

Course Description Form

Review the performance of higher education institutions ((review of the academic program))

Course Description

This course description provides a brief summary of the most important characteristics of the course and the learning outcomes expected of the student to achieve, proving whether he or she has made the most of the available learning opportunities. It must be linked to the program description.

1. Educational institution	Faculty of Physical Education and Sports Sciences
2. University Department / Center	
3. Course Name/Code	Sports Injuries /
4. Programs in which he enters	Physical Education and Sports Sciences
5. Available Attendance Forms	Full Time – Daily
6. Semester / Year	First and second / 2023-2024
7. Number of Credit Hours (Total)	2 hours per week
8. The history of preparation of this description	2024

:Course Objectives .9

- Teaching the student the concept of injuries -1
- How to practice a healthy sport free of injuries -2
- 3- Causes of sports injuries and methods of treating injuries
- 4- Sports injuries, types, symptoms, methods of treatment and rehabilitation
- 5- Injuries of muscles, bones, joints and nerves (departments, degrees of injury, rehabilitation)
- 6- Appropriate nutrition for the athlete and feeding time before and after the race and identification of energy production systems
- 7- Weight, methods of measuring weight, how to control weight, conditions for downloading weight and weight gain
- 8- Identify the types of steroids and how to detect them and their harms and effects
- 9- Comparison between men and women by physiological and physical variables
- 10- Atmospheric pressure and its effect on sports performance and diseases that occur to the athlete as a result of pressure difference.
- 11 - Thermal diseases, their types and symptoms and first aid to reduce their symptoms.
- 12 - injuries that do not include the musculoskeletal system.
- 13 - First aid and cases threatening the life of the individual.
- 14- Rehabilitation, devices and tools used.

10. Learning outcomes and teaching, learning and assessment methods

A- Knowledge and understanding

- B- The concept of sports injuries
- C- How to detect a sports injury
- D- How to help sports injuries and life-threatening conditions
- E- Rehabilitation of injuries and selection of appropriate equipment for the treatment of sports injuries.
- F- Methods of measuring weight, controlling weight and calorie intake in food intake.
- G- Directing accurate scientific advice, which increases the speed of learning and reaching the result.

B - Subject-specific skills

- 1- Information Analysis
- 2- Interpretation of information
- 3- Building rehabilitation programs
- 4- Diagnosis of sports injuries
- 5- Apply how to choose rehabilitation exercises for injury
- 6- Ambulance for critical cases and injuries that do not include the muscular and nervous system
- 7- Encouraging the student to visit the library and see the theses and theses related to sports injuries
Developing the student's ability to discover how the injury occurs by following sports channels -8

Teaching and learning methods

- 1- Use of PowerPoint software
- 2- Interpreting sports injury information
- 3- Training some students to be a team for first aid procedures.
.Teaching the student how to enter the sites specialized in sports injuries -4

Evaluation methods

- . Daily tests with multiple-choice questions for subjects -
- Participation grades for students' challenging competition questions .
- Setting grades for assigned homework .

C- Thinking skills

- Defining the course, determining the steps of the curriculum, and knowing its vocabulary -1**
- Discuss the conditions for building the course and determine the stages of building and circulating the curriculum -2**
- Induction and discussion through collaborative learning, research, and learning by thinking -3**

d. General and transferable skills (other skills related to employability and (personal development

- .D1- Time management to achieve the maximum benefit and the best return**
- D2- Using the means of effective communication skills and the ability to work together to activate the processes related to the sports field**
- D3- Using methods and procedures to collect, build and analyze databases using the computer**
- D4- Writing and presenting reports and memoranda using modern means of communication and technology**
- D5- Active participation in professional gatherings of local and national physical education and in the wider educational field**
- D6- Practicing continuous learning and self-learning in the sports field and in life in general**
- .D7- Leading individuals to achieve the desired goals**
- D8- Knowledge of one of the foreign languages to activate the work environment when needed.**

