



Table 2

3.2. Course description

Basic description		
Course coordinator	Doc. dr. sc. Anton Tudor	
Course title	The incidence of injuries in sport	
Study programme	Nursing graduated study	
Course status	elective	
Year	1	
ECTS credits and teaching	ECTS student 's workload coefficient	2,5
	Number of hours (L+E+S)	25(15+0+10)

1. COURSE DESCRIPTION		
1.1. Course objectives		
Introduce students with the mechanisms and the incidence of sports injuries in order to understand the specific role that demands that are put before the physician in modern sports medicine in the prevention thereof. Especially on the basis of all this it is necessary to understand the role of physiotherapy in the prevention and treatment of sports injuries.		
1.2. Course enrolment requirements		
- None		
1.3. Expected course learning outcomes		
<p>General competencies: Be familiar with the general principles and application of prevention of sports injuries and damage as well as general principles of medical treatment or rehabilitation of such conditions. Knowing the general principles of addiction mechanisms of injury, incidence of injuries and their prevention.</p> <p>Specific competencies: At the end of the course is expected that the student will be able to: Provide first aid to injured athletes. Students after graduation should know how to apply knowledge about prevention of sports injuries in practice. They should also know how to apply basic principles of rehabilitation of injured athletes as they will possess the knowledge to enable them to actively participate in the treatment of these athletes.</p>		
1.4. Course content		
<p>Classification and specificity of the most common sports. Biomechanics of injury in sport. Mechanisms of injury in sports: typical and atypical. The incidence of injuries in sports in general. The incidence of injuries in individual sports. Possibilities of prevention of sports injuries: general and specific (depending on individual sports and mechanisms of injury). Sports injuries and medical rehabilitation. The role of physiotherapy in the prevention and treatment of sports injuries.</p>		
1.5. Teaching methods	<input checked="" type="checkbox"/> lectures <input checked="" type="checkbox"/> seminars and workshops <input type="checkbox"/> exercises <input type="checkbox"/> long distance education <input type="checkbox"/> fieldwork	<input type="checkbox"/> individual assignment <input type="checkbox"/> multimedia and network <input type="checkbox"/> laboratories <input type="checkbox"/> mentorship <input type="checkbox"/> other



1.6. Comments							
1.7. Student's obligations							
Regular attendance to lectures and seminars and exercises. Preparation of course material to be discussed during seminars.							
1.8. Evaluation of student's work							
Course attendance	10%	Activity/Participation	30%	Seminar paper		Experimental work	
Written exam	15%	Oral exam	15%	Essay		Research	
Project		Sustained knowledge check	30%	Report		Practice	
Portfolio							
1.9. Assessment and evaluation of student's work during classes and on final exam							
Evaluation will be performed according to the Legal act of evaluation of University of Rijeka and of School of medicine Students' performance will be evaluated thorough entire duration of the course (70% of the evaluation) as well as on the final exam (30% of the evaluation).							
1.10. Assigned reading (at the time of the submission of study programme proposal)							
Norris C. Sports Injuries: Diagnosis and Management. Butterworth-Heinemann Ltd (London); 3rd Revised edition. 2004. Marko Pećina. Športska medicina. Zagreb: Medicinska naklada, 2004.							
1.11. Optional / additional reading (at the time of proposing study programme)							
Donatelli R. A. Sports-Specific Rehabilitation. Churchill Livingstone (London).2006							
1.12. Number of assigned reading copies with regard to the number of students currently attending the course							
Title				Number of copies		Number of students	
1.13. Quality monitoring methods which ensure acquirement of output knowledge, skills and competences							
Anonymous evaluation questionnaire is given to the students at the end of the course.The rate of the course complition and grading is evaluated.							