MPD-C302 SPORTS MEDICINE

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. Describing the various concepts of sports medicine and therapeutic exercise.
CO-2. Discussing the prevention from sports injuries.
CO-3. Determining the various spine injuries and exercises.
CO-4. Categorizing the various physiological effects of massage.
CO-5. Estimating the therapeutic modalities.

UNIT I – Introduction

Meaning, definition and importance of Sports Medicine,
Definition and Principles of therapeutic exercises.
Coordination exercise, Balance training exercise, Strengthening exercise, Mobilization exercise, Gait training, Gym ball exercise Injuries: acute, sub-acute, chronic.
Advantages and Disadvantages of PRICE, PRINCE therapy, Aquatic therapy.

UNIT II – Spine Injuries and Exercise

Head, Neck and Spine injuries: Causes, Presentational of Spinal anomalies, Flexion, Compression, Hyperextension, Rotation injuries.
Spinal range of motion. Free hand exercises, stretching and strengthening exercise for head neck, spine.
Supporting and aiding techniques and equipment for Head, Neck and Spine injuries.

UNIT III –Upper Extremity Injuries and Exercise

Upper Limb and Thorax Injuries: Shoulder: Sprain, Strain, Dislocation, and Strapping. Elbow: Sprain, Strain.
Strapping. Wrist and Fingers: Sprain Strain, Strapping. Thorax, Rib fracture.
Breathing exercises, Relaxation techniques, Free hand exercise, Stretching and strengthening exercise for shoulder, Elbow, Wrist and Hand.
Supporting and aiding techniques and equipment for Upper Limb and Thorax Injuries.

UNIT IV–Lower Extremity Injuries and Exercise

Lower Limb and Abdomen Injuries:
Hip: Adductor strain, Dislocation, Strapping.
Knee: Sprain, Strain, Strain, Strapping.
Ankle: Sprain, Strain, Strapping.
Abdomen: Abdominal wall, Contusion, Abdominal muscle strain.
Free exercises – Stretching and strengthening exercise for Hip, knee, ankle and Foot.
Supporting and aiding techniques and equipment for Lower limb and Abdomen injures.

References: Pande.(1998). Sports Medicine. New Delhi: KhelShitya Kendra
Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
James, A. Gould & George J. Davies.(1985). Physical Therapy. Toronto: C.V. Mosby Company.
Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
The Encyclopaedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine, Australia: Tittel Blackwell Scientific publications.

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