MPD-C203 ATHLETIC CARE AND REHABILITATION

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

CO-1.Defining the concepts of athletic care and rehabilitation.

CO-2.Identifying the concepts of sports injuries, care & treatment.

CO-3.Describing the concepts of massage, postures and rehabilitation.

CO-4.Classifying the knowledge of first aid, care of sports injuries, manipulation of massage, correct posture and rehabilitation from the injuries.

CO-5. Categorizing the common sports injuries, postural deformities and their cure.

Unit I – Corrective-methods

Definition and objectives of corrective physical Education.

Posture and body mechanics, Standards of Standing Posture.

Value of good posture, Drawbacks and causes of bad posture.Posture test.

Unit II – Postural Deformities

Normal curve of the spine and its utility

Deviations in posture: Kyphosis, lordosis, flat back, Scoliosis, round shoulders, Knock Knee, Bow leg, Flat foot and Backache.

Causes for deviations and treatment including exercises.

Unit III –Massage

Brief history of massage, Massage as an aid for relaxation, Points to be considered in giving massage, Physiological, Chemical, Psychological effects of massage, Indication / Contra indication of Massage, Classification of the manipulation used massage and their specific uses in the human body

Stroking manipulation: Effleurage – Pressure manipulation: Petrissage Kneading (Finger, Kneading, Circular) ironing Skin Rolling

Percussion manipulation: Tapotement, Hacking, Clapping, Beating, Pounding, Slapping, Cupping, Poking, Shaking Manipulation, Deep massage.

Unit IV –Sports Injuries Care, Treatment and Support

Principles pertaining to the prevention of Sports injuries – care and treatment of exposed and unexposed injuries in sports

Principles and application of cold and heat, infrared rays – Ultrasonic, Therapy – Short wave diathermy therapy. Principles and techniques of Strapping and Bandages.

References:

Dohenty. J. Meno.Wetb, Moder D (2000) Track & Field, Englewood Cliffs, Prentice Hal Inc. Lace, M. V. (1951) Massage and Medical Gymnastics, London: J & A Churchill Ltd. McOoyand Young (1954) Tests and Measurement, New York: Appleton Century. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd. Rathbome, J.I. (1965) Corrective Physical education, London: W.B. Saunders & Co. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.

	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8
CO 1								
CO 2								
CO 3								
CO 4 CO 5								
CO 5								