

Course Code	Course Name	Credits
26PE513	Sports Medicine, Athlete's care and Rehabilitation	04

Course Objectives

- Introduce the meaning, scope, and importance of sports medicine in physical education and sports.
- Explain posture, postural deformities, and corrective exercise principles.
- Understand types, causes, prevention, and management of sports injuries.
- Apply first aid techniques and immediate injury management principles (RICE/PRICE).
- Analyse rehabilitation phases and therapeutic exercise applications in recovery.
- Evaluate therapeutic modalities, return-to-play decisions, and athlete care strategies

Learning Outcomes

Upon successful completion of this course, it is intended that a student will be able to:

- Understand basic concepts of sports medicine and athlete care.
- Identify posture types, deformities, and corrective exercises.
- Apply injury prevention and first aid techniques in sports situations.
- Analyse rehabilitation methods and therapeutic exercise programs.
- Evaluate recovery processes including modalities and return-to-play protocols.

Unit 1 - Introduction to Sports Medicine

Meaning and definition of sports medicine, Scope and objectives of sports medicine, Importance of sports medicine in physical education and sports, good posture and Bad posture, postural deformities, causes and corrective exercises.

Unit 2 - Sports Injuries and Their Management

Meaning and classification of sports injuries, Causes of sports injuries, soft tissue injuries: sprain, strain, contusion, abrasion, Bone injuries: fracture and dislocation, Overuse injuries in sports, Prevention of sports injuries, Immediate treatment of injuries (RICE/PRICE principle)

First aid in sports injuries

Unit 3 - Massage:

History of Massage, Indication & Contraindication of Massage, Classification of Massage, Techniques of Massage, Physiological & Psychological benefits of Massage.

Unit 4 - Rehabilitation in Sports

Meaning and importance of rehabilitation, Goals of rehabilitation, Phases of rehabilitation, Therapeutic exercises in rehabilitation, Range of motion exercises, Strengthening exercises, Flexibility exercises, Role of physiotherapy in rehabilitation

Unit 5 - Therapeutic Modalities and Return to Play

Therapeutic modalities: cryotherapy and thermotherapy, Massage in sports rehabilitation, Electrotherapy (basic concept), Taping and bandaging, Return-to-play guidelines, Injury prevention strategies, psychological aspects of injury rehabilitation, Role of coach in rehabilitation process

Reference Books:

1. Doherty. J. Meno. Wetb, Moder D (2000) Track and Field, Englewood Cliffs, Prentice Hal Inc. - Lace, M. V. (1951) Massage and Medical Gymnastics, London: J andA Churchill Ltd.
2. MCOoyand Young (1954) Tests and Measurement, New York: Appleton Century.
3. Naro, C. L. (1967) Manual of Massage and, Movement, London: Febra and Febra Ltd.
4. Rathbone, J.I. (1965) Corrective Physical education, London: W.B. Saunders and Co.
5. Stafford and Kelly, (1968) Preventive and Corrective Physical Education, New York.
6. Christopher M. Norris. (1993). Sports Injures Diagnosis and Management for Physiotherapists. East Kilbride: Thomson Litho Ltd.
7. James, A. Gould and George J. Davies. (1985). Physical Physical Therapy. Toronto: C.V. Mosby Company.
8. Morris B. Million (1984) Sports Injuries and Athletic Problem. New Delhi: Surjeet Publication.
9. Pande (1998). Sports Medicine. New delhi: KhelShitya Kendra
10. The Encyclopedia of Sports Medicine. (1998). The Olympic Book of Sports Medicine.