

SEMESTER VI

BES-S602

Time allowed: 3Hrs

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

ATHLETIC CARE AND REHABILITATION OF SPORTS INJURIES

Unit-I:

Posture – Concept, Significance & Benefits

Bad Posture (Sitting, Standing, Walking, Lying down)

Effects of Bad Posture on Our Body

Unit-II:

Postural Deformities – Types and Causes (Kyphosis, Scoliosis, Lordosis, Knock Knees, Bow Legs, Flat Foot)

Corrective Exercises for Postural Deformities

Illnesses due to Improper Posture (Back Pain, Neck Pain)

Corrective Exercises for Improper Posture.

Meaning & Definition of Sports Injuries

Unit-III:

General Principles of Prevention of sports Injuries

Sports Medicine and Athletic Care - Concept and Significance, Factors causing Injuries

Introduction of Common Sports Injuries (Strain, Sprain in Muscle and Ligament, Shin Pain, Contusion, Abrasion, Fracture & Dislocation)

Management of Injuries

Unit-IV

Sports Injuries and First Aid (P.R.I.C.E.)

Rehabilitation - Aim and Objective, Recovery

Introduction of Therapeutic Modalities

Muscle Strengthening through Active and Passive Exercise

SUGGESTED READINGS

ACSM's Guidelines for Exercise Testing and Prescription (2001), American College of Sports Medicine, New York, U.S.A.

Ansbaugh, D.J., G. Ezell and K.N. Goodman (2006) **Teaching Today Health**, Mosby Publishers, Chicago (USA)

Beotra, Alka (2001-02) **Drug Education Handbook on Drug Abuse in Sports**, Applied Nutrition Sciences, Mumbai.