

DISCLAIMER: The course outline below serves as a general informational guide for students. Course content and assessment modes may vary for different lecturers. Actual course outlines will be made known to students on GeNIEus by the individual lecturers. DO NOT purchase textbooks based on the information contained in this document.

IPE3121 SPORTS INJURY PREVENTION AND MANAGEMENT IN PE AND YOUTH SPORT

LEARNING OBJECTIVE

This course is designed to provide the primary-track pre-service physical education student teachers with the fundamental knowledge and skills to understand the growth-related biological aspects, risk factors, causes and mechanisms of youth sports injuries with specific emphasis on physical education settings in schools. The course will also include the principles and strategies of prevention and management of injuries in PE and youth sport.

LEARNING OUTCOME

Upon the completion of the course, student teachers will:

- Acquire basic knowledge to understand various aspects of youth sports injuries
- Acquire knowledge of risks and mechanisms of injuries in PE and school-based sports in children and pre-adolescents
- Acquire knowledge on common youth sports injuries in children & pre-adolescents
- Identify types of injuries, their presentation and carry out immediate on-site primary management in children and pre-adolescents
- Be able to implement preventive measures to reduce the occurrence of injuries in PE and youth sport

COURSE OUTLINE

Week	Contents	Lecture Hours	Practical Hours
1	<ul style="list-style-type: none"> • Course Overview, objectives and learning outcomes • Anatomical, physiological and biomechanical characteristics of the growing body (pre-adolescents) 	2	0
2	<ul style="list-style-type: none"> • Tissue types and injuries • Mechanisms and Characteristics of sports injuries in youth 	1.5	0.5
3	<ul style="list-style-type: none"> • Musculoskeletal system in youth (children & pre-adolescents) • Intrinsic and extrinsic risk factors for injuries in PE & youth sport 	1.5	0.5
4	<ul style="list-style-type: none"> • Common youth sport injuries – recognition & primary assessment • Immediate on-site care of injuries 	1	1
5	<ul style="list-style-type: none"> • Workshop on on-site primary care of 	0	2

Week	Contents	Lecture Hours	Practical Hours
	injuries <ul style="list-style-type: none"> • Basic wrapping techniques for common sports injuries 		
6	<ul style="list-style-type: none"> • Injury prevention strategies in PE and youth sport 	1	1

Note: This course would be essentially limited to PE and youth sport-related musculoskeletal injuries unless otherwise specified. Conditions like chest pain, breathlessness, vomiting, abdominal pain, headache and other similar health conditions will not be in the purview of the proposed course.

COURSE ASSESSMENT

	Component Weightage	Due Dates
Written Assessment	80 %	dd-mm-yr
Class Participation	20 %	dd-mm-yr