

University of Pretoria Yearbook 2020

Sports medicine 781 (FMS 781)

Qualification	Postgraduate
Faculty	Faculty of Health Sciences
Module credits	10.00
Prerequisites	No prerequisites.
Language of tuition	Module is presented in English
Department	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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