



Faculty of Medicine

## **FYPA58, Sports Medicine and Rehabilitation of Individuals with Sports Injuries, 7.5 credits**

*Idrottsmedicin och träning vid olika sjukdomstillstånd, 7,5  
högskolepoäng*  
**First Cycle / Grundnivå**

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### **Details of approval**

The syllabus is an old version, approved by The Rehabilitation Programmes Board on 2018-04-10 and was last revised on 2020-03-18. . The revised syllabus applied from 2020-03-18. , spring semester 2020.

### **General Information**

The course is included in the Bachelor's programme in Physiotherapy, 180 credits, and is compulsory for a degree of Bachelor of Science in Physiotherapy. It is included in semester 6 and complies with the provisions of the Higher Education Ordinance (SFS 1993:100 with later amendments).

*Language of instruction:* Swedish and English

*Main field of studies*

Physiotherapy

*Depth of study relative to the degree  
requirements*

G2F, First cycle, has at least 60 credits in  
first-cycle course/s as entry requirements

### **Learning outcomes**

#### **Knowledge and understanding**

On completion of the course, the students shall be able to

- demonstrate specialised knowledge of how physiological and biomechanical factors affect physical ability and choice of exercise methods for different disorders and disabilities of recreational and elite athletes
- plan and evaluate physiotherapy measures and adapted exercises for different disorders and disabilities of recreational and elite athletes

- demonstrate basic knowledge of sports psychology
- demonstrate basic knowledge of the importance of diet for different types of exercise
- demonstrate basic knowledge of doping

### **Competence and skills**

On completion of the course, the students shall be able to

- use specialised knowledge and skills to attend to injured athletes, recreational as well as elite, with regard to prevention, emergency treatment and rehabilitation of strain and trauma injuries

### **Judgement and approach**

On completion of the course, the students shall be able to

- demonstrate good knowledge of the duties and areas of responsibility of the physiotherapist in recreation and sports
- demonstrate a developed ability to identify their need of further knowledge and continuously develop their professional expertise
- demonstrate a developed ability to apply a basic professional approach to patients, their relatives and other healthcare professionals taking diversity into account

### **Course content**

The course includes sports medicine, traumatology, pathology, physiology, sports psychology, diet and sports, and physiotherapy and parasports.

### **Course design**

The teaching consists of lectures and skills training in the form of workshops on patient cases with regard to emergency assessment of injuries and rehabilitation measures. Furthermore, the participants are to work on a group assignment (in groups of no more than two students) which is to be reported at a student conference. The assessment is based on this assignment.

### **Assessment**

To pass the course, students are required to have passed the presentation, defence and critical review of the conference report passed the written assignment

Students who complete and pass the course will receive a certificate stating that the course corresponds to the stage 1 course of the Swedish Society for Physical Activity and Sports Medicine. In order to receive the certificate, students must have attended 80% of the course.

*Number of exams*

One examination and one opportunity to retake the examination are arranged soon after the course. Students who do not achieve a pass on either of these occasions will be able to retake the examination on a later occasion.

*New examiner*

A student who has failed two examinations on a course or module is entitled to have another examiner appointed, unless there are special reasons to the contrary (SFS 2006: 1053). (SFS 2006:1053). The request is made to the programme director.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

*Subcourses that are part of this course can be found in an appendix at the end of this document.*

**Grades**

Marking scale: Fail, Pass.

**Entry requirements**

To be admitted to the course, students must be admitted to the Bachelor's programme in Physiotherapy and have passed semesters 1, 2 and 3 and completed semester 4.

**Further information**

The course replaces FYPA57

## Subcourses in FYPA58, Sports Medicine and Rehabilitation of Individuals with Sports Injuries

Applies from H22

2201 Sports Med and Rehab of Individuals with Sports Injuries, 7,5 hp  
Grading scale: Fail, Pass

Applies from H18

1801 Sports Medicine, 7,5 hp  
Grading scale: Fail, Pass