Program	BS Physical Education	Course Code	PE-453	Credit Hours	01
Course Title	**Sports Medicine (Practical)**				

Course Introduction

This course provides an in-depth understanding of sports medicine, focusing on preventing, diagnosing, treating, and rehabilitating sports-related injuries. The course 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	**Injury Prevention and Risk Assessment** • Workshop on proper warm-up and cool-down techniques. • Demonstration of stretching exercises. • Risk assessment drills for different sports activities.	From Books and Class Lectures
Week 3	**Basic First Aid and Emergency Care** • Hands-on practice with CPR mannequins. • Demonstration of splinting and bandaging techniques. • Role-playing emergency scenarios and response strategies	From Books and Class Lectures

Week 4	**Acute Injury Management** • Practical application of the RICE method. • Demonstrate and practice using ice packs, compression wraps, and elevation techniques. • Case studies and role-playing for acute injury scenarios	From Books and Class Lectures
Week 5	**Revision of** **Introduction to Sports Medicine** • Course overview and expectations • History and evolution of sports medicine • Role and responsibilities of sports medicine professionals **Injury Prevention and Risk Assessment** • Workshop on proper warm-up and cool-down techniques. • Demonstration of stretching exercises. • Risk assessment drills for different sports activities. **Basic First Aid and Emergency Care** • Hands-on practice with CPR mannequins. • Demonstration of splinting and bandaging techniques. • Role-playing emergency scenarios and response strategies **Acute Injury Management** • Practical application of the RICE method. • Demonstrate and practice using ice packs, compression wraps, and elevation techniques. • Case studies and role-playing for acute injury scenarios	From Books and Class Lectures
Week 6	**Sports Nutrition and Hydration** • Workshop on creating nutrition plans for different sports. • Hydration assessment techniques and the importance of electrolyte balance. • Practical session on preparing sports drinks and energy snacks	From Books and Class Lectures
Week 7	**Rehabilitation and Therapeutic Exercises** • Demonstration of rehabilitation exercises for various injuries. • Practice sessions on using resistance bands, stability balls, and other rehabilitation tools.	From Books and Class Lectures

	• Creating individualized rehabilitation plans for hypothetical injury cases	
Week 8	**Taping and Bracing Techniques** • Hands-on practice of ankle, wrist, and knee taping techniques. • Demonstration of proper brace fitting and usage. • Role-playing scenarios requiring taping and bracing	From Books and Class Lectures
Week 9	**Psychological Aspects of Sports Injuries** • Group discussions on the psychological challenges faced by injured athletes. • Role-playing sessions to practice motivational techniques. • Workshop on developing mental recovery plans	From Books and Class Lectures
Week 10	**Revision of** **Sports Nutrition and Hydration** • Workshop on creating nutrition plans for different sports. • Hydration assessment techniques and the importance of electrolyte balance. • Practical session on preparing sports drinks and energy snacks **Rehabilitation and Therapeutic Exercises** • Demonstration of rehabilitation exercises for various injuries. • Practice sessions on using resistance bands, stability balls, and other rehabilitation tools. • Creating individualized rehabilitation plans for hypothetical injury cases **Taping and Bracing Techniques** • Hands-on practice of ankle, wrist, and knee taping techniques. • Demonstration of proper brace fitting and usage. • Role-playing scenarios requiring taping and bracing **Psychological Aspects of Sports Injuries** • Group discussions on the psychological challenges faced by injured athletes. • Role-playing sessions to practice motivational techniques. • Workshop on developing mental recovery plans	From Books and Class Lectures

Week 11	**Monitoring and Evaluating Athlete Health** • Practical sessions on using heart rate monitors, body composition analyzers, and other health assessment tools. • Demonstration of fitness testing protocols. • Case studies on monitoring and evaluating athlete health over a season	From Books and Class Lectures
Week 12	**Ethical and Legal Issues in Sports Medicine** • Lecture on ethical and legal issues in sports medicine. • Group discussion on real-life cases and ethical dilemmas. • Role-playing scenarios to explore legal responsibilities and ethical decision-making	From Books and Class Lectures
Week 13	**Field Experience and Case Studies** • Field trip to a sports clinic or rehabilitation centre. • Interaction with sports medicine professionals. • Analysis and presentation of real-life case studies	From Books and Class Lectures
Week 14	**Practical Assessment and Feedback** • Practical assessment of first aid, taping, rehabilitation exercises, and other skills. • Peer and instructor feedback sessions. • Reflection on learning experiences and setting goals for future improvement	From Books and Class Lectures
Week 15	**Revision of** **Monitoring and Evaluating Athlete Health** • Practical sessions on using heart rate monitors, body composition analyzers, and other health assessment tools. • Demonstration of fitness testing protocols. • Case studies on monitoring and evaluating athlete health over a season **Ethical and Legal Issues in Sports Medicine** • Lecture on ethical and legal issues in sports medicine. • Group discussion on real-life cases and ethical dilemmas. • Role-playing scenarios to explore legal responsibilities and ethical decision-making **Field Experience and Case Studies**	From Books and Class Lectures

	• Field trip to a sports clinic or rehabilitation center. • Interaction with sports medicine professionals. • Analysis and presentation of real-life case studies **Practical Assessment and Feedback** • Practical assessment of first aid, taping, rehabilitation exercises, and other skills. • Peer and instructor feedback sessions. • Reflection on learning experiences and setting goals for future improvement	
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 • Brukner, P., & Khan, K. (2017). Clinical Sports Medicine (5th ed.). McGraw-Hill Education. • Casa, D. J. (Ed.). (2015). Sport and Physical Activity in the Heat: Maximizing Performance and Safety. Springer. • Howley, E. T., & Thompson, D. L. (2016). Fitness Professional's Handbook (7th ed.). Human Kinetics. • Shultz, S. J., Houglum, P. A., & Perrin, D. H. (2015). Examination of Musculoskeletal Injuries (4th ed.). Human Kinetics.		