

## MODULE DESCRIPTOR

<b>MODULE TITLE</b>	PREVENTION STRATEGIES FOR SPORTS INJURIES		
<b>MODULE CODE</b>	<b>XS4012 (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 sport injury prevention strategies; develop skills necessary for screening and identifying musculoskeletal asymmetries and deformities that can increase the risk of injuries as well as formulating individualised training programs for injury prevention and/or recovery; and develop knowledge related to identifying the extraneous factors (social, psychological, ethical, dietary, poor facilities) that predispose athletes to musculoskeletal injuries.

### MODULE CONTENT

#### Will typically include:

#### **Athlete-Specific Sport-Injury Prevention Strategies**

Dietary needs of athletes and concept of individualised dietary support for the athlete

Food / Fluids & Supplements

Anti-Doping – the legal framework and international sport regulations

Training regimes (group Vs individualised), performance targets

Athlete recovery – physical, biochemical and psychological

Medical co-morbidities and musculoskeletal asymmetries

#### **Role of sport psychology:**

Identify selected psycho-social issues associated with specific populations involved in rehabilitation programs

Relationship between stress and injury

Psychological reactions to exercise and athletic injuries

The role of psychology in injury rehabilitation

Prehabilitation strategies – fundamental movement screening, analysing posture, joint alignment, core stability, movement pattern efficiency; conducting risk assessments of the sport including injury risk specific to player position; and sport specific prehabilitation exercises and techniques

#### **Environment-Specific Sport-Injury Prevention Strategies**

Training grounds – principles, safety features and monitoring mechanisms

Performance / Play grounds - principles, safety features and monitoring mechanisms

Ethical issues and responsibilities

#### **Planning & Implementing injury-prevention plan for athletes:**

Case-based scenarios to be studied

Team work to produce a blue-print injury-prevention plan

Financial cost principles

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## **INTENDED LEARNING OUTCOMES**

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

1. Identify the athlete-specific factors and their role in increasing the risk of the athlete sustaining an injury.
2. Critically discuss the extraneous factors and their role in increasing the risk of the athlete sustaining an injury and the prevention mechanisms.
3. Design an injury prevention plan for an athlete.

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## **TEACHING METHODS**

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This module will be delivered through a series of lecture sessions, assignments for self-directed search/study, and presentation/debate sessions. Lecture sessions aim towards teaching the background scientific knowledge and stimulating 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 of a proposed plan. Peer assessment will also be practised in order to develop the skill of constructive feedback. The students will be asked to work on a case-based format and in teams, 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 an essay and an oral assessment/PowerPoint Presentation.