

Return to play programs after soccer injury

Semester 2

Learning outcomes

Upon successful completion, students should be able to:

1. Interpret sport injury assessment results
2. Design a basic exercise program after injury in soccer
3. Apply and monitor the effectiveness of training exercise programs for specific injuries in soccer

Content

Basic principles of sport injury rehabilitation

Interpretation and assessment of exercise programs for quadriceps injuries

Interpretation and assessment of exercise programs for hamstring injuries

Eccentric exercise and injury prevention

Interpretation and assessment of exercise programs for groin area injuries

Interpretation and assessment of exercise programs for knee ligamentous injuries

Interpretation and assessment of exercise programs for ankle injuries

Assessment

- 1 Final written exam (60%) including multiple choice questions, short-answer questions and problem solving
2. Design and present team project (40%)

Bibliography/journals

Journal of Sports Science and Medicine

Journal of Science and Medicine in Sports

European Journal of Sport Science

British Journal of Sports Medicine

American Journal of Sports Medicine

Journal of Orthopaedic & Sports Physical Therapy