

SPORTS MEDICINE

Credit volume	Student workload in hours	Contact hours	Self-study hours
10	260	52	208

Cycle of studies: Second

Level of module: Master

Level of module: major

Module code: S273M102

Entitlement

Sporto ir alternatyvi medicina

Entitlement in English

Sports and Alternative Medicine

Module aim: competencies of the study programme(s)

Provide knowledge of medicinal sciences, develop the ability to search, find and understand modern scientific ideas arising from fundamental and applied interdisciplinary science and proven practices, ability to explain the application of physical therapy techniques in clinical practice and sport, their need, safety and efficacy basing of research findings.

Module aims	Study methods	Assessment methods
Find and understand modern scientific ideas that arise from fundamental and applied cross-disciplinary research and proven practice. Monitor sports injuries and conditions, to summarize monitoring data and use them to design and apply preventive measures and evaluate their effectiveness. Understand the principles of alternative treatment.	Informative, practical-operational: empirical and analytical research; lecture, individual and group projects; lecture, individual and group projects	Tests, examination, presentations, case study, research paper, cumulative grade

Syllabus

No	Sections and themes	Responsible lecturer
1	Sports injuries.	S.Sipavičienė
2	The causes of ligaments, tendons, muscles, joints traumas of athletes.	S.Sipavičienė
3	The stress fractures of athletes.	S.Sipavičienė
4	The causes and symptoms of athlete's brain and spinal cord injuries.	S.Sipavičienė
5	The sex influence in the sports medicine.	S.Sipavičienė
6	The visceral disease of athletes.	S.Sipavičienė
7	The sudden deaths of athletes.	S.Sipavičienė
8	Methods of nonmedical treatment.	A. Kriščiūnas
9	Alternative medical systems.	A. Kriščiūnas
10	Mind-body interventions.	A. Kriščiūnas
11	Biological therapies.	A. Kriščiūnas
12	Manipulative and body-based methods.	A. Kriščiūnas
13	Energy therapies.	A. Kriščiūnas
14	Assistive Technologies.	A. Kriščiūnas

Literature used in module development

No	Titles of books, journals, articles

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1	G. Bowden, M. McNally, S. Thomas, A. Gibson (2010). Oxford Handbook of Orthopaedics and Trauma. Oxford University Press
2	M.H. Crawford (2010). Screening athletes for heart disease. <i>Heart</i> , 93:875-879
3	Peter van de Vliet (2012). Paralympic athlete's health. <i>Br J Sports Med</i> , 46:7 458-459
4	Weiler R. et al.(2012). What can we do to reduce the number of tragic cardiac events in sport? <i>Br J Sports Med</i> doi:10.1136
5	Marar et al. (2012). Epidemiology of Concussions Among United States High School Athletes in 20 Sports. <i>Am J Sports Med</i> , 40, 4, 747-755
6	B. Reider (2012). Sex in Sports. Medicine. <i>Am J Sports Med</i> . 40, 1231-1233.
7	J. Witchalls et al. (2012). Intrinsic functional deficits associated with increased risk of ankle injuries: a systematic review with meta-analysis. <i>Br J Sports Med</i> . 46:515-523
8	Kerkhoffs et al. (2011). Diagnosis, treatment and prevention of ankle sprains: an evidence-based clinical guideline. <i>Br J Sports Med</i> doi:10.1136
9	Hewett et al. (2006). Clinical Sports Medicine Update: Anterior Cruciate Ligament Injuries in Female Athletes: Part 1, Mechanisms and Risk Factors. <i>Am J Sports Med</i> . 34, 299-311
10	Reurink et al. (2012). Therapeutic interventions for acute hamstring injuries: a systematic review. <i>Br J Sports Med</i> . 46:103-109
11	Hewett et al. (2007). Basic Science Update: Effects of the Menstrual Cycle on Anterior Cruciate Ligament Injury Risk: A Systematic Review. <i>Am J Sports Med</i> . 35, 659-668
12	Myer et al. (2008). The Effects of Generalized Joint Laxity on Risk of Anterior Cruciate Ligament Injury in Young Female Athletes. <i>Am J Sports Med</i> . 36, 1073-1080
13	Lipps et al. (2012). Morphologic Characteristics Help Explain the Gender Difference in Peak Anterior Cruciate Ligament Strain During a Simulated Pivot Landing. <i>Am J Sports Med</i> . 1, 40 32-40
14	Noyes et al. (2012). Anterior Cruciate Ligament Injury Prevention Training in Female Athletes: A Systematic Review of Injury Reduction and Results of Athletic Performance Tests. <i>Sports Health: A Multidisciplinary Approach</i> . 1, 4 36-46
15	Villa et al. (2012). Clinical Outcomes and Return-to-Sports Participation of 50 Soccer Players After Anterior Cruciate Ligament Reconstruction Through a Sport-Specific Rehabilitation Protocol. <i>Sports Health: A Multidisciplinary Approach</i> . 4:17-24
16	Trevor er al. (2009). Factors Associated With Function After Anterior Cruciate Ligament Reconstruction. <i>Sports Health: A Multidisciplinary Approach</i> . 1:47-53
17	Barry J. Maron (2003). Sudden Death in Young Athletes. <i>N Engl J Med</i> . 349:1064-1075
18	Albano et al. (2012). Acute Coronary Thrombosis in Boston Marathon Runners. <i>N Engl J Med</i> . 366:184-185
19	Kim et al. (2012). Cardiac Arrest during Long-Distance Running Races. <i>N Engl J Med</i> . 366:130-140
20	Malliaropoulos et al. (2011). Hamstring exercises for track and field athletes: injury and exercise biomechanics, and possible implications for exercise selection and primary prevention. <i>Br J Sports Med</i> doi:10.1136
21	Mendiguchia (2012). Hamstring strain injuries: are we heading in the right direction? <i>Br J Sports Med</i> . 46:81-85
22	Finch F.C. (2011). No longer lost in translation: the art and science of sports injury prevention implementation research. <i>Br J Sports Med</i> . 45:1253-1257
23	Dragoo et al. (2012). Incidence and Risk Factors for Injuries to the Anterior Cruciate Ligament in National Collegiate Athletic Association Football Data From the 2004-2005 Through 2008-2009 National Collegiate Athletic Association Injury Surveillance System. <i>Am J Sports Med</i> . 40(5): 990-995
24	Stephenson et al. (2012). Recurrence of an Olecranon Stress Fracture in an Elite Pitcher after Percutaneous Internal Fixation: A Case Report. <i>Am. J. Sports Med</i> . 40:218-221
25	Ekstrand et al. (2011). Epidemiology of Muscle Injuries in Professional Football. <i>Am. J. Sports Med</i> . 39:1226-1232
26	Lin et al. (2011). Traumatic Spinal Cord Injuries in Horseback Riding: A 35-Year Review. <i>Am. J. Sports Med</i> . 39:2441-2446
27	Treme et al. (2008). Cervical Spine Alignment in the Youth Football Athlete: Recommendations for Emergency Transportation. <i>Am. J. Sports Med</i> . 36:1582-158

