Course Code	Course Title	ECTS
SPSC-250	Sports Medicine	6
Department	**Semester**	**Prerequisites**
Sports Science	Spring or Fall	SPSC-105, SPSC-106
Type of Course	**Field**	**Language of Instruction**
Required	Science of Sports	Greek
Level of Course	**Year of Study**	**Lecturer**
1st Cycle	2nd	Dr Angelides Nikos
Mode of Delivery	**Work Placement**	**Co-requisites**
face-to-face	N/A	None
Recommended Optional Programme Components: N/A		

Objectives of the Course:

This course is concerned with an overview of injury and disease aspects of sport and exercise. The course begins by developing an understanding of the role of the sport and exercise scientist in a clinical setting, drawing out both professional limits and opportunities for preventative and rehabilitative work. Next, competitive sports will be studied with consideration of the etiology and incidence of acute and chronic injuries and their rehabilitation. Finally, the course will draw out concepts of health and the role of exercise in the maintenance of health and in the treatment of diseases such as coronary heart disease. A multi-disciplinary approach will be taken drawing upon biomechanical, physiological, and psychological knowledge to explore the mechanisms of change

Learning Outcomes:

By the end of this course students should be able to:

1. Identify the limits and opportunities for the sport and exercise scientist working in a clinical setting.
2. Demonstrate knowledge of common sports injuries and discuss their aetiology
3. Recognise and describe the treatment and rehabilitation of a number of common injuries of soft tissues bones and ligaments.
4. Describe the use of different therapeutic drugs for treating the more common sporting injuries.
5. Explain the common methods used to prevent injuries in various sporting activities.
6. Demonstrate a basic knowledge of the role of exercise in the rehabilitation of injury
7. Recognise overtraining threshold.
8. Identify the primary disease states where exercise has a function in treatment and discuss the mechanistic bases to improvement.
9. Advice athletes for illegal drugs used in sports injuries.

Course Contents:

1. Managing sports injuries - a system approach.
2. Emergency procedures - ABC.
3. Assessing sports injuries.
4. Treatment modalities; cryotherapy and ultrasound.
5. Preventing sports injuries; rules, protective equipment.
6. Injuries to specific sites; shoulder, arm chest, knees, ankle, head, back.
7. Overreaching, Overtraining and Chronic fatigue.
8. Sports specific injuries; i.e. running, football, basketball, athletics.
9. Health conditions related to sport; HIV, Hepatitis B, asthma, clinical chronic diseases, diabetes, COPD etc.
10. Women in sports.
11. Sudden death.
12. General Medical Conditions & Disabilities.
13. Health Care Administration

Learning Activities and Teaching Methods:

Lectures and some practical demonstration

Assessment Methods:

Midterm , Final exams, mini review, presentation, Attendance/participation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Bloomfield, J., Fricker, P.A. and Fitch, K.D	Textbook of science and medicine in sport	Wiley Blackwell	1999	**ISBN-13:** 9780867931617 **ISBN:** 0867931612

Recommended Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
Armstrong, N.	Paediatric Exercise Science and Medicine	OXFORD UNIVERSITY PRESS	2009	**ISBN**-10: 0-19-923248-2 **ISBN**-13: 978-019-923248-2
Bowling, A.	Measuring health: a review of quality of life measuring scales 2nd ed.	Open University Press, London	1997	033519754X / 978-0335197545
Brukner, P. and Khan, K	Clinical sports medicine 2nd	McGraw-Hill, London.	2006	0074715208 / 978-0074715208
Maughan, R.J	Basic and applied sciences for sport medicine	Butterworth-Heinemann, Oxford.	2000	0750634669 / 9780750634663