

T6. Course Specification (CS)

Institution: Najran university	Date 15/5/1438 H.
College/Department : College of applied medical science / Department of Medical Rehabilitation Sciences.	

A. Course Identification and General Information:

1. Course title and code: Rehabilitation for Sports Injuries (306PHTH) تأهيل الإصابات الرياضية (306 عطب)	
2. Credit hours: 2 (1+1)	
3. Program(s) in which the course is offered : Physiotherapy Program (If general elective available in many programs indicate this rather than list programs)	
4. Name of faculty member responsible for the course: DR\ Alaa Abosrie Amin	
5. Level/year at which this course is offered: 6 th level/3 rd year	
6. Pre-requisites for this course (if any) : 201Anat p	
7. Co-requisites for this course (if any):	
8. Location if not on main campus : main campus	
9. Mode of Instruction (mark all that apply)	
a. Traditional classroom الفصل الدراسي التقليدي	Yes <input checked="" type="checkbox"/> What percentage النسبة المئوية ? 100%
b. Blended (traditional and online) التعليم المدمج (التقليدي + عبر الانترنت)	<input type="checkbox"/> What percentage النسبة المئوية ? <input type="text"/>
c. e-learning التعليم الالكتروني	<input type="checkbox"/> What percentage النسبة المئوية ? <input type="text"/>
d. Correspondence التعليم بالمراسلة (عن بعد)	<input type="checkbox"/> What percentage النسبة المئوية ? <input type="text"/>
f. Other طرق أخرى	<input type="checkbox"/> What percentage النسبة المئوية ? <input type="text"/>
Comments التعليق:	

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B. Objectives

1. What is the main purpose for this course? the aim of this course is to graduate students with sound knowledge in prevention measures for sports injuries, mechanisms and complication of sports injuries. Demonstrate different physical therapy methods, modalities and techniques required for evaluation and management of athletes with sports injuries.
2. Briefly describe any plans for developing and improving the course that are being implemented. (e.g. increased use of IT or web based reference material, changes in content as a result of new research in the field) <ul style="list-style-type: none"> Continuous updating of the information, knowledge and skills included in the course through continuous search for the new knowledge and skills available in recent publications (books, researches, internet and others). Verifying the information resources. Continuous improvements in teaching methods as well as encouraging the students to participate effectively in the lectures. Continuous evaluation of the course content, student level and establish plans accordingly.

C. Course Description (Note: General description in the form used in the Bulletin or handbook should be attached)

Course Description : This course demonstrates the evaluative and effective physical therapy management procedures used in sports injuries conditions by teaching the students how to evaluate, plan and implement the appropriate physical therapy program to individuals with various sports injuries as well as for surgical conditions in pre and post-operative stages.

1. Topics to be Covered :		
List of Topics	No. of Weeks	Contact Hours
Acute and over use sports injuries part 1	1	3 (1+2)
Acute and over use sports injuries part 2	1	3 (1+2)
Sports injury and Healing Process	1	3 (1+2)
Proprioceptive training	1	3 (1+2)
Rehabilitation of Adductor pulls injury	1	3 (1+2)

Rehabilitation of Hamstring muscle Strain part 1	1	3 (1+2)
Rehabilitation of Hamstring muscle Strain part 2	1	3 (1+2)
Rehabilitation of anterior cruciate ligament Injury part 1	1	3 (1+2)
Rehabilitation of anterior cruciate ligament Injury part 2	1	3 (1+2)
Rehabilitation of posterior cruciate ligament Injury	1	3 (1+2)
Rehabilitation of collateral knee ligaments Injury	1	3 (1+2)
Physical therapy for meniscal injuries	1	3 (1+2)
Rehabilitation of Ankle sprains	1	3 (1+2)
Rehabilitation of Tennis elbow	1	3 (1+2)
Rehabilitation of Golfer elbow	1	3 (1+2)
Revision	1	3 (1+2)

1.Course components (total contact hours and credits per semester):						
	Lecture	Tutorial	Laboratory or studio	Practical	Other:	Total
Contact Hours	16	0	0	32	0	48
Credit	1	0	0	1	0	2

3-Additional private study/learning hours expected for students per week	4 hours
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4. Course Learning Outcomes in NQF Domains of Learning and Alignment with Assessment Methods and Teaching Strategy.

