

# Teaching guide

## IDENTIFICATION DETAILS

Degree:	Physical Activity and Sports Sciences		
Field of Knowledge:	Social and Legal Science		
Faculty/School:	Education and Humanities		
Course:	BASICS OF SPORTS MEDICINE: PREVENTION OF AND RECOVERY FROM FREQUENT INJURIES		
Type:	Compulsory	ECTS credits:	6
Year:	2	Code:	7524
Teaching period:	Third semester		
Area:	Physiology of Exercise		
Module:	Scientific Foundations of Human Motor Skills		
Teaching type:	Classroom-based		
Language:	Spanish		
Total number of student study hours:	150		

## SUBJECT DESCRIPTION

Knowledge of the most common injuries in physical and sports activity: injury prevention mechanisms and recovery mechanisms with a view to resuming the activity.

## SKILLS

### Basic Skills

Students must have demonstrated knowledge and understanding in an area of study that is founded on general

secondary education. Moreover, the area of study is typically at a level that includes certain aspects implying knowledge at the forefront of its field of study, albeit supported by advanced textbooks

Students must be able to apply their knowledge to their work or vocation in a professional manner and possess skills that can typically be demonstrated by coming up with and sustaining arguments and solving problems within their field of study

Students must have the ability to gather and interpret relevant data (usually within their field of study) in order to make judgments that include reflections on pertinent social, scientific or ethical issues

Students must be able to convey information, ideas, problems and solutions to both an expert and non-expert audience

Students must have developed the learning skills needed to undertake further study with a high degree of independence

## General Skills

To be familiar with and act on the basis of the ethical principles needed for appropriate professional practice.

To be familiar with and understand the foundations, structures and functions of the skills and patterns of human body movement and its various manifestations.

To be familiar with and understand the effects of physical exercise on the structure and function of the body, and on the psychological and social aspects of human beings.

To be familiar with the most common illnesses and injuries in school and sports, and to identify the risks posed for schoolchildren and athletes in their various contexts as a result of inadequate physical activities.

## Specific skills

To apply physiological, biomechanical, behavioural and social principles during the supervision of sports activities based on the principles of training.

To understand the biomechanics of movement and its applications in the field of physical activity and sport.

To be familiar with common sports injuries, their prevention, diagnosis and treatment, identifying the professional skills pertaining to physical and sports activity professionals and other agents involved (doctors, physiotherapists, massage therapists, etc.), interacting in an effective manner.

To understand the specific methods and techniques relating to the musculoskeletal system and alterations in statics and dynamics.

## DISTRIBUTION OF WORK TIME

CLASSROOM-BASED ACTIVITY	INDEPENDENT STUDY/OUT-OF-CLASSROOM ACTIVITY
60 hours	90 hours