# DEMOCRITUS UNIVERSITY OF THRACE DEPARTMENT OF PHYSICAL EDUCATION & SPORT SCIENCE

#### UNDERGRADUATE PROGRAM OF STUDY

		Sports	injuries	3				
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COURSE CODE:		E.C.T.S. CREDITS				5		
N138						4		
<b>RESPONSIBLE FOR 1</b>	THE COU	J <b>RSE:</b>						
NAME	Georg	ge Godo	olias					
POSITION	Profe	Professor						
SECTOR	Exerc	Exercise and Health						
OFFICE	Labor	Laboratory of Therapeutic Exercise and Rehabilitation						
TEL. / E-MAIL	25310	2531039662 ggodolia@phyed.duth.gr,						
CO-INSTRUCTORS	Anas	Anastasia Beneka, Associate Professor						
	Vivia	Vivian Malliou, Associate Professor						
	Asim	enia Gio	oftsidou	, Lectu	rer			
SEMESTER:	$1^{st}$ $5^{th}$	[]	$2^{ m nd}_{ m 6^{ m th}}$	[]	3 <sup>rd</sup> 7 <sup>th</sup>	[X] [ ]	$4^{ m th} 8^{ m th}$	[]
COURSE TYPE:	Obli Dire Spec Prere Elec	gatory ction ializatic equisite tive ( <i>ope</i>	on for spec en)	cializati	on	[X] [ ] [ ] [ ]		
HOURS (per week):				2				
<b>DIRECTION</b> (only for 3	$e^{rd}$ & $4^{th}$ y	ear coui	rses):					
SPECIALIZATION (or	aly for 3 <sup>rd</sup>	& 4 <sup>th</sup> ye	ear coui	rses):				
LANGUAGE OF TEAC	CHING:		Gree	k [X]		Engli	sh [ ]	

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

#### **LEARNING OUTCOMES – CONTINUED:**

	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
		TOTAL	120

## **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.