

# University of Pretoria Yearbook 2019

## Sports medicine 781 (FMS 781)

<b>Qualification</b>	Postgraduate
<b>Faculty</b>	<a href="#">Faculty of Health Sciences</a>
<b>Module credits</b>	10.00
<b>Prerequisites</b>	No prerequisites.
<b>Language of tuition</b>	Module is presented in English
<b>Department</b>	Family Medicine
<b>Period of presentation</b>	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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