On the table below are the five NQF Learning Domains, numbered in the left column.

First, insert the suitable and measurable course learning outcomes required in the appropriate learning domains (see suggestions below the table)

Second, insert supporting teaching strategies that fit and align with the assessment methods and intended learning outcomes.

Third, insert appropriate assessment methods that accurately measure and evaluate the learning outcome. Each course learning outcomes, assessment method, and teaching strategy ought to reasonably fit and flow together as an integrated learning and teaching process. (Courses are not required to include learning outcomes from each domain).

Code #	NQF Learning Domains And Course Learning Outcomes	Course Teaching Strategies	Course Assessment Methods
1.0	Knowledge		
1.1	Memorize the principles and skills of examination of sport injury.	Lectures. Practical classes. Audiovisual learning.	Practical exam. Written exam. Quiz.
1.2	Describe the treatment plan according to the stage and severity of the injury.		
2.0	Cognitive Skills		
2.1	Estimate the suitable method of special testing for different joints.	- Lectures. - Practical classes. - Problem solving questions	Practical Exam Written exam.
2.2	Explain standard necessary diagnosis and rehabilitation of different sports injuries cases.		
3.0	Interpersonal Skills & Responsibility		
3.1	Demonstrate collaboration with colleagues as a teamwork.	Practical classes include brainstorming and problem solving for sport injury cases.	Practical Exam
3.2	Deal ethically inside the lecture and practical classes with the staff, colleagues and environment like instruments, benches, practical devices.		
4.0	Communication, Information Technology, Numerical		
4.1	Utilize efficiently the different knowledge resources including the library resources and websites.	Assignments and Student presentation.	assignment
5.0	Psychomotor		
5.1	Apply methods of examinations and treatment for sports injuries independently.	▪ Practical classes.	Practical exam.

5. Schedule of Assessment Tasks for Students During the Semester			
	Assessment task (e.g. essay, test, Quizzes, group project, examination, speech, oral presentation, etc.)	Week Due	Proportion of Total Assessment
1	Final written exam	16	40 %
2	Midterm written exam	8	20%
3	Midterm practical and oral exams	8	10%

4	Final practical and oral exams	15	20%
6	Quiz	12	5%
5	Assignment	8	5%

D. Student Academic Counseling and Support

1. Arrangements for availability of faculty and teaching staff for individual student consultations and academic advice. (include amount of time teaching staff are expected to be available each week)

- office hours will be every Monday from 1 PM to 3 PM
- Academic advisory for the students is dr\ Mohamed Jarrar
- Academic advisory for the program is Dr\ Mohamed Samy
- Facilitate the communication between the student and the instructor through E-mail.

E. Learning Resources

1. List Required Textbooks :

- 1- William E Prentice.Rehabilitation Techniques for sports Medicine and Athletic Training, 4ed 2015.
- 2- Mahmut N Doral.Sport Injuries prevention, Diagnosis, Treatment and Rehabilitation. MahmutNedim Doral 2014.
- 3- James Andrews. Physical Rehabilitation of the Injured Athlete, 4ed 2013.
- 4- Grant Cooper. Pocket Guide to Musculoskeletal Diagnosis, 10th. ed. Humana Press Inc. 2006.
- 5- Carolyn Kisner, Lynn Allen Colby.Therapeutic Exercise foundations and techniques 6th. ed. Davis Company Philadelphia 2012.