11. Course Structure					
The week	Hours	Required Learning Outcomes	Name of the unit/course or topic	Method of education	Evaluation method
1	2	Understand and comprehend	Definition of the material and vocabulary of the weeks	Built-in presence	
2	2	Understand and comprehend	The concept of injury and) (the causes of its occurrence Symptoms, general signs, clinical and laboratory tests	Built-in presence	Oral and written exams
3	2	Understand and comprehend	(Types of sports injuries) Injuries of the skin and soft tissues, muscular, articular and nerve	Built-in presence	Oral and written exams
4	2	Understand and comprehend	(Common injuries in sports) Upper limb injuries	Built-in presence	Oral and written exams
5	2	Understand and comprehend	Lower limb injury	Built-in presence	Oral and written exams
6	2	Understand and comprehend	Spinal injury	Built-in presence	Oral and written exams
7	2	Understand and comprehend	(Thermal diseases) Causes, types, methods of prevention and treatment	Built-in presence	Oral and written exams
8	2	Understand and comprehend	Injuries that do not involve) (the musculoskeletal system Eye injuries, ear	Built-in presence	Oral and written exams
9	2	Understand and comprehend	Nose, Teeth Urinary System, Concussion, Breast Injuries	Built-in presence	Oral and written exams
10	2	Understand and comprehend	Therapeutic means First aid concept - benefits and rules	Built-in presence	Oral and written exams
11	2	Understand and comprehend	How to help life-threatening cases	Built-in presence	Oral and written exams
12	2	Understand and comprehend	(Therapeutic exercises) Concept types, how to use	Built-in presence	Oral and written exams
13	2	Understand and comprehend	The role of exercise in the stages of treatment and rehabilitation	Built-in presence	Oral and written exams
14	2	Understand and comprehend	The use of therapeutic exercises for some diseases such as diabetes, heart disease and respiratory diseases	Built-in presence	Oral and written exams
15	2	Answer	First Semester Exam	Built-in presence	Oral and written exams
	2	Understand	(Massage)	Built-in presence	Oral and

16		and comprehend	Concept, types, general rules		written exams
17	2	Understand and comprehend	Arrangement in massage for body parts Massage for some pathological conditions	Built-in presence	Oral and written exams
18	2	Understand and comprehend	(Steroids) Concept, types, harms Detection methods	Built-in presence	Oral exams and Silky
19	2	Understand and comprehend	(Woman Athlete) Physiological differences, the effect of sports on the menstrual cycle	Built-in presence	Oral and written exams
20	2	Understand and comprehend	(Atmospheric pressure) Concept, the effect of atmospheric pressure on sports	Built-in presence	Oral and written exams
21	2	Answer	Theoretical exam	Built-in presence	Oral and written exams
22	2	Understand and comprehend	(Nutrition) Types of food, food sections, body need	Built-in presence	Oral and written exams
23	2	Understand and comprehend	Nutrition Race Days Post-race nutrition	Built-in presence	Oral and written exams
24	2	Understand and comprehend	Methods of loading collagen and applied utilization of energy production systems	Built-in presence	Oral and written exams
25	2	Understand and comprehend	(muscle fatigue) Causes, theories of explaining fatigue	Built-in presence	Oral and written exams
26	2	Understand and comprehend	(Stress) concept, causative factors How to treat people with stress	Built-in presence	Oral and written exams
27	2	Understand and comprehend	(Weight) How to measure weight, ideal weight	Built-in presence	Oral and written exams
28	2	Understand and comprehend	Rules for weight reduction, rules for weight gain	Built-in presence	Oral and written exams
29	2	Understand and comprehend	Methods of maintaining weight, calorie counting	Built-in presence	Oral and written exams
30	2	Answer	Second Semester Exam	Built-in presence	Oral and written exams

12. Infrastructure

<ul style="list-style-type: none"> : Required readings ▪ Basic texts ▪ Course Books ▪ Other 	<p>Osama Riad: Sports Medicine and Sports Injuries, 1st -2 Edition, Cairo, Dar Al-Fikr Al-Arabi, 1998</p> <p>Samia Khalil: Therapeutic Sports, University of -3 Baghdad, Baghdad University Press, 1990</p> <p>4- Sami Salman: Summary of Joint Diseases, Baghdad, Dar Al-Masala, 2023</p>
Special requirements (including e.g. workshops, periodicals, software, websites)	Workshop entitled (First aid and paramedic preparation) Preparation of rehabilitation programs for physical) (therapists
Social services (e.g. guest lectures, vocational training and field studies)	<p>1- Holding a training course for physical education teachers on sports injuries and ways to avoid injuries.</p> <p>2- Providing courses to the Directorate of Sports and Youth</p> <p>Treatment of sports injuries for students and players -3</p>

13. Acceptance	
Prerequisites	There isn't any
Minimum number of students	150
The largest number of students	250