



Course Syllabus

Course Code SPSC-250G	Course Title Sports Medicine/Αθλητιατρική	ECTS Credits 6
Prerequisites SPSC-105G, 106G	Department Life Sciences	Semester Fall/Spring
Type of Course Required	Field Exercise Science	Language of Instruction Greek
Level of Course 1 st Cycle	Lecturer(s) Dr. Nicos Angelides	Year of Study 2 nd
Mode of Delivery Face to face	Work Placement -	Corequisites None

Course Objectives:

The main objectives of the course are to:

1. develop an understanding of the role of the sport and exercise scientist in a clinical setting,
2. draw out both professional limits and opportunities for preventative and rehabilitative work,
3. study competitive sports with special consideration of the aetiology and incidence of acute and chronic injuries and their rehabilitation,
4. discuss potential medical emergencies procedures needed during training and competitions,
5. draw out concepts of health and the role of exercise in the maintenance of health,
6. discuss the treatment of chronic CVS diseases such as coronary heart disease and the role of exercise.
7. Identify the methods to prevent injury through equipment and environmental concerns,
8. teach students how they will be able to prevent, treat, and evaluate athletic injuries,
9. describe common illnesses and health conditions within athletics.

Learning Outcomes:

After completion of the course students are expected to 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.
10. Learn about Cardiopulmonary Resuscitation

Course Content:

1. Managing sports injuries - a system approach.
2. Emergency procedures.
3. Assessing sports injuries.
4. Treatment modalities; RICE and Physiotherapy.
5. Preventing sports injuries; rules, protective equipment.
6. Injuries to specific sites; shoulder, arm chest, knees, ankle, head, back.
7. Chronic fatigue.
8. Sports specific injuries; i.e. running, football, basketball, athletics.
9. Health conditions related to sport.
10. Women in sports.
11. Sudden death. Cardiopulmonary Resuscitation.
12. General Medical Conditions & Disabilities.

Learning Activities and Teaching Methods:

Lectures, practical demonstrations, class discussions

Assessment Methods:

Midterm examination, Final examination, mini-project, participation

Required Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Textbook of science & medicine in sport	Angelides N.	U/N	2012 2018	978-9963-9788-5-4

Recommended Textbooks / Readings:

Title	Author(s)	Publisher	Year	ISBN
Pediatric Exercise Science and Medicine	Armstrong	Oxford University Press	2009	-10: 0-19-923248-2 -13: 978-019-923248-2

Measuring health: a review of quality of life measuring scales 2 nd ed.	Bowling, A.	Open University Press, London	1997	033519754X / 978-0335197545
Clinical sports medicine 2 nd	Brukner, P. and Khan, K	McGraw-Hill, London	2006	0074715208 / 978-0074715208
Basic and applied sciences for sport medicine	Maughan, R.J	Butterworth-Heinemann, Oxford.	2000	0750634669 / 9780750634663