

MPEC – 304:
Course Title: SPORTS MEDICINE

Credit			Teaching Hours		
Lecture/Tutorials	Practical/Internship	Total	Lecture/Tutorials	Practical/Internship	Total
3	1	4	48	32	80

UNIT I: Introduction

- Concept of Sports Medicine, Its aim and objectives, Need and Scope of Sports Medicine in Physical Education.
- Role of Sports Physician, Physical Educator/ Athletic Trainer, the coach and the player in sports medicine.
- Brief historical sketch of sports medicine in India.

UNIT II: Sports Medicine Problems

- Low back problems and management: Stretching and strengthening exercise for back problems
- Malnutrition and their management.
- Sex Problems in athletes, differences between the two sexes.
- Advantages and disadvantage or exercises, before, during and after pregnancy.
- Common old age problems and evaluation of male and female athletes
- Sports medical problems of athletes and rehabilitation.

UNIT III: Doping in Sports

- Doping
 - History
 - Meaning and Definition
 - Classification
 - Signs and symptoms of Doping
- Procedure and sampling at National and Inter National levels.
- Use and abuses of drugs.
- Role of WADA and NADA

UNIT IV: Food supplements for Sportsmen

- Protein and creatine utilization
- Planning and justification of athletic diets for different categories of sports
- Advisory Bodies
- Role of Water for Indian Athletes.

TEACHING LEARNING STRATEGIES: The class will be taught by using lectures and demonstration, seminars, classroom discussion, videos, charts and presentations method.

ACTIVITIES: Lecture/Laboratory Work/ Field Work/ Outreach Activities/ Project Work/ Vocational Training/Viva/ Seminars/ Term Papers/Assignments/ Presentations/ Self-Study etc.

ASSESSMENT RUBRIC: Classroom Test, Project Work, Assignments, Presentations, Practical Work

TEXT & REFERENCES:

- Rouzier, P. (2010). The sports medicine patient advisor. Amherst, MA: SportsMed Press. ISBN-10: 0984303103. ISBN-13: 978-0984303106
- Lyle, J., & Jenkins, M. (1995). The Sports Medicine Bible: Prevent, Detect, And Treat Your Sports. New York: HarperCollins. ISBN-10: 0062731432. ISBN-13: 978-0062731432
- Brukner, P., Khan, K., & Brukner, P. (2012). Brukner & Khan's clinical sports medicine. Sydney: McGraw-Hill. ISBN-10: 0070998132. ISBN-13: 978-0070998131
- Madden, C., & Netter, F. (2010). Netter's sports medicine. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416049223. ISBN-13: 978-1416049227
- O'Connor, F. (2013). ACSM's sports medicine. Philadelphia: Wolters Kluwer Health/Lippincott Williams & Wilkins. ISBN-10: 1451104251. ISBN-13: 978-1451104257
- Seidenberg, P., & Beutler, A. (2008). The sports medicine resource manual. Philadelphia, PA: Saunders/Elsevier. ISBN-10: 1416031979. ISBN-13: 978-1416031970
- Steven Roy, Irvin Richer "Sports Medicine" Prentice Hall, 1983.
- Vinger and Hoerner, "Sports Injuries" PSG Publishing Co. Inc. Massal. 1980.
- Armstrong and Tucker, Injuries and Sports London:Camples Press.
- More house and Rash. Sports Medicine for Triainer W.B. Saunders.
- William, J.G.P., Sports Medicine, London:Edwar Arnold Publishers.