2. List Essential References Materials (Journals, Reports, etc.)

1. William E Prentice.Rehabilitation Techniques for sports Medicine and Athletic Training, 4ed 2015.
2. James Andrews.Physical Rehabilitation of the Injured Athlete, 4ed 2013.
3. Linda S Pescatello, Ross Arena, Deborah Riebe. ACSM's. Guideline for Exercise Testing and Prescription, 5th edition, Lippincott Williams & Wilkins, New York, 2005.
4. David J.M. Orthopedic Physical Assessment. 4th edition, Saunders, London, 2015
5. Elly H. Maitland's Peripheral Manipulation. 4th edition, Butterworth-Heinemann, UK, 2010.

<p>6. Derrick Sueki, Jacklyn Brechter. Orthopedic Rehabilitation Clinical Advisor 2nd. ed. Mosby 2014.</p> <p>7. Arnold G. Nelson, Jouko Kokkonen. Stretching Anatomy; 2013.</p>
<p>3. List Electronic Materials Web Sites, Facebook, Twitter, etc.</p> <p>WWW.Orth.Surg.</p> <p>WWW.Joints.com</p> <p>WWW.nerve and muscle.org</p> <p>WWW.muscle.org</p> <p>WWW.physiotherapy.org</p> <p>WWW.joint.org</p> <p>WWW.musclelibrary.org</p> <p>WWW.pubmed.gov</p>
<p>4. Other learning material such as computer-based programs/CD, professional standards or regulations and software.</p> <p>NA.</p>

F. Facilities Required

<p>Indicate requirements for the course including size of classrooms and laboratories (i.e. number of seats in classrooms and laboratories, extent of computer access etc.)</p>
<p>1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.)</p> <ul style="list-style-type: none"> • Lecture rooms and laboratories are already available. • Lecture rooms (size 70M) (30 students) • Laboratories (size 70 M) (30 students)
<p>2. Computing resources (AV, data show, Smart Board, software, etc.)</p> <ul style="list-style-type: none"> • Computers and datashow are already available.
<p>3. Other resources (specify, e.g. if specific laboratory equipment is required, list requirements or attach list)</p> <ul style="list-style-type: none"> • Training lab • Library supplied with reference text books, electronic resources.

G. Course Evaluation and Improvement Processes :

<p>1. Strategies for Obtaining Student Feedback on Effectiveness of Teaching</p> <ul style="list-style-type: none"> • Midterm evaluation feedback. • Completion of course evaluation questionnaire by each student. • End of term discussion between the teacher and the students regarding what went well and what could have gone better
<p>2. Other Strategies for Evaluation of Teaching by the Instructor or by the department.</p> <ul style="list-style-type: none"> • Course coordinator report. • Observations from colleagues. • Class observation by supervisors. • Independent assessment of standards achieved by the students.
<p>3. Processes for Improvement of Teaching:</p> <ul style="list-style-type: none"> • Continuous updating of course contents according to the previous course report. • Improvement of the course according to the latest research. • Regular meetings where problems are discussed and solutions given. • Workshops on teaching methods. • Review of recommended teaching strategies.
<p>4. Processes for Verifying Standards of Student Achievement (e.g. check marking by an independent member teaching staff of a sample of student work, periodic exchange and remarking of tests or a sample of assignments with staff at another institution)</p> <ul style="list-style-type: none"> • Check marking of a sample of student work by an independent faculty member. • Periodic exchange and remarking of a sample of assignments with a faculty member in another institution. • Students who believe they are under graded could have their papers checked by another reader.

5. Describe the planning arrangements for periodically reviewing course effectiveness and planning for improvement :

Action plan for course improvement will be done according to the feedback about the course from students, other colleagues and the dean.

Name of instructor Dr. Alaa Abosrie _____

Signature التوقيع: *AlaaAbosrie* Date Report Completed : 15/5/1438 H.

Name of field experience teaching staff _____

Program coordinator : Dr. Mohammed Eid

Signature: *Μοηαμμεδ Eid* Date received : 26 / 8 / 1438