

Program	BS Physical Education	Course Code	PE-408	Credit Hours	01
Course Title	Common Sports Injuries, Treatment & Rehabilitation (Practical)				
Course Introduction					
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.					
Learning Outcomes					
On the completion of the course, the students will:					
- 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 - 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				From Books and Class Lectures
Week 2	Injury Prevention Techniques - 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				From Books and Class Lectures
Week 3	Acute Injury Management (RICE) - 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				From Books and Class Lectures
Week 4	Concussion Management - Practical session on identifying concussion symptoms. - Role-playing scenarios to practice concussion management and communication.				From Books and Class Lectures

	Workshop on developing return-to-play protocols following a concussion	
Week 5	Revision of Introduction to Sports Injuries - 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 Injury Prevention Techniques - 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 Acute Injury Management (RICE) - 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 Concussion Management - 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	Muscle Strains and Ligament Sprains - 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	From Books and Class Lectures
Week 7	Fracture and Dislocation Management - 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	Soft Tissue Injury Management Practical demonstration of treatment modalities (e.g., massage, ultrasound).	From Books and Class Lectures

	• Hands-on practice with soft tissue rehabilitation techniques. • Workshop on developing a comprehensive treatment plan for soft tissue injuries	
Week 9	Rehabilitation of Overuse Injuries • 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	Revision of Muscle Strains and Ligament Sprains • 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 Fracture and Dislocation Management • 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 Soft Tissue Injury Management • 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 Rehabilitation of Overuse Injuries • 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 11	Functional Movement Assessment • 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	Sports Taping and Bracing • 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	Exercise Therapy and Rehabilitation Protocols • 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	Practical Assessment and Feedback • 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 15	Functional Movement Assessment • Practical session on conducting functional movement assessments. • Hands-on practice with assessment tools and techniques. • Group activity to analyze and interpret assessment results Sports Taping and Bracing • 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 Exercise Therapy and Rehabilitation Protocols • 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 Practical Assessment and Feedback • 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	Practical Exam and Review • 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		
Textbooks • 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.		