No	Titles of books, journals, articles
28	Waldén et al. (2012). Prevention of acute knee injuries in adolescent female football players: cluster randomised controlled trial. <i>BMJ</i> . 3;344:e3042
29	Casa DJ, Guskiewicz KM, Anderson SA et al. (2012). National athletic trainers' association position statement: preventing sudden death in sports. <i>J Athl Train</i> . 47(1):96-118
30	Merkel et al. (2012). Medical sports injuries in the youth athlete: emergency management. <i>Int J Sports Phys Ther</i> . 7(2):242-51
31	Thiene et al. (2012). Why and how to support screening strategies to prevent sudden death in athletes. <i>Cell Tissue Res</i> . 348(2):315-8
32	Low et al. (2011). The Effect of Neuroscience Education on Pain, Disability, Anxiety and Stress in Chronic Musculoskeletal Pain. <i>Archives of Physical Medicine and Rehabilitation</i> , 92, 12, 2041-2056
33	Shi et al. (2011). Modified Constraint-Induced Movement Therapy Versus Traditional Rehabilitation in Patients with Upper-Extremity Dysfunction after Stroke: A systematic Review and Meta-Analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 92, 6, 972-982
34	National policy on traditional medicine and complementary/alternative medicine. Report of a WHO global survey, 11-24, 2005
35	Stanley F. Wainapel, Avital Fast (2003). <i>Alternative Medicine and Rehabilitation</i> . Demos
36	Deutch, J. E., Anderson, E. Z. (2008). <i>Complementary Therapies for Physical Therapy</i> . Saunders
37	Micozzi, M. S. (2006). <i>Fundamental of Complementary and Alternative Medicine</i> . Saunders

Module delivery form for study programmes

Theme No	Contact hours							Self-study time and tasks		Student workload in hours
	Lectures	Seminars	Consultations	Practical sessions	Laboratory work	Placement	Total contact hours	Self-study hours	Tasks	
1	2						2	14	Analysis of scientific article.	18,8
2	2	2					4	14	Presentation of scientific paper, Analysis of scientific article.	22,8
3	2	2					4	14	Presentation of scientific paper, Analysis of scientific article	22,8
4	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
5	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
6	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
7	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
8	2						2	14	Presentation of scientific paper Analysis of scientific article	18,8
9	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
10	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
11	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
12	2	2					4	14	Presentation of scientific paper Analysis of scientific article	22,8
13	2	2					4	15	Presentation of scientific paper Analysis of scientific article	22,8

14	2	2				4	15	Presentation of scientific paper Analysis of scientific article	22,8
Total	28	24				52	208		311,2

Student achievement assessment strategy

Theme No	Types of assessed tasks	Influence on grade, %	Assessment criteria
1-14	Scientific paper	30	<p>The following aspects of scientific paper are assessed:</p> <p>Structure and scope of the paper: the structure is clear and logical; all required components (introduction, body, conclusions) are present; the scope is appropriate; wording and style meet the requirements of a scientific paper (0.5 points).</p> <p>Analysis and conclusions: detailed analysis; well-justified findings (1 point); the analysis is done, but not detailed; the findings are not justified (0.5 points).</p> <p>Scientific style: the wording and style meet the requirements of scientific writing (0.5 points).</p> <p>Demonstrably incomplete papers (0 points).</p> <p>Failure to submit the paper (0 points).</p>
1-14	Essay (reflection)	20	<p>The following aspects of reflection are assessed:</p> <p>Structure and scope of the reflection: the structure is clear and logical; all required components (introduction, body, conclusions) are present; the scope is appropriate; wording and style meet the requirements of a scientific paper (0.5 points).</p> <p>Analysis and conclusions: detailed analysis; well-justified findings (1 point); the analysis is done, but not detailed; the findings are not justified (0.5 points).</p> <p>Scientific style: the wording and style meet the requirements of scientific writing (0.5 points).</p> <p>Demonstrably incomplete reflection (0 points).</p> <p>Failure to submit the reflection (0 points).</p>
1-14	Examination	50	The test consists of 10 open-ended questions (varying in difficulty from understanding to evaluation), each worth one point.