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| 1. Course title: Sport Injuries | | | | | |
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| 2. Code: | | 3. Type (lecture, practice etc.): lecture | | | |
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| 4. Contact hours: 2 hoursper week | | 5. Number of credits (ECTS): 2 | | | |
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| 6. Preliminary conditions (max. 3): | | | | | |
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| 7. Announced:fall semester, spring semester, both | | | | | |
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| 8. Limit for participants: | | | | | |
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| 10. Responsible teacher (faculty, institute and department):  Dr. Dóra Ureczky  (Faculty of Sport Sciences, Institute of Sport Science and Physical Education) | | | | | |
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| 11. Teacher(s) and percentage: | | Dr. Dóra Ureczky | | 100 % | |
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| 12. Language:English | | | | | |
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| 13. Course objectives and/or learning outcomes:  1. Students acquire comprehensive knowledge of the development of sports injuries and prevention opportunities. 2. Recognize injurious situations, be capable of differentiating at different levels - physical education, workout, leisure time activities - to prevent an emergency. 3. Recognize the injuries that have occurred, be able to handle first care, first aid. 4. Know and apply the gradual principle of post-injury loads. | | | | | |
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| 14. Course outline  1. General description of sports injuries and sports diseases. External and internal factors of the development of sports injuries. The role of warm-up and streching in prevention. 2. Acute sports injuries, formation and prevention The most common sports injuries are spasms, twitches, knee injuries, swollen muscles, Achilles tendon injury, tibial pain, fractures, scarring. 3. Over-load injuries, development of sports injuries (prevention of bony joints of muscular tone, tendon inflammation, obstructive pulmonary disease, muscle inflammation, hives, tired fractures, cartilage and joint damage). 4. Chronic injuries, persistent complaints 5. Re-Injury 6. Test I. 7. The locomotor rehabilitation of athletes. Physiotherapeutic procedures. Regeneration Techniques and Procedures. 8. Rehabilitation devices 9. Swimming, corrective swimming in prevention, rehabilitation. 10. Sports injuries in a young age.  11. Avoiding injuries in recreational and leisure sports. Injuries due to lack of training. Sports injuries and doping. 12. Prevention of injuries: prevention, risk assessment. Creating a workout plan. Conducting occupations. 13. Test II. | | | | | |
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| 15. Mid-semester works   1. Test 1. 2. Dissertation 3. Test II. | | | | | |
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| 16. Course requirements and grading  The avarage of Test 1., Test 2., Dissertation and the work in the practice is the final grade.  70% of the lessons are required to be attended (all the time signature confirms the presence of the Student).  Grades:  0–60% fail  61-70% acceptable  71-80% average  81-90% good  91–100% excellent | | | | | |
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| 17. List of readings   1. Dr. Jákó Péter (szerk.): *A sportorvoslás alapjai.* Országos Sportegészségügyi Intézet, Bp. 2003 2. Koltainé Balázs Éva – Sziliné Hangay Ágnes: *Streching.* Semmelweis Egyetem, Bp. 2008   Csermely Miklós: *Fizioterápia.* Medicina Könyvkiadó, Bp. 2009 | | | | | |
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| 18. Recommended texts, further readings   1. Roberto Maccadanza: *Nyújtás-Streching.* Sziget Könyvkiadó, Bp. 2009. 2. Dr. Osváth Péter: *Sportegészségügyi ismeretek.* Önkormányzati Minisztérium, Sport Szakállamtitkárság, Bp. 2009 3. Dr. Katics László, Dr. Lőrinczy Dénes: *Erőedzés biomechanikája, mozgásanyaga, sportsérülések.* Alexandra Könyvkiadó, Pécs 2004 4. Robert S. Gotlin: *Sports Injuries Guidebook.* Human Kinetics, 2008 5. Christer Rolf: *The Sports Injuries Handbook.* A&C Black, 2007 6. Allan M. Levy, Mark L. Fuerst: *Sports Injury Handbook: professional advice for amateur athletes.* | | | | | |
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| **Date** | 20. May, 2017 | **Prepared by** |  | | |
| Dr. Dóra Ureczky  responsible teacher | | |
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| **Endorsed by** | | | Dr. Márk Váczi | | |
| program supervisor | | |