

**LUNDS UNIVERSITET**

Medicinska fakulteten

Board of Rehabilitation Sciences Education, NRU

IDRN06 Prevention and Treatment of Sports Injuries

15 Higher education credits

Second cycle / A1F

General Information*Main field*

Sport Sciences

Subject

Sports Medicine focusing on prevention and treatment of injuries/diseases.

Type of course

Optional course in the Master of Sport Sciences programme and can be given as a special course for professionals. The courses within the programme have to be studied in the stated order. The course complies with the regulations of the Higher Education Ordinance (1993:100 with later amendments).

Language of instruction

English

Learning Outcomes*Knowledge and understanding*

On completion of the course the student shall be able to

- define and critically evaluate risk factors for acute and overuse musculoskeletal injuries,
- demonstrate a deeper insight in the role of physical activity as health promotion and disease prevention,
- define and critically evaluate evidence based prevention and treatment of acute and overuse musculoskeletal injuries.

Skills and abilities

On completion of the course the student shall be able to

- write a review of scientific literature in a specific field of sports medicine,
- demonstrate an ability to communicate current scientific knowledge in a specific field of sports medicine,
- design an injury prevention programme for a specific sport using evidence based knowledge,
- design a treatment programme for a specific injury/disease using evidence based knowledge.

Judgment and approach

On completion of the course the student shall be able to

- demonstrate insight into the potential and limitations of research within sports medicine, its role in society and how it is used,
- demonstrate an ability to identify his/her need of further knowledge and to take responsibility for developing their knowledge.

Course Content

The aim of the course is to provide deeper and broader knowledge relating to general principles in sports medicine including injury classification, etiology, prevention and treatment of injuries/diseases. Furthermore, the aim of the course is to develop knowledge regarding special populations (e.g., children, elderly and women athletes) and conditions (e.g., obesity, diabetes, osteoarthritis) in relation to exercise and sports medicine.

Subjects examined

Prevention and treatment of sports injuries, 15 credits

Instruction and Examination

Instruction

The course includes lectures, seminars, group activities and individual assignments.

Examination

Examination consists of a written report from the individual and group assignments and presentation of an individual assignment at the students' conference.

Grades

Grades are set for a completed course. One of the grades Pass with distinction, Pass or Fail is awarded.

A student who has passed a course will be given a certificate to that effect by the higher education institution, on request.

Admission Requirements

Besides the basic eligibility, i.e. a Bachelor's degree of at least 180 credits or an equivalent foreign degree, a special qualification in the English language, i.e. English B or its equivalent, is required.

The courses IDRN02, IDRN03 and IDRN04 must be completed and passed.

Literature

See appendix

Further Information

Number of examinations, new examiner etc.

Theoretical courses

One examination and one opportunity to retake the examination are arranged soon after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion. Students who have failed an examination on a theoretical course are entitled to retake the examination four times.

New examiner

A student who has failed two examinations on a course or sub-course is entitled to have another examiner appointed, unless there are special reasons to the contrary. (SFS 2006:1053) The request is made to the Programme Director.

Appendix: Literature

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ACSM's guidelines for exercise testing and prescription/American College of Sports Medicine. (2006). Baltimore: Lippincott Williams & Wilkins. (160 pages)

Bahr R., Maehlum S., (ed). (2004) *Clinical Guide to Sports Injuries*. Champaign, Illinois: Human Kinetics. (456 pages)

Kjaer, M., Krogsgaard M., Magnusson P., Engebretsen L., Roos H., Takala T., Woo S., (ed). (2003) *Textbook of Sports Medicine: Basic Science and Clinical Aspects of Sports Injury and Physical Activity*. Oxford: Blackwell Publishing. (427 pages)

Additional literature (scientific articles) up to 1000 pages will be added.