

SPSC-514 Sports Injuries Prevention and Rehabilitation
University of Nicosia, Cyprus

Course Code SPSC-514	Course Title Sports Injuries Prevention and Rehabilitation	ECTS Credits 10
Department Life & Health Sciences	Semester Fall or Spring	Prerequisites None
Type of Course Elective	Field Sports Science	Language of Instruction Greek
Level of Course 2 nd Cycle	Year of Study 1 st or 2 nd	Lecturer(s) Prof Nikos Angelides
Mode of Delivery Face-to-face with support of electronic sources	Work Placement N/A	Co-requisites None

Objectives of the Course:

The main objective of this course is to make the student familiar with the prevention, aetiology, symptoms and signs as well as management of the most common sport injuries. Secondary objective is to acquaint the student with the basic knowledge and understanding of the physical evaluation of sports injuries: inspection, passive and active range of motion and neurological examination. Finally, students will gain knowledge on different strength training programs/principles for the treatment/management of the most common sport injuries.

Learning Outcomes:

After completion of the course students are expected to be able to:

1. Identify the characteristics of the most common sports injuries and recognize the mechanism of those injuries.
2. Classify the most common sports injuries based on the symptoms and signs of the injury.
3. Develop a strategy for the management of both acute and chronic sports injuries.
4. Perform a physical examination and develop a treatment/management plan.

Course Contents:

1. Mechanism, characteristics and classification of sports injuries.
2. Tissue response to injury.
3. The foot, ankle, and lower leg: acute injuries.
4. The foot, ankle and lower leg: chronic and overuse injuries.
5. The knee and related structures (assessing of the knee joint, patellar and related conditions, knee joint rehabilitation).
6. The thigh, hip and pelvis (soft tissue injuries, groin strain, trochanteric bursitis).
7. The abdomen, thorax and low back (mechanism of low back injuries, conditions causing the pain, thoracic injuries, coccyx injuries).
8. The head and cervical spine injuries.

9. The elbow, forearm, wrist and hand injuries.

Learning Activities and Teaching Methods

Lectures and discussions, Lab applications

Assessment Methods

Final examination, Project, Presentation

Required Textbooks/Reading:

Authors	Title	Publisher	Year	ISBN
IOC	Sport Injuries Manual	IOC	2010	