

**B.A. Semester- IV**  
**Discipline Specific Course (DSC)-7**

**Course Title:-SPORTS INJURIES & MANAGEMENT**  
**Course Code:-A 4 PED1 T 1**

Type of Course	Theory /Practical	Credits	Instruction hours per week	Total No. of Lectures/Hours /Semester	Duration of Exam	Formative Assessment Marks	Summative assessment Marks	Total Marks
<b>DSC-4</b>	<b>Theory</b>	<b>6</b>	<b>5+1</b>	<b>75hrs.</b>	<b>3hrs.</b>	<b>20</b>	<b>80</b>	<b>100</b>

**Course Outcomes (Cos):** At the end of the course students will be able to:

CO1: Understand the meaning of Sports Injuries.

CO2: Understand the common injuries occurring in sports and their immediate management.

CO3: Know the causes of sports injuries and methods to treat them.

CO4: Understand the methods of Rehabilitation of sports injuries

CO5: Get an insight into the first aid measures to treat sports injuries

CO6: Learn to record and prepare reports.

Unit	Title:Sports Injuries & Management		75hrs/ sem
UnitI	<b>Introduction to Sports Injuries</b> <ol style="list-style-type: none"> <li>1. Meaning, Definition &amp; Concept of Sports Injuries</li> <li>2. Classification of Sports Injuries – Acute Injuries and Over Use Injuries</li> <li>3. Common Sports Injuries: Sprain, Strain and Cramps, Fractures and Dislocation, Abrasion and Contusion, Cuts and Bruise</li> </ol>		15 hrs
UnitII	<b>Causes &amp; Prevention of Sports Injuries</b> <p><b>Causes</b></p> <ol style="list-style-type: none"> <li>1. Accident</li> <li>2. Poor Training Practice</li> <li>3. Improper Equipments and Surfaces</li> <li>4. Lack of Conditioning</li> <li>5. Use of Supplements for Sports Performance</li> </ol> <p><b>Prevention</b></p> <ol style="list-style-type: none"> <li>1. Good Conditioning</li> <li>2. Scientific and Systematic Training</li> <li>3. Balance Diet</li> <li>4. Specified Equipments, Surfaces and Sports Wears</li> <li>5. Misconceptions of Sports Injuries</li> </ol>		15 hrs
UnitIII	<b>Management of Injuries</b> <ol style="list-style-type: none"> <li>1. First Aid – Meaning and Definition First Aid</li> <li>2. Principles of First Aid,</li> <li>3. CPR for Sudden Cardiac Arrest in Sports</li> </ol>		15 hrs
UnitIV	<b>Rehabilitation of Sports Injuries</b> <ol style="list-style-type: none"> <li>1. Physical and Psychological Preparation</li> <li>2. Sports Therapy, Yoga, Pranayama, Meditation</li> <li>3. Massage and Relaxation Techniques</li> </ol>		15 hrs

Handwritten signatures of faculty members:

- Dr. B. S. Sankar (in blue ink)
- Dr. B. S. Sankar (in green ink)
- Beena Sankar (in blue ink)

Unit V	<b>Understanding The Sports Injury Management</b> <ol style="list-style-type: none"> <li>1. Injury Treatment RICE Treatment – Rest, Ice, Compression and Elevation</li> <li>2. Appropriate Measures to Restart sports activities</li> <li>3. First Aid Kit and its Importance</li> </ol>	15hrs
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### **Recommended books:**

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
2. Sports Injuries,2013, Bhushan Kumar Mishra, Sports Publications, Darya Ganj, New Delhi, ISBN:978-81-7879-743-4
3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
4. Prevention And Treatment of Sports Injuries, 2000, Anju Ambast, Khel Sahitya Kendra, Shiv Market, Ashok Vihar, Delhi, ISBN: 81-7524-047-4
5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi
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## **B.A. Semester-IV**

### **Discipline Specific Course (DSC)- 8**

### **Practical**

**Course Title: - FIRST AID AND ATHLETIC CARE**

**Course Code:-A 4 PED 1 P 1**

**Content of Practical Course 1: Practical (2 credits/56 hours)**

### **FIRST AID AND ATHLETIC CARE**

1. Usage of First Aid Kit
2. Management Techniques of Injuries ,Taping and Wrapping, Ice Application Bandages
3. Rehabilitation Exercises, Active and Passive Exercise Resistance and Assisted Exercise, Asanas and Pranayama
4. CPR Training
5. Therapies, Massage, Hydrotherapy, Contrast Bath.

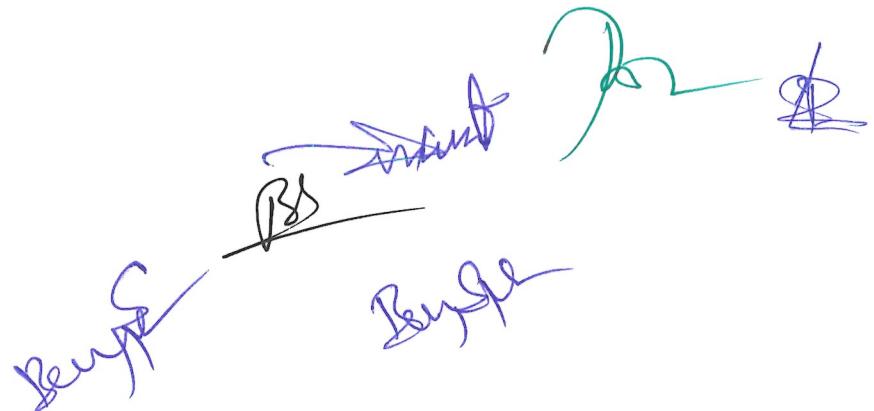
**Pedagogy: The course shall be taught through Lecture, Practical, Interactive, Sessions, Materials, Assignments, Seminars, Intramural & Extramural**

### **Reference Books**

1. Sports Injuries – Types, Prevention & Treatment, 2012, H.K.Koushik, Sublime Publications, Jaipur, ISBN:978-81-8192-209
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3. Sports Injuries and Rehabilitation, 2017, Dr.Sinku Kumar Singh, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-590-5
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5. Sports Injuries, 2016, Khel Sahitya Kendra, Darya Ganj, New Delhi, ISBN:978-81-7524-862-5
6. Sports Injuries and Athletic Problems, 1996, 2nd Edition, Morris B.Mellion, MD, Surjeet Publications, Kamalanagar, Delhi



Formative Assessment for Theory	
Assessment Occasion/type	Marks
Internal Assessment Test 1	05
Assignment	05
Total	10 Marks
<i>Formative Assessment as per guidelines.</i>	



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