

SUBJECT OUTLINE



Subject Name:

Sports Injury Management

Subject Code:

MSTS221

SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Myotherapy)

Total course credit points:

96

Level:

2nd Year

Duration: 1 Semester

Subject Coordinator: Brent Cunningham (Brisbane campus)

Subject is: Core

Subject Credit Points: 2

Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

5

Delivery Mode:

Face to face 3 hour practical

Intensive Delivery Details: Summer School - contact hours are delivered over five weeks with 2 x 4 hour days delivered per week.

Assessment: Mid-semester Practical exam is completed in Week 3 of the intensive.

Final written and practical exams are conducted in week 6 of summer school.

Full Time

Part Time

Pre-requisites: MSTN121, MSTA212

Co-requisites: Nil

Special Resource Requirements: 1 bath-sheet sized towel per student (Clinic towels must not be used)
Myofascial release balm

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				
Type	Learning Outcomes Assessed	Week Content Delivered	Week Due	Weighting
Attendance (80% attendance is required)	1-5	1-13	1-13	Pass/Fail
Mid-semester Practical Exam (30 mins)	1-5	1-6	7	30%
Final Practical Exam (30 mins)	1-5	8-13	Practical Exam Period	30%
Final Written Exam (2 hours)	1-5	1-13	Final Exam Period	40%

Prescribed readings:

1. Brukner, P., & Khan, K. (Eds.). (2012). *Clinical sports medicine* (4th ed.). North Ryde, NSW: McGraw Hill. [eBook available]
2. Petty, N. J. (2013). *Neuromusculoskeletal examination and assessment* (4th ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier. [eBook available]

Recommended readings:

1. Franklyn-Miller, A., Falvey, E., McCrory, P., & Brukner, P. (2011). *Clinical sports anatomy*. North Ryde, NSW: McGraw. [eBook available]
2. MacDonald, R. (Ed.). (2010). *Pocketbook of taping techniques*. Edinburgh, Scotland: Churchill Livingstone Elsevier. [eBook available]
3. Norris, C. M. (2011). *Managing sports injuries* (4th ed.). Edinburgh, Scotland: Churchill Livingstone Elsevier.

Subject Content	
Week	Practical
1.	Introduction to sports medicine, taping and spray and stretch The sports medicine team Biomechanics and pathomechanics seen in sport General examination principles and biomechanical screening used in sports medicine Principles and application of taping techniques including rigid and kinesiology taping Evidence for taping (journal article review) Principles and application of spray and stretch
2.	Examination of common sports related shoulder injuries Common sports related shoulder injuries Development of psychomotor skills with a focus on orthopaedic examination of the shoulder and interpretation of clinical findings
3.	Treatment and rehabilitation of common sports related shoulder injuries Development of psychomotor skills with a focus on manual therapy, taping and spray and stretch techniques for common sports related shoulder injuries Rehabilitation for sports related shoulder injuries Current evidence relating to treatment and rehabilitation (journal article review)

4.	Examination of common sports related elbow, wrist and hand injuries Common sports related elbow, wrist and hand injuries Development of psychomotor skills with a focus on orthopaedic examination of the elbow, wrist and hand and interpretation of clinical findings
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.	Mid-Semester Practical Exam
	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
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 Exam Weeks 1 & 2. Note that make-up classes may be scheduled in these weeks.
16-17.	Final Exam Weeks 1 & 2 Please refer to the Exam Timetable for your campus for the exact time and day of the final exam.