

21.

Semester V
Theory Course
IMTC 501 SPORTS MEDICINE

ESSENCE OF THE COURSE

This course offers an introduction of use of medicine in Sports. It aims to develop understanding about Sports Medicine in physical education, its aim and objectives, philosophical foundation, historical developments, structure / functions of different organisation's like WADA, NADA.

COURSE LEARNING OUTCOMES

After completing this course, the students will be able to

-) Understand the concept of sports medicine.
-) Understand the historical development of sports medicine in India and abroad.
-) Describe the different sports medicines and its uses.
-) Classify and identify the sports injuries there rehabilitation techniques.

COURSE CONTENT

21.1 UNIT I

Meaning, definition and importance of Sports Medicine, Definition and Principles of therapeutic exercises. Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic. Advantages and Disadvantages of RICER, PRINCER therapy, Aquatic therapy.

21.2 UNIT II

Basic Rehabilitation: Strapping/Tapping: Definition, Principles Precautions Contraindications. Proprioceptive neuromuscular facilitation: Definition hold, relax, repeated contractions. Show reversal technique exercises. Isotonic, Isokinetic, isometric stretching. Definition. Types of stretching, Advantages, dangers of stretching, Manual muscle grading.

21.3 UNIT III

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries. Spinal rang of motion. Free exercises, stretching and strengthening exercise for head neck, spine. Supporting and aiding techniques and equipment for Head, Neck and Spine injuries. Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, Strapping. Elbow: Sprain, Strain, Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture. Breathing exercises, Relaxation techniques, Free exercise, Stretching and Strengthening exercise for shoulder, Elbow, Wrist, Han. Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

21.4 UNIT IV

Lower Limb and Abdomen Injuries: Hip: Adductor strain, Dislocation, Strapping. Knee: Sprain, Strain, Strain, Strapping. Ankle: Sprain, Strain, Strapping.. Abdomen: Abdominal wall, Contusion, Abdominal muscle strain. Free exercises – Stretching and Strengthening exercise for Hip, Anee, ankle and Foot. Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

TEACHING LEARNING STRATEGIES

-) The content of the syllabus may be taught by using lecture method, discussion method, quiz method, educational videos, charts and assignment method depending upon the resources and facilities available at the University/Institute/ Department/Colleges.

MODE OF TRANSACTION

-) Laboratory Work/Field Work/Outreach Activities/Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Presentations/Self- Learning Instructional Material etc.

ASSESSMENT RUBRICS

) End Semester Exam	Marks: 100 (70+30) Marks: 70
) Classroom Test, Project Work, Assignments, Presentations	Marks: 30 (10+20)
o Classroom Tests: Best one out of two unit tests	(Marks: 10)
Project Work, Assignments, Presentations	(Marks: 20)

REFERENCES:

1. Christopher M. Norris. (1993). Sports Injuries Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
2. James, A. Gould & George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
3. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
4. Pande. (1998). Sports Medicine. New delhi: Khel Shitya Kendra
5. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.