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| Title: | PREVENTION OF ATHLETIC INJURIES AND REHABILITATION |
| Lecture hours: | 30 |
| Study period: (summer/winter) | winter |
| Number of credits: | 4 ECTS |
| Assessment methods: | theoretical and practical exam, |
| Language of instruction: | English |
| Prerequisites: | Knowledge about basic of human anatomy, pathology and physiology |
| Course content: | <ul style="list-style-type: none"> • Analysis of Basic Movement • Motor Develop, Growth & Form • Biomechanics of Human Movement • Bioenergetics of Movement • Movement and exercise science • Orthopaedics • Rehabilitation studiem • Traumatic injuries • Repetitive stress injury • Soft tissue injuries • Prevention of injury • Treatment • Introduction to Kinesiology • Drug rehabilitation • Rehabilitation (penology) • Rehabilitation (neuropsychology), • Psychiatric rehabilitation, • Rehabilitation counseling, • Rehabilitation robotics, • Telerehabilitation, |
| Learning outcomes: | <p>A student passing this module should:</p> <ul style="list-style-type: none"> ○ possess knowledge about prevention, recognition, and rehabilitation of sport related injuries, ○ should be able to plan rehabilitation improvement process, ○ possess knowledge about medical substances used as performance-enhancing drugs, particularly those forbidden by organizations that regulate competitions – doping, ○ perform physiotherapy treatment methods |
| Name of lecturer: | Bartłomiej Niespodziński, PhD |
| Contact (email address): | barnie@ukw.edu.pl |
| Literature: | <ol style="list-style-type: none"> 1. http://www.ncbi.nlm.nih.gov/ 1. http://emedicine.medscape.com/sports_medicine 2. Advances in applied sport psychology : a review / [edited by] Stephen Mellalieu and Sheldon Hanton. – Abingdon, Oxon ; New York : Routledge, 2009. – 354 p. 3. Cox, Richard H. – Sport psychology : concepts and applications / Richard H. Cox. – 6th ed. – Boston : McGraw-Hill, c 2007. – xi, 532 p. 4. Sports medicine : electro-cardiography, hypertension and other aspects of exercise : a collection of the formal papers presented at the International congress of physical activity sciences held in Quebec City, July 11-16, 1976, 5. Journal of Physical Activity and Health JPAH articles |

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| | <ol style="list-style-type: none">6. Baltic Journal of Health and Physical Activity articles7. Journal of NeuroEngineering and Rehabilitation8. American Journal of Physical Medicine & Rehabilitation9. ACRM American Congress of Rehabilitation Medicine |
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