

PART – B Practical Syllabus

(30 Hours)

1. Preparation of first aid box.
2. Application of PRICE and sports massage.
3. Demonstration of functional training.
4. Development of rehabilitation / Exercise Programme.
5. Preparation of warming up and cooling down exercise to prevent injury in general context.
6. Preparation of warming up and cooling down exercise to prevent injury in specific context.

Suggested Readings:

1. Brukner, P., & Khan, K. (2017). *Clinical sports medicine*. McGraw-Hill Education.
2. Sherry, M. A., & Best, T. M. (2004). A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. *Journal of Orthopaedic & Sports Physical Therapy*, 34(3), 116-125.
3. Myer, G. D., Faigenbaum, A. D., Chu, D. A., Falkel, J., & Ford, K. R. (2011). Integrative training for children and adolescents: Techniques and practices for reducing sports-related injuries and enhancing athletic performance. *The Physician and Sportsmedicine*, 39(1), 74-84.
4. Bahr, R., & Holme, I. (2003). Risk factors for sports injuries—a methodological approach. *British Journal of Sports Medicine*, 37(5), 384-392.
5. Lephart, S. M., Ferris, C. M., Riemann, B. L., & Myers, J. B. (2002). Gender differences in strength and lower extremity kinematics during landing. *Clinical Orthopaedics and Related Research*, 401, 162-169.
6. Myer, G. D., Ford, K. R., Brent, J. L., & Hewett, T. E. (2006). The effects of plyometric versus dynamic stabilization and balance training on lower extremity biomechanics. *The American Journal of Sports Medicine*, 34(3), 445-455.
7. Petersen, J., Thorborg, K., Nielsen, M. B., Budtz-Jørgensen, E., & Hölmich, P. (2011). Preventive effect of eccentric training on acute hamstring injuries in men's soccer: a cluster-randomized controlled trial. *The American Journal of Sports Medicine*, 39(11), 2296-2303.
8. Hewett, T. E., Myer, G. D., & Ford, K. R. (2004). Anterior cruciate ligament injuries in female athletes: Part 1, mechanisms and risk factors. *The American Journal of Sports Medicine*, 32(2), 396-408.
9. Hootman, J. M., & Dick, R. (2004). Agel J. Epidemiology of collegiate injuries for 15 sports: summary and recommendations for injury prevention initiatives. *Journal of Athletic Training*, 39(3), 311-319.
10. Shaw, D. (2021). *Athletic Care and Rehabilitation (A Sports Medicine Perspective)*. Sports Publication.
11. Soligard, T., Steffen, K., Palmer, D., Alonso, J. M., Bahr, R., Lopes, A. D., ... & Engebretsen, L. (2016). Sports injury and illness incidence in the Rio de Janeiro 2016 Olympic Summer Games: A prospective study of 11274 athletes from 207 countries. *British Journal of Sports Medicine*, 51(17), 1265-1271.