



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

<b>Module designation</b>		<b><i>Sports Physiotherapy</i></b>				
Semester(s) in which the module is taught		5				
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): 3 hours x 14 weeks 2) Practical class: 3 hours x 14 weeks				
Workload	Total workload	196 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	42	10	10	4	66
	Practical class	42	42	42	4	130
	Total					196
Credit points		3 credits				
Required and recommended prerequisites for joining the module		Anatomy, Physiology, Sport Physiology				
Module objectives / intended learning outcomes		By the conclusion of this course, students will: <ol style="list-style-type: none"> <li>1. Describe in writing the principles of prevention of muscle and skeleton injuries related to physical exercise and sports</li> <li>2. Give examples of adequate examination and treatment of muscle and skeleton injuries related to physical exercise and sports.</li> <li>3. Describe in writing the importance of recovery in physical training.</li> <li>4. Choose adequate examination methods for muscle and skeleton injuries related to physical exercise and sports.</li> <li>5. Understand the functional value of the taping methods in sports (elastic bandages, inelastic adhesive tapes, kinesiotaping).</li> <li>6. Understand the value and contribution of hydrotherapy and electrotherapy in sports injuries rehabilitation.</li> <li>7. Understand the importance of psychology for a</li> </ol>				



	<p>professional working in sports rehabilitation.</p>
<p>Content</p>	<ul style="list-style-type: none"> <li>• Types of sport injuries (acute injuries-overuse injuries, inflammation-pathophysiology, healing).</li> <li>• Flexibility restoration techniques.</li> <li>• Strength rehabilitation techniques.</li> <li>• Mobilization- Manipulation Techniques in sports.</li> <li>• Neuromuscular control techniques (Assessment of neuromuscular function, neuromuscular training programs).</li> <li>• Plyometrics in Sports (How plyometrics works, essential plyometric exercises, sport-specific plyometric training programs).</li> <li>• Taping techniques in Sports.</li> <li>• Treatment protocols for muscle, ligament, and tendons injuries in sports.</li> <li>• Hydrotherapy in sports.</li> <li>• Electrotherapy in Sports.</li> <li>• Psychology and sports rehabilitation (Why psychology for sports rehabilitators, Emotional and behavioral responses to sports injury and rehabilitation).</li> </ul>
<p>Exams and assessment formats</p>	<p><b>Research Article Analysis</b></p> <p>Students will be assigned to a group of four to six students. Each group should find an article from international reputable journals that relates to Sports Physiotherapy. Students will write a short report analysis (800-word limit) which includes the following:</p> <ul style="list-style-type: none"> <li>• Summary of the article.</li> <li>• How it relates to the topic in the course.</li> <li>• Students' own critical analysis regarding the findings and ideas discussed in the article.</li> <li>• A copy of the original article in appendix.</li> </ul> <p><b>Weight: 50%</b></p> <p><b>Mid and Final Exams</b></p> <p>There will be two exams during the course. Everything discussed in class and in the assigned readings may appear on the exam. The exams will consist of matching, multiple-choice, true-false, and/or essay questions.</p> <p><b>Weight: 75%</b></p>



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

Study and examination requirements	Students are expected to attend all classes. Final grading will be based on students' attendance, their participation in completing the research article, and their scores in mid and final semester exams.
Reading list	<p>Comfort, P., &amp; Abrahamson, E. (2010). Sports Rehabilitation and Injury Prevention. Wiley.</p> <p>Donatelli, R. (2007). Sports-Specific Rehabilitation. Churchill Livingstone.</p> <p>Chu, D. A., &amp; Myer, G. D. (2013). Plyometrics. Human Kinetics.</p>