

BSE303 Sports Safety and Management of Sports Injuries

Level: 3

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

This module is designed to provide students with an understanding of the causes, anatomy, and processes of sports injuries. Students will also learn about the common principles in the prevention and management of sports injuries. Students will apply these prevention and management strategies such as sports taping, sports first aid, sports massage and rehabilitative exercises, through hands-on sessions.

Topics:

- Sports Safety and Basic First Aid
- Understanding Common Sports Injuries (I)
- Understanding Common Sports Injuries (II)
- Principles of Exercise Rehabilitation
- Prevention Strategies (I) - Sports Taping/Braces
- Prevention Strategies (II) - Proper Warm-Up and Cool-Down; Sports Massage

Textbooks:

BSE303 Study Guide (UDC - SUSS)

ISBN-13: SG-1905

Sports injury prevention and rehabilitation: integrating medicine and science for performance solutions.

Joyce, D., & Lewindon, D. Routledge

ISBN-13: 9781135075095

Learning Outcome:

- Describe sports safety and the management of medical emergencies in various settings.
- Discuss the risk factors in sports injuries and injury prevention strategies.
- Analyse key considerations in sports participation for special population groups.
- Show proficiency in the assessment and early management of acute sports injuries in various settings.
- Demonstrate proficiency in the assessment of athlete's readiness to return to sport following an injury or medical condition.
- Recommend rehabilitative exercises prior to return to sports.

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	30
	TUTOR-MARKED ASSIGNMENT 2	30
Overall Examinable Components	ECA	40
Total		100

*The information listed is subject to review and change.