



# SILVER OAK UNIVERSITY

## Silver Oak College of Nursing

Bachelor of Science (Nursing)

Course Name: Elective Module -Sports Health

Course Code: 1060323341

Semester: 6<sup>th</sup>

### Prerequisite:

Basic knowledge in biology, anatomy, physiology, and nutrition. A strong understanding of these fundamental scientific principles is essential for comprehending the complexities of the human body and how it functions during physical activity. Strong communication skills and an interest in sports and physical fitness are also beneficial for those studying sports health.

### Course Objective:

1. To understand the principles of sports health and its impact on overall well-being
2. To enable students to gain knowledge about Sports Health, and role of Nursing in Sports Health, training, and management of sports injuries.
3. To gain knowledge about effective treatment strategies for injuries that do occur so they can recover quickly and return to their sport safely.

### Teaching Scheme:

Teaching Scheme				
L	T	P	Contact Hours	Credit
1	0	0	1	1

### Content:

Unit No.	Contents	Teaching Hours	Weightage %
1	Definition and scope of Sports Health and Physical Fitness Pre-Participation exam for sports On-field & Off-field evaluation of athlete The Emergency Medical services System Physiological Principle of strength Training/Conditioning, Deconditioning Exercises and Environmental concern (Heat/Temperature Regulation, Acclimatization) Common sports injuries & musculoskeletal assessment. Therapeutic/Rehabilitation modalities overview. On field management of sports injuries: Cryotherapy, sports taping etc.	15	75

	Protective Equipment:protective wrapping, protective eye wear, Helmets, face mask. Energy demands of Sports. Nutritional supplements, Ergogenic aids (Performance enhancing agents) and Doping.		
2	Assessment of Sports injury Emergency care Rehabilitation	5	25

**Course Outcome:**

Sr. No.	CO statement	Unit No
CO-1	Demonstrate understanding of sports health, severity of injury, recognize life threatening condition provide emergency care and initiate emergency procedures if any to avoid delay in care.	1
CO-2	Understanding the importance of conditioning and sports injuries Rehabilitation.	2

**Teaching & Learning Methodology: -**

1. Lecture cum discussion
2. Demonstration

**Books Recommended:**

1. Marshall Hoffman. Southmayd, William; Sports Health: "The Complete Book of Athletic Injuries"; Putnam Pub Group
2. Mauro Di Pasquale; "Sports Nutrition: A Handbook for Professionals", CRC Press
3. Karl Knopf; "Injury Rehab with Resistance Bands: Complete Anatomy and Rehabilitation Programs for Back, Neck, Shoulders, Elbows and Knees"; Ulysses Press

**List of Open-Source Software/learning website**

1. <https://onlinelibrary.wiley.com/doi/book/10.1002/9780470757277>
2. <https://www.us.elsevierhealth.com/medicine/sports-medicine>

**CO-PO-PSO Matrix**

Co. No.	PO1	PO2	PO3	PO4	PO5	PO6	PO7	PO8	PO9	PO10	PSO1	PSO2
CO-1	2	2	3	1	1	2	3	2	2	2	3	2
CO-2	2	2	2	1	1	2	2	3	2	2	2	3