

COURSE TITLE	SPORTS HEALTH
COURSE CODE	20BN0608
COURSE CREDITS	1

Objective:

- 1 Demonstrate understanding of sports health.
- 2 Should be able to assess the severity of injury, recognize life threatening condition provide emergency care and initiate emergency procedures if any to avoid delay in care.
- 3 Participate effectively as a member of sports health team.
- 4 Understanding the importance of conditioning and sports injuries Rehabilitation.

Course Outcomes: After completion of this course, student will be able to:

- 1 Demonstrate understanding of sports health and Fitness pre- requisite for sports.
- 2 Assess the severity of injury, recognize life threatening condition provide emergency care and initiate emergency procedures if any to avoid delay in care.
- 3 Participate effectively as a member of sports health team.
- 4 Understanding the importance of conditioning and sports injuries Rehabilitation.
- 5 To assess the sports injury and provide emergency care.

Pre-requisite of course: This Elective module is designed to enable students to gain knowledge about Sports Health, and role of Nursing in Sports Health, training, and management of sports injuries.

Teaching and Examination Scheme

Theory Hours	Tutorial Hours	Practical Hours	ESE	IA	CSE	Viva	Term Work
1	0	0	50	50	0	0	0

Contents : Unit	Topics	Contact Hours
1	SPORTS HEALTH 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., On field management of sports injuries: Cryotherapy, sports taping etc., Protective Equipment: protective wrapping, protective eye wear, Helmets, face mask., Energy demands of Sports., Nutritional supplements., Ergogenic aids (Performance enhancing agents) and Doping.	15

Contents : Unit	Topics	Contact Hours
2	PRACTICAL : Field work assess the sports injury and provide emergency care	5
Total Hours		20

Textbook :

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

References:

- 1 INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

Suggested Theory Distribution:

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
Remember / Knowledge	Understand	Apply	Analyze	Evaluate	Higher order Thinking / Creative
0.00	0.00	35.00	35.00	30.00	0.00

Instructional Method:

- 1 LECTURE CUM DISCUSSION , PRACTICAL : Field work

Supplementary Resources:

- 1 N/A