SECTION 1 – GENERAL INFORMATION

Subject Name: Sports Injury Management
Subject Code: MSTS221

SECTION 2 – ACADEMIC DETAILS

Subject Rationale
This subject provides students with the theoretical understanding of common acute and chronic sports injuries, such as sprains, strains, fractures and tendinopathies. In addition, students will be provided with the practical skills needed to examine and treat these conditions. Treatments taught include, but are not limited to, cryotherapy, thermotherapy, taping, trigger point pressure release, proprioceptive neuromuscular facilitation and other soft tissue techniques.

Learning Outcomes

1. Comprehend biomechanics and pathomechanics that are commonly seen in sports.
2. Summarise common injuries and technique concerns seen in tennis, swimming, diving, cycling, weightlifting, track and field, running, cricket, rowing, football, rugby, gymnastics and ballet.
3. Demonstrate the ability to treat the injured athlete with specific myotherapy interventions and appropriate modalities including cryotherapy, thermotherapy and RICER.
4. Describe the benefits of taping and demonstrate capabilities for safe and effective taping strategies.
5. Demonstrate examination of the injured athlete in relation to signs, symptoms and history of common sports injuries.
### Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Week Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>N/A</td>
<td>N/A</td>
<td>Sessions 1-13</td>
<td>Pass/Fail</td>
</tr>
<tr>
<td>Oral Presentation</td>
<td>1-2</td>
<td>1-6</td>
<td>Session 7</td>
<td>20%</td>
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<tr>
<td>Final Practical Exam</td>
<td>1, 3, 5</td>
<td>1-13</td>
<td>Practical Examination Period</td>
<td>40%</td>
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<tr>
<td>Final Written Exam</td>
<td>1-2, 4</td>
<td>1-13</td>
<td>Final Examination Period</td>
<td>40%</td>
</tr>
</tbody>
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#### Prescribed readings:


#### Recommended readings:


### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Practical</th>
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<tr>
<td>1.</td>
<td><strong>Introduction to sports medicine, taping and spray and stretch</strong>&lt;br&gt;The sports medicine team&lt;br&gt;Biomechanics and pathomechanics seen in sport&lt;br&gt;General examination principles and biomechanical screening used in sports medicine&lt;br&gt;Principles and application of taping techniques including rigid and kinesiology taping&lt;br&gt;Evidence for taping (journal article review)&lt;br&gt;Principles and application of spray and stretch</td>
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<td>2.</td>
<td><strong>Examination of common sports related shoulder injuries</strong>&lt;br&gt;Common sports related shoulder injuries&lt;br&gt;Development of psychomotor skills with a focus on orthopaedic examination of the shoulder and interpretation of clinical findings</td>
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<tr>
<td>3.</td>
<td><strong>Treatment and rehabilitation of common sports related shoulder injuries</strong>&lt;br&gt;Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related shoulder injuries&lt;br&gt;Rehabilitation for sports related shoulder injuries&lt;br&gt;Current evidence relating to treatment and rehabilitation (journal article review)</td>
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<td>4.</td>
<td><strong>Examination of common sports related elbow, wrist and hand injuries</strong>&lt;br&gt;Common sports related elbow, wrist and hand injuries</td>
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<tr>
<td><strong>Development of psychomotor skills with a focus on orthopaedic examination of the elbow, wrist and hand and interpretation of clinical findings</strong></td>
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</table>
| **5.** Treatment and rehabilitation of common sports related elbow, wrist and hand injuries | Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related elbow, wrist and hand injuries  
Rehabilitation for sports related elbow, wrist and hand injuries  
Research-based knowledge as the basis for practice |
| **6.** Revision of examination and treatment for common sports related shoulder, elbow, wrist and hand injuries | Review orthopaedic testing of the shoulder, elbow, wrist and hand  
Review of rehabilitation for sports related shoulder, elbow, wrist and hand injuries  
Journal article discussion and impact on practice |
| **7.** Oral Presentation | NON-TEACHING WEEK (note that make-up classes may be scheduled in this week)  
**Semester 1** - This aligns with the week after Easter so it may fall between Weeks 6 to 8  
**Semester 2** - The break week falls between Weeks 7 and 8 |
| **8.** Examination of common sports related hip and thigh injuries | Common sports related hip and thigh injuries  
Development of psychomotor skills with a focus on orthopaedic examination of the hip and interpretation of clinical findings |
| **9.** Treatment and rehabilitation of common sports related hip and thigh injuries | Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related hip and thigh injuries  
Rehabilitation for sports related hip and thigh injuries  
Formative feedback time-bound exam practice |
| **10.** Examination of common sports related knee injuries | Common sports related knee injuries  
Development of psychomotor skills with a focus on orthopaedic examination of the knee and interpretation of clinical findings |
| **11.** Treatment and rehabilitation of common sports related knee injuries | Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related knee injuries  
Rehabilitation for sports related knee injuries  
Current evidence relating to treatment and rehabilitation (journal article review) |
| **12.** Examination of common sports related ankle and foot injuries | Common sports related ankle and foot injuries  
Development of psychomotor skills with a focus on orthopaedic examination of the ankle and foot and interpretation of clinical findings |
| **13.** Treatment and rehabilitation of common sports related ankle and foot injuries | Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related ankle and foot injuries  
Rehabilitation for sports related ankle and foot injuries |
| **14-15.** Non-Teaching/Practical Examination Weeks 1 & 2 | Note that make-up classes may be scheduled in these weeks |
| **16-17.** Final Examination Weeks 1 & 2 | Please refer to the Exam Timetable for your campus for the exact time and day of the final exam |