



## LITHUANIAN SPORTS UNIVERSITY

### STUDY MODULE PROGRAMME (SMP)

Module Code	B	710	B	148	Accredited until			Renewal date		
	Branch of Science		Progr.	Registr. №.						

**Entitlement**

Sport physiotherapy

**Prerequisites**

Sports Medicine and First Aid; Physiotherapy in Orthopedics and Traumatology

**Main aim**

To provide theoretical knowledge and practical skills about effective and science-based injury prevention for athletes.

**Provided knowledge and abilities**

Will understand and be able to practically apply: assessment of musculoskeletal risk factors; warm-up as an integral part of injury prevention; exercise-based injury prevention strategies by sport and body part; non-exercise-based injury prevention strategies.

**Summary**

Primary and secondary injury prevention helps protect athletes from new and more serious injuries, supports long-term health, improves individual and team performance by minimizing time lost to training and competition, and may decrease sports drop-out rates by maintaining a healthy body—making it essential in physiotherapy practice to promote recovery, optimize physical function, and enhance overall athlete outcomes.

**Level of module**

Level of programme		Subject group (under the regulation of the area)
Cycle	Type	
First	Bachelor	

**Group under financial classification**

9.Reabilitacija ir slauga, sportas (išskyrus trenerius)

**Syllabus**

№.	Sections and themes	Responsible lecturer
1.	Musculoskeletal risk factor screening	
2.	Warm-up as an integral part of injury prevention	
3.	Exercise-based injury prevention strategies by sports	
4.	Exercise-based injury prevention strategies by body parts	
5.	Non-exercise based injury prevention strategies	
6.	Upper and Lower Extremity Injury Risk Assessment	
7.	Back pain risk assessment	
8.	Preventing ankle injuries	
9.	Preventing knee injuries	
10.	Preventing hamstring injuries	
11.	Preventing groin injuries	
12.	Preventing low back pain	
13.	Preventing shoulder injuries	
14.	Preventing elbow injuries	
15.	Preventing injuries to the head and cervical spine	

**Teaching/learning methods:**

Lectures, practical lessons, demonstrations, group work, visual material, case studies

Evaluation procedure of knowledge and abilities:

References

№.	Title	Edition in Lithuanian Sports University library		In Lithuanian Sports University bookstore	Number of ex. in the methodical cabinet of the depart.
		Pressmark	Number of exemplars		
1.	Bahr, R., & Engebretsen, L. (Eds.). (2011). Handbook of sports medicine and science: Sports injury prevention (Vol. 17). John Wiley & Sons.			No	

Additional literature

№.	Title
1.	Bacon, W., & Wilson, R. (2024). MASS-12: evidence-based martial arts striking sports injury prevention programme. <i>Martial Arts Studies</i> , (15), 14-24.
2.	Forelli, F., Moiroux-Sahraoui, A., Nielsen-Le Roux, M., Miraglia, N., Gaspar, M., Stergiou, M., ... & DOURYANG Sr, M. (2024). Stay in the Game: Comprehensive Approaches to Decrease the Risk of Sports Injuries. <i>Cureus</i> , 16(12).
3.	Zacheis, M. (2015). Assessing Injury Prevention and Intervention Protocols for High Schools Within the Gateway Athletic Conference. Lindenwood University.
4.	Vincent, H. K., Brownstein, M., & Vincent, K. R. (2022). Injury prevention, safe training techniques, rehabilitation, and return to sport in trail runners. <i>Arthroscopy, sports medicine, and rehabilitation</i> , 4(1), e151-e162.
5.	Petushek, E. J., Sugimoto, D., Stoolmiller, M., Smith, G., & Myer, G. D. (2019). Evidence-based best-practice guidelines for preventing anterior cruciate ligament injuries in young female athletes: a systematic review and meta-analysis. <i>The American journal of sports medicine</i> , 47(7), 1744-1753.
6.	Faigenbaum, A. D., & Myer, G. D. (2010). Resistance training among young athletes: safety, efficacy and injury prevention effects. <i>British journal of sports medicine</i> , 44(1), 56-63.
7.	Asgari, M., Alizadeh, M. H., Shahrbanian, S., Nolte, K., & Jaitner, T. (2022). Effects of the FIFA 11+ and a modified warm-up programme on injury prevention and performance improvement among youth male football players. <i>PloS one</i> , 17(10), e0275545.

Coordinating lecturer

Position	Degree, surname, name	Schedule №.

Subdivision

Entitlement	Code
Department of Health Promotion and Rehabilitation	2006

**Study module teaching form №. 1**

Semester	Mode of studies	Structure				Total hours	Credits	
		Theory	Seminars	Lab Works	Ind. work			
A	S	D	10	0	20	100	130	5

Languages of instruction:

Lithuanian	L	English	E	Russian	R	French	F	German	G	Other	Oth.
------------	---	---------	---	---------	---	--------	---	--------	---	-------	------

Plan of in-class hours

№. of Themes	Academic hours			№. of Themes	Academic hours		
	Theory	Seminars	Lab Works		Theory	Seminars	Lab Works
1.	2	0	0	9.	0	0	2
2.	2	0	0	10.	0	0	2
3.	2	0	0	11.	0	0	2
4.	2	0	0	12.	0	0	2
5.	2	0	0	13.	0	0	2
6.	0	0	2	14.	0	0	2
7.	0	0	2	15.	0	0	2
8.	0	0	2				
				Total:	10	0	20

