



## Course Syllabus

<b><u>Course title:</u></b>	Sport injury	<b><u>Course No:</u></b>	1201336
<b><u>Course level:</u></b>	third year	<b><u>Course prerequisite (s) and/or co-requisite (s):</u></b>	1201210
<b><u>Lecture time:</u></b>	16:00-17:00	<b><u>Credit hours:</u></b>	1 hour

## Academic Staff Specifics

<b><u>Name</u></b>	<b><u>Rank</u></b>	<b><u>Office Number and location</u></b>	<b><u>Office hours</u></b>	<b><u>E.mail address</u></b>
Dr. Shadi alkhob	Assistant Professor	0799964616	12:00-13:00	s.alkhob@jpu.edu.jo

## Course Description

The course aims to provide an advanced knowledge of sports injury diagnosis and prevention.



## Course Objectives

The course aims to provide advanced knowledge of sports injury and its types, anatomy and examination methods. The course should provide knowledge in the prevention and rehabilitation of exercise and sports related injuries to athletes

## Learning Outcome

### **Knowledge and understanding, by the end of this course, students should be able to:**

- 1 .The ability to observe the cause of the injury and how you should prevent the injury
- .2 The ability to tell the difference between acute injuries and light injuries.
- .3 To be on the alert and aware of the methods of first aid in case of injury.
- 4 .The ability to explain basic treatments, natural treatments, and their techniques.
- 5 .The ability to explain the ways to connect the correct parts of them.
6. Knowing the names and types of different injuries and the terms that work with injuries.

### **Cognitive skills (thinking and analysis):**

Interactive learning by participating the student into the lectures content.

### **Communication skills (personal and academic):**

Review concept at office hours

### **Practical and subject specific skills (Transferable Skills):.**

Doing homework and simple reports.



## Course Outline and Time schedule

Week	Course Outline
First week	Introduction
2 <sup>nd</sup> week	Anterior Cruciate Ligament Injuries
3 <sup>rd</sup> week	Posterior Cruciate Ligament Injuries
4 <sup>th</sup> week	Meniscus Injuries
5 <sup>th</sup> week	Ankle injuries
6 <sup>th</sup> week	Medial And Lateral Epicondylitis
7 <sup>th</sup> week	DeQuervain's Tenosynovitis
8 <sup>th</sup> week	Shoulder injuries
9 <sup>th</sup> week	Groin and Pelvic injuries
10 <sup>th</sup> week	Muscle injury

## Presentation methods and techniques

**Methods of teaching varied according to the type of text, student and situation. The following techniques are usually used:**

- ❖ Lectures
- ❖ Cooperative learning.
- ❖ Discussion.
- ❖ Learning by activities.
- ❖ Connecting students with different sources of information



## Sources of information and Instructional Aids

- ❖ Computer ... power point ...etc.
- ❖ Transparencies
- ❖ Distance learning
- ❖ Library sources

## Assessment Strategy and its tools

The assigned syllabus is assessed and evaluated through: feedback and the skills that are acquired by the students

### The tools:

- 1- Diagnostic tests to identify the students level and areas of weakness
- 2- Formal (stage) evaluation
  - a) Mid-term exam
  - b) Class Participation
  - c) Activity file
  - d) Final exam

## Tool & Evaluation

The following table clarifies the organization of the assessment schedule:

Test	Grade
Mid-term Exam	25
Activities & Participation	25
Final Exam	50
Total	100



## Activities and Instructional Assignment

Practical assignments to achieve the syllabus objectives.

### **Regulations to maintain the teaching-Learning Process in the Lecture:**

- 1- Regular attendance online live lectures.
- 2- Respect of commencement and ending of the lecture time.
- 3- Positive relationship between student and teacher.
- 4- Commitment to present assignments on time.
- 5- High commitment during the lecture to avoid any kind of disturbance and distortion.
- 6- High sense of trust and sincerity when referring to any piece of information and to mention the source.
- 7- The student who absents himself should submit an accepted excuse.
- 8- University relevant regulations should be applied in case the student's behavior is not accepted.
- 9- Allowed Absence percentages is (not exceed 15 %).

## References

1. Bahr, R., Mccrory, P., LaPrade, R.F., Meeuwisse, W.H., & Engebretsen, L. (2012). The IOC manual of sports injuries : an illustrated guide to the management of injuries in physical activity. Wiley and Sons.2012
2. Lee BK, Nam SW. Rupture of Posterior Cruciate Ligament: Diagnosis and Treatment Principles. Knee Surgery and Related Research 2011 Sep;23(3):135-141.
3. Girgis, F. G., Marshall, J. L., Monajem, A. The cruciate ligaments of the knee joint. Anatomical, functional and experimental analysis. Clin Orthop Relat Res(106),1975 216-231.
4. Lemont H, Ammirati KM, Usen N. Plantar fasciitis: a degenerative process (fasciosis) without inflammation. J Am Podiatr Med Assoc. 2003;93(3):234-7.