



Health and Sports Science Module Handbook
Faculty of Sports Science Universitas Negeri Makassar

Module designation		Sports Injury Care and Prevention				
Semester(s) in which the module is taught		4				
Person responsible for the module		Darul Husnul, S.Or., M.Kes				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Compulsory				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 2 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	88 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	28	28	28	4	88
	Practical class	-	-	-	-	-
	Total					88
Credit points		2 credits				
Required and recommended prerequisites for joining the module		None				
Module objectives / intended learning outcomes		Upon completion of this course, students are able to: <ul style="list-style-type: none"> • appraise current literature regarding sport-related injury prevention and management. • distinguish common signs and symptoms of sports-related injuries. • differentiate injury mechanisms between common sports-related injuries. • recognize the importance of prevention strategies used to reduce sports injuries. • describe proper first aid and management of common sports-related injuries. • demonstrate the ability to tape for various types of knee injuries and thigh injuries. • describe the various types of knee injuries and rehabilitation programs for these injuries. • list the most common injuries of the shoulder and arm. • name the various types of hip injuries and a 				



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	rehabilitation program for each.
Content	<ul style="list-style-type: none"> • Athletic health care system • Concept of sports injury • Prevention & care of sports injury • Wrapping and taping techniques (elastic wraps, nonelastic & elastic adhesive taping, Kinesio taping, and common taping techniques). • Injury process: Physiological response to injury (Vascular & cellular events, Inflammation & pain, therapeutic intervention). • Injury process: Psychological response to injury (Psychosocial intervention, Placebo effects). • Head & face injuries (Cerebral concussion, Eye, ear, nose, and mouth). • Injuries to the upper extremity (Shoulder, arm, wrist, hand) and lower extremity (Hip, thigh, leg & knee, lower leg, ankle & foot). • Recognizing different sports injuries (Acute and chronic overuse injuries).
Exams and assessment formats	<p>Assignments</p> <p>Quizzes: Quizzes start at the beginning of class. Students will have 15 minutes to complete the quiz. If they miss a quiz due to lateness or absenteeism, they will not be allowed to make-up the quiz. Quiz format will be a combination of fill in the blank, multiple choice, short answer, and /or matching.</p> <p>Weight: 20%</p> <p>Mid and Final Semester Exams</p> <p>There are two exams during this course, namely mid semester exam and final semester exam. These exams aim to measure the understanding of students regarding the course materials. The question exams will be in true/false format, and multiple-choice questions.</p> <p>Weight: 80%</p>
Study and examination requirements	Students are expected to attend all classes as there will be quizzes prior to each class. The final grades of the students are cumulative of their attendance, quizzes scores, their scores in mid and final semester exams.



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Reading list	<p>Required Text Prentice, W. E. (2020). Essentials of Athletic Injury Management, 11th Edition. McGraw Hill Education.</p> <p>Suggested Text Joyce, D., Lewindon, D. (2016). Sports Injury Prevention and Rehabilitation: Integrating Medicine and Science for Performance Solutions. Routledge.</p>
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