



AYDIN ADNAN MENDERES UNIVERSITY
GRADUATE SCHOOL OF HEALTH SCIENCES
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS
PHYSICAL EDUCATION AND SPORTS MASTER
COURSE INFORMATION FORM

Course Title	Sports Injuries and Rehabilitation								
Course Code	BSÖ573	Course Level		Second Cycle (Master's Degree)					
ECTS Credit	7	Workload	176 (Hours)	Theory	2	Practice	1	Laboratory	0
Objectives of the Course	This course aims to understand the different situations that are associated with sports injuries and the mechanisms of injury								
Course Content	Risk factors of sports-related injuries and problems, injury mechanisms, preventive actions against sports injuries , Warming up in pre- exercise and its important, Some sports injuries sports-related injuries and their rehabilitation.								
Work Placement	N/A								
Planned Learning Activities and Teaching Methods	Explanation (Presentation), Discussion, Individual Study								
Name of Lecturer(s)									

Assessment Methods and Criteria

Method	Quantity	Percentage (%)
Midterm Examination	1	40
Final Examination	1	60

Recommended or Required Reading

1	Griffith, H. W.: Spor Sakatlıkları Rehberi, (çev. Şamil Erdoğan), Birol basın yayın dağıtım ve ticaret A.Ş., İstanbul 2000.
2	K. Spor Yaralanmalarından Korunma Şuuru ve İlk Yardım, Eğitaş yayınları, Konya 2001.
3	Bağrıaçık, A.,Açak, M.: Spor Yaralanmaları ve Hastalıkları, Medya

Week	Weekly Detailed Course Contents	
1	Theoretical	Introduction: Terms, definitions, common sporting injuries and their causes
2	Theoretical	Muscle and tendon injuries
3	Theoretical	Joint injuries
4	Theoretical	Management of sports areas
5	Theoretical	Sports_massage and sporting Injuries
6	Theoretical	Some sports-related injuries and their rehabilitation
7	Theoretical	Thermoregulation: cold therapy
8	Theoretical	Midterm Exam
9	Theoretical	Heat therapy deep heat therapy sporting injuries
10	Theoretical	Exercise therapy in sporting injuries
11	Theoretical	specific sport injuries
12	Theoretical	specific sport injuries
13	Theoretical	Taping & Bandaging
14	Theoretical	All topics and summary
15	Theoretical	All topics and summary
16	Theoretical	Final Exam

Workload Calculation

Activity	Quantity	Preparation	Duration	Total Workload
Lecture - Theory	14	5	5	140
Individual Work	4	4	4	32
Midterm Examination	1	1	1	2



Final Examination	1	1	1	2
Total Workload (Hours)				176
[Total Workload (Hours) / 25*] = ECTS				7
*25 hour workload is accepted as 1 ECTS				

Learning Outcomes

1	Know basics of biomechanics patho mechanics including mechanism of Sports injuries.
2	Know the type & management (including Physiotherapy management) of Sports injuries.
3	Some sports-related injuries and their rehabilitation
4	List the reasons of the athlete and ways of protection from disability.
5	To know muscle injuries and treatment methods

Programme Outcomes (Physical Education and Sports Master)

1	Uses application and problem solving skills in interdisciplinary studies.
2	Develops basic scientific knowledge and attitude appropriate to body and sport.
3	Interpret the results of test development and measurement for the development of individuals in physical education and sport.
4	Explains the scientific methods in physical education and sports.
5	o follow national and international developments in the field and maintain professional development.
6	Beden eğitimi ve spor örgütlerinin örgüt iklimi ve kültürünü tanımlar.

Contribution of Learning Outcomes to Programme Outcomes 1:Very Low, 2:Low, 3:Medium, 4:High, 5:Very High

	L1	L2	L3	L4	L5
P1	4	5	3	4	4
P2	5	4	5	4	3
P3	4	5	4	5	5
P4	5	3	4	3	4
P5	4	5	4	5	5
P6	3	4	5	4	4

