



**AIM OF THE COURSE** (*content and acquired skills*):

The aim of the course is to present to the students the most common sports injuries. The content of each lecture is to analyze the mechanism of injury, the causes, the symptoms and treatment options of each injury. The students will learn how to handle the most common sports injuries in sport and what expectations should have from the rehabilitation program for each sport injury while initiated in counseling to improve the motivation of injured athletes during rehabilitation. Some of these injuries are ankle injuries, knee ligament rupture, fracture, muscle strains, meniscus tears, shoulder dislocation.

**COURSE CONTENTS** (*outline – titles of lectures*):

1. Introduction to sports injuries.
2. Ankle sprain.
3. Knee ligament injuries – ACL.
4. Knee ligament injuries – PCL.
5. Knee ligament injuries – MCL-LCL.
6. Meniscus tears on athletes.
7. Anterior knee pain on athletes.
8. Tendons injuries on sports.
9. Muscle injuries mechanisms.
10. Shoulder injuries in athletes.
11. Shoulder impingement syndrome.
12. Fracture on sports.
13. Fatigue fracture on sports.

**TEACHING METHOD(S)** (*lectures – labs – practice etc.*):

Lectures

**ASSESSMENT METHOD (S):**

1. Mid term exams (20%)
2. Final exams (80%)

**LEARNING OUTCOMES:**

Upon the completion of this course the student will be able to: a) recognize the most common sports injuries, b) recognize their early symptoms, c) identify the mechanisms of injuries and d) employ therapeutic methods for each injury.

**LEARNING OUTCOMES – CONTINUED:**

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Recognition of the most common sports injuries.	Lectures, demonstration / discussion of digital material, home study.	Mid term exams, problem solving project.	20
Recognize of the most common sport injuries early symptoms.	Lectures, demonstration / discussion of digital material, problem	Mid term exams, problem solving project.	20

	solving projects, home study.		
Identification of the injuries mechanisms.	Lectures, demonstration and discussion of digital material, problem solving projects, home study.	Mid term exams, problem solving project.	40
Ability to employ therapeutic methods for each injury.	Lectures, team work, home study.	Mid term exams, problem solving project.	40
		<b>TOTAL</b>	<b>120</b>

**OBLIGATORY & SUGGESTED BIBLIOGRAPHY:**

1. Houglum, P.A. (2001). Therapeutic exercises for sports injuries. Champaign IL: Human Kinetics.
2. Irvin, R., Iversen, D. & Roy, S. (2003). Sports medicine: prevention, assessment, management, and rehabilitation of sports injuries. Boston: McGraw-Hill.
3. Canavan, P.K. (1998). Rehabilitation in sports medicine: a comprehensive guide. Upper Saddle River, NJ: Prentice Hall.
4. Prentice, W.E (2007). Rehabilitation techniques in sports medicine and athletic training. 5<sup>th</sup> edition, Boston: McGraw-Hill.