



## AYDIN ADNAN MENDERES UNIVERSITY COURSE INFORMATION FORM

Course Title		Sports Injuries and Rehabilitation							
Course Code		BSÖ573		Course Level		Second Cycle (Master's Degree)			
ECTS Credit	7	Workload	176 ( <i>Hours</i> )	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 impotant, 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)		Prof. Mehmet ÖZDEMİR							

### 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

