



# UNIVERSITY OF NICOSIA ΠΑΝΕΠΙΣΤΗΜΙΟ ΛΕΥΚΩΣΙΑΣ

University of Nicosia, Cyprus

<b>Course Code</b> SPSC-390	<b>Course Title</b> Sports Physiotherapy	<b>ECTS Credits</b> 6
<b>Department</b> Sports Science	<b>Semester</b> Spring	<b>Prerequisites</b> SPSC-105, SPSC-106, SPSC-250
<b>Type of Course</b> Elective	<b>Field</b> Science of sports	<b>Language of Instruction</b> Greek
<b>Level of Course</b> 1 <sup>st</sup> Cycle	<b>Year of Study</b> 3 <sup>rd</sup>	<b>Lecturer</b> Dr Parpa Koulla
<b>Mode of Delivery</b> face-to-face	<b>Work Placement</b> N/A	<b>Co-requisites</b> None
<b>Recommended Optional Programme Components:</b> N/A		

### Objectives of the Course:

The course aims to demonstrate a knowledge and understanding of the athletes' prevention, precaution, management and rehabilitation of sports and training injuries. In addition, it combines lectures, demonstrations and video with hands-on training and practice. It will provide an overview of emergency treatment of injuries and/or sudden illness in a variety of situations. It also presents methods of prevention to reduce or eliminate potentially dangerous situations. Major topics include medical legal liability, injury evaluation, and standard CPR and First Aid procedures.

### Learning Outcomes:

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

1. Acquire a deeper understanding of the area of Sports Physiotherapy, the role of a Sports Physiotherapist and the roles of other members on the sports team.
2. Acquire the principles of injury prevention and factors affecting sports performance and apply the principles of injury prevention in different sports activities.
3. Apply first aid care to acute injuries, head/spinal injuries, basic life support.
4. Understand the causes and types of injury to the lower and upper limbs.
5. Take a history and perform a clinical history examination.
6. Demonstrate an understanding of mechanism of injury.
7. Demonstrate an understanding of an appropriate rehabilitation program.
8. Performing massage treatment and athletic support.
9. Administer mouth to mouth resuscitation and perform compressions of a victim (adult, child, infant) who is not breathing.
10. Perform first aid skills in bandaging, splinting, dressings, applying direct pressure, primary and secondary survey skills, and transportation.
11. List the proper care procedures for hemorrhaging, wounds, shock, head injuries, spine injuries, chest injuries, abdomen injuries, poisoning, drugs, diabetes, burns, and heat and cold emergencies.

12. List a variety of safety education programs for the home, school and community.

**Course Contents:**

1. Epidemiology of sports and training injuries.
2. Pathophysiology of inflammation, injury and tissue repair.
3. Diagnosis and management of regional injuries.
4. Principles of conservative management of injury and injury prevention.
5. Basic life support skills and treatment modalities.
6. First Aid and basic life support including responsibilities, equipment needed and treatment.
7. Management of emergencies and sporting trauma including wound care, dressings and bandages.
8. RACE procedure after musculoskeletal injuries.
9. Non-mechanical pathology of the musculoskeletal system.
10. Bandage and taping support for athletes: muscles/joints supports during physical activity and competition.
11. Identify life-threatening bleeding and demonstrate how to control it.
12. Identify the signs and symptoms of shock and how to minimize its effects.
13. Identify the signs and symptoms of various soft tissue and musculoskeletal injuries and demonstrate how to care for them.
14. Identify signs and symptoms of sudden illness, including poisoning, bites and stings, heat and cold emergencies and demonstrate how to care for them.
15. Describe when and how to move a victim in emergency situations.
16. Sports massage skills (practical supervised application).

**Learning Activities and Teaching Methods:**

Lectures and some practical application from the students

**Assessment Methods:**

Midterm, Final examination, Practical application, Attendance & participation

**Required Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Norris, C.M.	Sports Injuries: Diagnosis and Management	Oxford: Butterworth/Heinemann	1998	0750628731
Zuluaga M.	Sports Physiotherapy: Applied Science and Practice.	Melbourne: Churchill Livingstone	1995	0443048045

**Recommended Textbooks/Reading:**

Authors	Title	Publisher	Year	ISBN
Brownstein B, Bronner S	<i>Functional Movement in Orthopedic and Sports Physical Therapy: Evaluation, Treatment, and</i>	London: Churchill Livingstone.	1997	0443075301

	<i>Outcomes</i>			
Macdonald R	<i>Taping Techniques: Principles and Practice.</i>	Oxford: Butterworth- Heinemann	1994	0750605774
Prentice WE	<i>Rehabilitation Techniques in Sports Medicine. 2nd ed</i>	St. Louis, MO: Mosby Year Book	1994	0071217134