

# Global Learning Semesters

## Course Syllabus

Course: SPSC-240 Sports Physiotherapy

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



Course Summary		
Course Code	Course Title	Recommended Credit Hours
SPSC-240	Sports Physiotherapy	3
Semester Offered	Contact Hours	Prerequisites
Please contact us	42-45	BIOL-105, BIOL-106
Department	Level of Course	Language of Instruction
Liberal Arts	Lower Division	English

### Course Description

The course aims to demonstrate a knowledge and understanding of the athletes` prevention, precaution, management and rehabilitation of sports and training injuries. To acquire skills, knowledge and expertise to practice competently and independently in a primary care setting including basic first aids knowledge and skills.

### Prerequisites

BIOL-105, BIOL-106

### Topic Areas

1. Epidemiology of sports and training injuries.
2. Path physiology of inflammation, injury and tissue repair.
3. Diagnosis and management of regional injuries.
4. Principles of conservative management of injury and injury prevention.
5. Treatment modalities.
6. First Aid and basic life support.
7. RACE procedure after musculoskeletal injuries.
8. Management of emergencies and sporting trauma.
9. Non-mechanical pathology of the musculoskeletal system.
10. Bandage and taping support for athletes: muscles/joints supports during physical activity and competition.
11. Sports massage skills (practical supervised application).

### 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.
3. Apply the principles of injury prevention in different sports activities.
4. Know how to practically advice and supports athletes from avoiding injuries (bandage, taping, specific stretching application etc.).
5. Apply first aid care to acute injuries, head/spinal injuries, basic life support.
6. Understand the causes and types of injury to the lower and upper limbs.

7. Take a history and perform a clinical history examination.
8. Demonstrate an understanding of mechanism of injury.
9. Identify and explain sport and training specific injuries.
10. Outline the principles of preventing injury.
11. Demonstrate an understanding of an appropriate rehabilitation programme.
12. Performing massage treatment and athletic support.

#### Assessment

Midterm:	(30%)
Final Examination:	(40%)
Practical Application:	(20%)
Attendance and Participation:	(10%)

### Readings and Resources

#### Required Textbooks

1. Brownstein B, Bronner S (1997). Functional Movement in Orthopaedic and Sports Physical Therapy: Evaluation, Treatment, and Outcomes. London: Churchill Livingstone.
2. Zuluaga M, Briggs C, Carlisle J, et al. (1995). Sports Physiotherapy: Applied Science and Practice. Melbourne: Churchill Livingstone.

#### Recommended Textbooks

1. Macdonald R (1994). Taping Techniques: Principles and Practice. Oxford: Butterworth-Heinemann.
2. Prentice WE (1994). Rehabilitation Techniques in Sports Medicine. 2nd ed. St. Louis, MO: Mosby Year Book.
3. Reid DC (1992). Sports Injury Assessment and Rehabilitation. London: Churchill Livingstone.
4. Tippet RS, Voight ML (1995). Functional Progression for Sport Rehabilitation. Champaign IL: Human Kinetics.
5. Zachazewski JE, Magee DJ, Quillen WS (1996). Athletic Injuries and Rehabilitation. Philadelphia: WB Saunders.