

# **BSE303 Sports Safety and Management of Sports Injuries**

**Level:** 3

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JULY

## **Synopsis:**

This module is designed to provide students with an understanding of the causes, anatomy, and processes of sports injuries. Students will also learn about the common principles in the prevention and management of sports injuries. Students will apply these prevention and management strategies such as sports taping, sports first aid, sports massage and rehabilitative exercises, through hands-on sessions.

## **Topics:**

- Sports Safety and Basic First Aid
- Understanding Common Sports Injuries (I)
- Understanding Common Sports Injuries (II)
- Principles of Exercise Rehabilitation
- Prevention Strategies (I) - Sports Taping/Braces
- Prevention Strategies (II) - Proper Warm-Up and Cool-Down; Sports Massage

## **Textbooks:**

: Brukner & Khan's Clinical Sports medicine: Injuries, Vol 1 McGraw-Hill  
ISBN-13: 9781307458015

: Brukner & Khan's Clinical Sports medicine: Injuries, Vol 1 McGraw-Hill  
ISBN-13: 9781307458015-AA

**Learning Outcome:**

- Demonstrate an understanding of the predisposing factors in sports injuries.
- Demonstrate an understanding of common sports injuries, including the anatomy, process of inflammation and sports specificity.
- Illustrate an understanding of common strategies employed to prevent and manage common sports injuries, including POLICE, sports taping, sports massage, and exercise rehabilitation.
- Show proficiency in the early management of sports injuries.
- Analyse sports situations which lead to sports injuries and employ appropriate treatment strategies.
- Demonstrate proficiency in sports taping.
- Construct suitable rehabilitative exercises for common sports injuries.

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
PRE-CLASS QUIZ	1.66
PRE-CLASS QUIZ	1.67
PRE-CLASS QUIZ	1.67
TUTOR-MARKED ASSIGNMENT	15
TUTOR-MARKED ASSIGNMENT	30
<b>Sub-Total</b>	<b>50</b>

<b>Examinable Component</b>	<b>Weightage (%)</b>
ECA	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**