

Global Learning Semesters

Course Syllabus

Course: SPSC-260 Sports Medicine

Department: Liberal Arts

Host Institution: Intercollege, Nicosia, Cyprus



| Course Summary | | |
|-------------------|-----------------|--------------------------|
| Course Code | Course Title | Recommended Credit Hours |
| SPSC-260 | Sports Medicine | 3 |
| Semester Offered | Contact Hours | Prerequisites |
| Please contact us | 42-45 | None |
| Department | Level of Course | Language of Instruction |
| Liberal Arts | Lower Division | English |

Course Description

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 a 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.

Prerequisites

None

Topic Areas

1. Managing sports injuries - a system approach.
2. Emergency procedures - ABC.
3. Assessing sports injuries.
4. Treatment modalities; cry therapy 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 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 a etiology
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. Advise athletes for illegal drugs used in sports injuries.

Assessment

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| Midterm: | (30%) |
| Final Exams: | (50%) |
| Mini Review (1000 words)/Presentation: | (20%) |
| Attendance/Participation: | (10%) |

Readings and Resources

Required Textbooks

1. Exercise and Circulation in Health and Disease. Eds. B. Saltin, R. Boushel, N. Secher, J. Mitchell. Human Kinetics, Champaign, IL, USA.
2. Armstrong, N. (2000) Paediatric exercise science and medicine OUP, Oxford.
3. Bloomfield, J., Fricker, P.A. and Fitch, K.D. (1999) Textbook of science and medicine in sport Blackwell, Oxford.

Recommended Textbooks

1. Bowling, A. (1997) Measuring health: a review of quality of life measuring scales 2nd ed. Open University Press, London.
2. Bouchard, C. Shephard, R.J. and Stephens, T. (1994) Physical activity, fitness and health: International proceedings and consensus statement Human Kinetics, Champaign, IL.
3. Brukner, P. and Khan, K. (2000) Clinical sports medicine 2nd ed. McGraw-Hill, London.
4. Department of Health. (1999) Saving lives: Our healthier nation HMSO, London.
5. Guyton, A.C. and Hall, J.E. (1996) Textbook of medical physiology 9th. Saunders, Philadelphia.
6. Maughan, R.J. (2000) Basic and applied sciences for sport medicine Butterworth-Heinemann, Oxford.