



**MAHATMA GANDHI UNIVERSITY**  
*of*  
**MEDICAL SCIENCES & TECHNOLOGY**  
JAIPUR

# **VAC 19**

  

## **SPORTS**

  

### **PHYSIOTHERAPY**

Head Office:

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Sponsoring Body: India Education Trust

## Sports Physiotherapy

### Objectives

After completion of the course Sport Physiotherapist will be able to perform or participate in the following functions:

1. Providing the optimum sports therapy management of athletes before, during and after injury.
2. Maintaining clear, detailed records and reports on all aspects of the sports program to facilitate evaluation and development.
3. Planning, organizing and directing programs of education or treatment for both individuals and groups in the sports setting.
4. Developing communication skills using all available means to promote the sport program aims.
5. Consulting with the athlete and the personnel directly involved promoting the sport program aims

S.no	Topic	Hours
1	Sports Physiotherapist - duties & responsibilities	1
2	Sports Physiotherapist Kit bag & Travelling with teams	1
3	Doping Control –Prohibited list, TUE	1
4	Nutrition , hydration & food supplements	1
5	Sports physiotherapy-Recent trends	1
6	Strength & Conditioning	1
7	Basic Life Support /CPR	1
8	Principles of injury Prevention	1
9	Pre participation musculo- skeletal evaluation	1
10	Women in sports	1

11	Principles of rehabilitation	1
12	Taping & Strapping	1
13	Spinal injuries	1
14	Knee injuries	1
15	Shoulder injuries	1
16	Elbow & wrist injuries	1
17	Ankle injuries	1
18	Groin injuries	1
19	Biomechanics of common sporting injuries	1
20	Over training, fatigue & recovery	1

Eligibility - Bachelor of Physiotherapy