


4.00 credits

30.0 h

Q2

Teacher(s)	Lambrecht Sophie (coordinator) ;Thienpont Emmanuel ;
Language :	French
Place of the course	Louvain-la-Neuve
Main themes	Etiology of common sports injuries: the technopathy concept Basic principles in sports injury prevention Common sports injuries: overuse injuries, accidents Psychological issues in competitive sports Basics about the pre-participation physical examination: why, how, when? Essentials in sports injuries treatment: the relative rest concept and progressive return to competition Some ethical issues in competitive sport: doping, high-level competition in the child
Learning outcomes	<p>At the end of this learning unit, the student is able to :</p> <p>At the end of the course the student will understand and be aware of the main sport injuries mechanisms.</p> <p>1 He will be able to identify the development of most common sports injuries and to orient the injured athlete towards appropriate medical care. He will have basic knowledge about prevention and treatment of common sports injuries.</p>
Evaluation methods	written examination
Content	At the end of this learning activity, students will have the understanding and knowledge of the main mechanisms at the origin of diseases and injuries of athletes. The student will be able to identify the major diseases occurring in relation to sport and to guide the athlete to an appropriate support in relation to the nature and severity of the illness or injury. The student will have basic knowledge about the most frequent sports injuries and the action to be taken in the prevention and treatment of these injuries. Main themes: Aetiopathogenesis of diseases and injuries of athletes: the concept of technopathie. Prevention of sports injuries: basic principles. Difference between acute sports injuries and overload injuries. Psychological aspects of sport. Athletic ability. Major treatment principles: concepts of rest and gradual return to sport. Ethical issues in competitive high level sport participation and elite sport in children.
Faculty or entity in charge	FSM

Programmes containing this learning unit (UE)				
Program title	Acronym	Credits	Prerequisite	Learning outcomes
Master [120] in Motor Skills: Physical Education	EDPH2M	4		
Master [120] in Motor Skills: General	MOTR2M	4		