

BPHY208 Sports Physiology, Medicine and Injury Prevention

ECTS Value: 8 ECTS
Self-Study Hours: 110

Contact Hours: 40
Assessment Hours: 50

Overall Objectives and Outcomes

This module will be designed to give candidates a solid understanding of the physiology of the developing athlete and the adaptations to training within the context of a wider understanding of sports physiology and motion control. It is hoped that successful candidates will also garner the necessary skills to be able to incorporate injury prevention into their methodology and that they will be able to develop an understanding of sports medicine and its role within society.

By the end of this module, the learner will be able to:

Competences

- systematically comprehend key aspects of sports physiology;
- critically evaluate and detail knowledge at the forefront of the field of sports medicine;
- devise projects which incorporate knowledge of injury prevention;
- direct their own learning and comment on original research

Knowledge

- show foundation of physiology in athletes and its relation to exercise and health;
- demonstrate understanding of introduction to sports medicine and its relationship to athlete's health;
- display a firm grounding in injury prevention principles and its relationship with physiology and sports medicine;
- perform up-to-date research on principles in sports medicine.

Skills

- synthesise knowledge of physiology and sports medicine to identify better training methods and injury prevention strategies;
- devise and sustain arguments for and against current trends in sports medicine;
- critically assess research articles.

Assessment Methods

This module will be assessed through: Assignments, Presentation

Suggested Readings

Core Reading List:

- Bruckner & Khan's, *Clinical Sports Medicine Injuries* Vol 1, ISBN 10 – 1760421669

2. McArdle, *Exercise Physiology: Nutrition, Energy, and Human Performance* (International Edition), ISBN 10 - 1451193831

Supplementary Reading List:

1. The IOC Manual of Sports Injuries: An Illustrated Guide to the Management of Injuries in Physical Activity, ISBN 10 – 0470674164
2. Joyce, *Sports Injury Prevention and Rehabilitation*, ISBN 10 - 0415815061