Semester – III BPD-E304 Theory Courses SPORTS MEDICINE, PHYSIOTHERAPY AND REHABILITATION (ELECTIVE)

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

CO-1. Defining the meaning, definition, aim, objectives, concept of sports medicine, principle, importance of physiotherapy.

CO-2.Describing the prevention from sports injuries.

CO-3. Establishing the first aid treatment, and various physiological effects of massage.

CO-4.Categorizing the correct therapeutic exercises, massage technique and therapeutic modalities.

CO-5. Judging various therapeutic exercises.

Unit-I: - Sports Medicine

(10 Hrs.)

Sports Medicine: Meaning, Definition, Aims, Objectives, Modern Concepts and Importance. Athletes Care and Rehabilitation: Contribution of Physical Education Teachers and Coaches. Need and Importance of the study of sports injuries in the field of Physical Education Prevention of injuries in sports – Common sports injuries – Diagnosis –

Unit-II: Physiotherapy

(15 Hrs.)

Definition – Guiding principles of physiotherapy, Importance of physiotherapy, Introduction and demonstration of treatments - Electrotherapy – infrared rays – Ultraviolet rays –short wave diathermy – ultrasonic rays.

Unit-III: Hydrotherapy:

(15 Hrs.)

Introduction and demonstration of treatments of Cry therapy, Thermo therapy, Contrast Bath, Whirlpool Bath – Steam Bath – Sauna Bath – Hot Water Fomentation – Massage:History of Massage – Classification of Manipulation (Swedish System) physiological Effect of Massage.

Unit-IV: Therapeutic Exercise:

(15 Hrs.)

Definition and Scope – Principles of Therapeutic Exercise – Classification, Effects and uses of Therapeutic exercise – passive Movements (Relaxed, Forced and passive - stretching) – active movements (concentric, Eccentric and static) application of the therapeutic exercise: Free Mobility Exercise – Shoulder, Elbow – Wrist and Finger Joints:-Hips, Knee, ankle and Foot joints – Trunk. Head and Neck exercises.

References:

Christine, M. D., (1999). Physiology of sports and exercise. USA: Human Kinetics.

Conley, M. (2000). *Bioenergetics of exercise training*. In T.R. Baechle, & R.W. Earle, (Eds.), Essentials of Strength Training and Conditioning (pp. 73-90). Champaign, IL: Human Kinetics.

Hunter, M. D. (1979). A *dictionary for physical educators*. In H. M. Borrow & R. McGee, (Eds.), A Practical approach to measurement in Physical Education (pp. 573-74). Philadelphia: Lea &Febiger.

Jeyaprakash, C. S., Sports Medicine, J.P. Brothers Pub., New Delhi, 2003.

Khanna, G.L., (1990). Exercise physiology & sports medicine. Delhi:Lucky Enterprises.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO3								
CO 4								
CO 5								