

# University of Pretoria Yearbook 2017

## Sports medicine 781 (FMS 781)

**Qualification** Postgraduate

**Faculty** [Faculty of Health Sciences](#)

**Module credits** 10.00

**Prerequisites** No prerequisites.

**Language of tuition** Separate classes for Afrikaans and English

**Academic organisation** Family Medicine

**Period of presentation** Semester 1

### Module content

An approach to sports injuries: concepts of training and fitness; energy systems and transfer of energy, nutrition, health and training; special investigations; injury; strapping and wrapping; stress fractures; examination and clinical conditions of different areas, upper limb, lower limb, pelvis; trunk and head: special considerations of age and gender – the child, the female athlete and the elderly exerciser; exercising under certain conditions – heat, cold, underwater altitude and time zones; sport and medical conditions – diabetes mellitus; HIV/Aids; drugs, alcohol; the tired athlete; concussion/boxing; exercise induced headache and medical coverage of sports events.

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