

**SKILL ENHANCEMENT COURSE**  
**(SEC-5) (opt any one)**  
**SEMESTER VII**  
**ATHLETIC CARE AND REHABILITATION OF SPORTS INJURIES**

Max. Marks =100

Theory = 70 Marks + Internal Assessment = 30 Marks

**BES-S701**

Time allowed: 3Hrs

The Course learning outcomes (COs): On completion of the four years B.P.E.S, program, the students will be learning and able to do/perform the following.....

**CO-1.** State the Meaning and Definition of Athletic Care.

**CO-2.** Estimating the Postural Deformities.

**CO-3.** Acquiring the knowledge of Corrective Exercises.

**CO-4.** Determining the reasons of illness due to Improper Posture.

**CO-5.** Estimating the knowledge of Sports injuries.

**CO-6.** Combining the knowledge of Therapeutic Modalities in rehabilitation process.

**Unit-I: Introduction**

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: Sports Injuries-**

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 Rehabilitation-**

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.

Anspaugh, 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.