

SEMESTER-IV

B.A. (Prog.) with Physical Education as a Minor

B.A.-PE-DSC-4-(4)-ATHLETIC CARE AND REHABILITATION

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		
B.A.-PE-DSC-4-(4)-ATHLETIC CARE AND REHABILITATION	4	3	0	1	Class XII pass	NIL

Learning Objective: The objective of this course is to provide an understanding and practice to the learners about Athletic Care and sports Injuries with their management and rehabilitation.

Learning Outcomes:

1. The learners will be able to understand the concept of Athletic Care and Sports Medicine.
2. The learners will be able to comprehend the prevention and safety measures to avoid injuries in sports.
3. The learners will be able to classify the types of injuries in sports with their causes.
4. The learners will be able to apply the skills of first aid and management of sports injuries.
5. The learners will be able to develop rehabilitation programs for overcoming injuries in sports and also in general.
6. The learners will be able to learn the application of various therapeutic modalities in sports rehabilitation with creativity.

SYLLABUS

CREDITS: 4 [Theory-3, Practical-1]

Theory-45 hours

Practical-30 hours

PART-A: THEORY

Unit-1: Introduction to Athletic Care

(11 hours)

- 1.1 Meaning, Definition, and Significance of Athletic Care and Sports Medicine
- 1.2 First-aid, Importance of First Aid
- 1.3 Principles of injury prevention, Concept of safety measures in games/ sports

Unit-2: Sports Injuries

(12 hours)

- 2.1 Meaning and Definition of Sports Injuries, Causes of Sports Injuries
- 2.2 Classification of Injuries in Sports
- 2.3 Basic concept of Sports Injuries and their Management- Sprain, Strain, Fracture, Dislocation, Frozen Shoulder, Tennis Elbow, Golfers Elbow, Shin Splint, Blister, Abrasion, Laceration, Haematoma

Unit-3 Therapeutic Modalities (11 hours)

- 3.1 Concept and Significance of Physiotherapy and Therapeutic Modalities in Sports Rehabilitation
- 3.2 Introduction to various Therapeutic Modalities- Steam Bath, Contrast Bath, Wax Bath, Therapeutic Ultrasound, Infrared Lamp, Interferential Therapy Unit, T.E.N.S, Short Wave Diathermy, Hot Fomentation, Application of PRICED, DRABC, CPR
- 3.3 Sports Massage, Types of Massage, Physiological Effect of Massage

Unit-4: Rehabilitation (11 hours)

- 4.1 Meaning and Definition of Rehabilitation
- 4.2 Importance of Rehabilitation in Sports
- 4.3 Rehabilitation Techniques- Active (Concentric, Eccentric, and Static) and Passive Exercises (Relaxed, Forced, Passive-stretching), Strengthening, and Conditioning Exercises.

PART-B: PRACTICALS: (30 hours)

1. Demonstrate Warming Up and Cooling Down Exercises- 5 exercises each
2. Prepare a report on any Physiotherapy Center.
3. Make a First Aid Box.
4. Application of PRICE in different Sports situations

Marking Scheme:

Theory Written Exam	:	90 Marks
Internal Assessment	:	30 Marks
Practical	:	40 Marks

Suggested Readings:

1. Agarwal M., Arora S. (2018), Gupta B “**Posture; Athletic Care and First Aid**”, Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6
2. Bhandari, P. (2021) “**Athletics Care and Rehabilitation**”. New Delhi: KSK Publishers.
3. “**Essentials of Strength Training and Conditioning**” (pp.73-90). Champaign, IL: Human Kinetics.
4. Karad, P.L, (2019) “**Prevention and Treatment of Sports Injuries**”. New Delhi: KSK Publishers.
5. Kumari, Sheela S.; Rana, Amita; & Kaushik, Seema (2008), “**Fitness, Aerobics and Gym Operations**” (New Delhi: Khel Sahitya Kendra).
6. Meena, T.R. (2022) “**Sports Medicine, Physiotherapy and Rehabilitation**”. New Delhi: KSK Publishers.
7. Pande, P.K. (1987), “**Outline of Sports Medicine**” (New Delhi: Jaypee Brothers)
8. Prentice, W. (2017). “**Principles of Athletic Training: A Competency-Based Approach**”. McGraw-Hill Education.
9. Sharma, Kavita et.al. (2014), “Fitness, Aerobics, and Gym Operations” (New Delhi: Jyoti Enterprises)
10. Singh, Ajmer et.al. (2006), “Essentials of Physical Education” (Ludhiana: Kalyani Publishers)
11. उप्पल, ए.के.; पदयाल, अंजुम और लाल, राजेंद्र (2022), “अंग-विन्यास तथा खिलाड़ी की देखभाल” (नई दिल्ली: फ्रेंड्स पब्लिकेशन)
12. कुमारी, शीला एस.; राणा, अमिता; और कौशिक, सीमा (2012), “फिटनेस, एरोबिक्स व जिम ऑपरेशंस” (नईदिल्ली: खेल साहित्य केंद्र)।
13. Sharma. R., Handbook of “Exercise Therapy and Rehabilitation”, ISBN: 978-93-88269-54-4, Year 2019 published by Sports Publication, Daryaganj, New Delhi.
14. Shaw D. (2019) “**Kinesio Taping in Games and Sports**” Sports Publication, ISBN: 978-93-88269-33-9.
15. Shaw D. (2019) “**Sports Injuries: A Demographic Study on Indian Sports Person**” Khel Sahitya Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.
16. Shaw D. (2021) “**Athletic Care and Rehabilitation**” Sports Publication, ISBN: 978-81-951044-9-9.
17. Shaw D. (2019) “**Encyclopedia of Sports Injury**” Khel Sahitya Kendra, ISBN: 978-93-88159-87-6.

Note: Examination scheme and mode shall be as prescribed by the Examination Branch, University of Delhi, from time to time.