UNIVERSITY OF GOTHENBURG

DEPARTMENT OF FOOD AND NUTRITION, AND SPORT SCIENCE

IKA304 Sports medicine in health and performance, 7.5 credits

Idrottsmedicin inom hälsa och prestation, 7,5 högskolepoäng

Second Cycle

Confirmation

This course syllabus was confirmed by Department of Food and Nutrition, and Sport Science on 2017-03-15 and was last revised on 2018-08-23 to be valid from 2018-08-23, autumn semester of 2018.

Field of education: Sports Science 100%
Department: Department of Food and Nutrition, and Sport Science

Position in the educational system

Main field of studies	*Specialization*
Sport Science	A1N, Second cycle, has only first-cycle course/s as entry requirements

Entry requirements

Bachelor degree in sport science, food and nutrition, nutrition, medicine, physiotherapy or equivalent.

Learning outcomes

On successful completion of the course the student will be able to:

Knowledge and understanding

- explain the potential negative effects (risks) of physical activity and sports
- describe the most common traumatic and medical disorders in sports medicine
- describe how different disorders may affect the athlete´s performance
- describe the basic principles of prevention and rehabilitation in sports medicine

- describe the effect of physical activity on different risk factors and diseases, for both prevention and treatment

Competence and skills

- apply the principles for cardiac screening and CPR + safety at sports arenas
- apply the organisation of rehabilitation after injury
- apply the principles of "physical activity on prescription - FaR" and the basics of how to prescribes activity, in clinical practice, using FYSS

Judgement and approach

Critically evaluate and discuss relevant science:

- in sports medicine and traumatology topics
- regarding ethical issues in exercise and sports medicine, including doping
- about return to play of an athlete after injury/disease

Course content

A combination of lectures, cases, demonstrations in the laboratory and literature studies (books and scientific papers) will be used, presented and discussed during the course, to achieve the course goals.

A. Introductionary theoretical lectures

The course will include overview lectures on the most common traumatology, sports medicine and physical activity for health issues. The scope is exercise and sports for health and performance, from the older patient with medical issue, to the young elite athlete with traumatic injury.

B. Tasks with presentation seminars (mandatory)

Presentations on papers of the major sports medicine issues, will be performed by the students, with accompanying review and discussion in the seminars.

C. Supervised practical demonstrations & case reports

Practical demonstrations include scientific writing/reviewing, cardiac screening and arena safety (medical action plan). Physical activity on prescription (FaR), practical session/s are included. Case reports, on relevant topics in the field, will be presented complementing regular lectures, with active participation of the students.

D. Written report and presentation (mandatory)

A written scientific report (review) on a relevant sport and exercise medicine topic will be a part of the course as well as an oral presentation of this work.

E. Written exam (mandatory)

Form of teaching

The pedagogical idea is learning by practicing, preparing, presenting and debating (argumentation). The teaching combines theoretical lectures, group tasks including critical examination of the literature to be presented and debated at seminars, and supervised demonstrations with accompanying discussions. Training in argumentation based on facts and feedback on the performance is included. This combination of teaching components would support theoretical understanding, practical skills and critical thinking.

Language of instruction: English

Assessment

Assessment of the course is based on the performance of the seminars (1 hec), on the written report including the oral presentation and discussion of this (2 hec) and on the written examination (4,5 hec).

If a student is absent from mandatory components, he/she is responsible to contact the person responsible for the course to be provided another course opportunity or alternative task.

If a student, who has failed the same examined component twice, wishes to change examiner before the next examination, a written application shall be sent to the department responsible for the course and shall be granted, unless there are special reasons to the contrary (Chapter 6, Section 22 of Higher Education Ordinance).

The number of examination opportunities are limited to five.

In case where a course has been discontinued or has undergone major changes, the student shall normally be guaranteed at least three examination occasions (including the ordinary examination) during a period of at least one year from the last time course was given. it must not go against Chapter 6, Section 21 of Higher Education Ordinance).

Grades

The grading scale comprises: Pass with Distinction (VG), Pass (G) and Fail (U).
All mandatory components in the course need to be completed to pass the course and the course goals need to be fulfilled. The final grade is based on a overall assessment of the mandatory components, but mainly of the result of the exam, but also on the written report and on active participation in seminars, presentations and discussions

Course evaluation

A course evaluation is included. Written evaluation is performed using the teaching platform (GUL) and the result guides development and planning of forthcoming course occasions. In addition to the written, summative evaluation, oral, formative evaluations may occur. The person responsible for the course compile a report after the course has finished.