

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	<b>MANAGEMENT STRATEGIES FOR SPORT INJURIES</b>		
<b>MODULE CODE</b>	<b>XS4011 (L7)</b>	<b>CREDIT VALUE</b>	<b>5 ECTS</b>
<b>SCHOOL</b>	SCHOOL OF SCIENCE		

### MODULE AIMS

The module aims to develop students' knowledge and practical skills on the immediate and definitive management and rehabilitation of injuries and specifically, sport related injuries, through a multidisciplinary management approach for an injured athlete. The module develops skills necessary for identifying an appropriate management plan in a multidisciplinary way and designing correct personalised training protocols for the injured athlete.

### MODULE CONTENT

#### Holistic Approach to an injured athlete

Emphasis will be given to different types of injuries such as ACL tears, contusions, sprain and strains and the emergency management of concussion and neck/spine injuries as well as the 'return to play' protocols.

Expedient identification of an injury in the sports field

Strategies to achieve an expedient and correct diagnosis

Medical/Surgical management to support athlete's performance, career and social status

Design of an appropriate personalised training protocol for rehabilitation after an injury

#### Role of sport psychology:

Identify the importance of psychology,

The psychology of sports injury and the management of injured athletes;

Psychological intervention strategies and assessment

Sport-diet disciplines

Ethical issues and Confidentiality

#### Practical Skills

First Aid / Basic Life Support

Design of multi-disciplinary management plan for the injured athlete (problem-based)

#### Planning & Supervising the Staged Process of Return to Play

3-staged process

Design of athlete-specific, sport-specific training plans to safely guide an athlete during the process

Sport-specific athletic and medical tests as an aid to planning return to play process

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## **INTENDED LEARNING OUTCOMES**

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On successful completion of this module a student will be able to:

1. Define and discuss sport performance and its relationship to sporting injuries.
2. Synthesise a holistic approach plan for the identification and assessment of an injured athlete.
3. Design an appropriate 3-staged process plan for return to play (rehabilitation plan).

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## **TEACHING METHODS**

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This module will be delivered through a series of lecture sessions, practicals and presentation/debate sessions. Lecture sessions aim towards teaching the background scientific knowledge and preparing the students towards self-directed learning via assignments that will be requested as part of the assessment methods. Part of the lecture sessions will be used to develop presentation skills as well as for debates in controversial issues/topics. Practical sessions are designed to develop safe, efficient skills in acute injuries in the athlete, before the medical professionals take over for definitive care. The students will be asked to work on a case-based format in order to read/understand the relevant literature and taught material, as well as put them into practice. There will be eLearning material and sample cases for students to work on during their own time and on their own initiative, to consolidate and cultivate their knowledge and skills.

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## **ASSESSMENT METHODS**

This module is assessed through a written assignment and a report-case study.