilitation exercises • Use of rehabilitation equipment • Designing rehabilitation programs	From Books and Class Lectures
Week 16	**Review and Final Exam Preparation** • Review of key concepts • Mock exams and practice questions • Final exam preparation	From Books and Class Lectures

Textbooks and Reading Material

Textbooks

- Bracker, M. D. (2008). Sports medicine: Study guide and review for boards. Slack Incorporated.
- Brukner, P., & Khan, K. (2017). Clinical sports medicine (5th ed.). McGraw-Hill Education.
- Gotlin, R. S. (2019). Essentials of sports medicine. Demos Medical Publishing.
- Joyce, D., & Lewindon, D. (2015). Sports injury prevention and rehabilitation. Routledge.
- Prentice, W. E. (2020). Principles of athletic training: A guide to evidence-based clinical practice (16th ed.). McGraw-Hill Education.
- Walker, B. (2011). The anatomy of sports injuries: Your illustrated guide to prevention, diagnosis, and treatment. North Atlantic Books.

Suggested Readings

- **Journals**: Journal of Sports Medicine, British Journal of Sports Medicine, American Journal of Sports Medicine
- **Websites**: National Athletic Trainers' Association (NATA), American College of Sports Medicine (ACSM)
- **Videos**: Online tutorials and lectures on sports injury assessment and rehabilitation