

A brief Course Description

| Course Name: Sports Injuries | | | |
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| Course Code | PHS 202 | | |
| College | College of Education | | |
| Department/ Program | Department of Physical Sports Sciences/ Sports Sciences and Physical Activity Program. | | |
| Year / Level: | 2 nd Year/3 rd Level. | | |
| Credit Hours | (2) Tow credit hours. | | |
| Contact Hours | Lecture:2 | Lab/Tutorial: None | Training: None |
| Language | Arabic | | |
| Track (Select) | Department Requirement. | | |
| Pre-requisites Course: | PHS100(Functional Anatomy) | | |
| Co-Requests: | None | | |
| Course Objectives: | <p>This course introduces the basic knowledge and concepts to know the different types of sports injuries and ways to prevent them and to acquire the basic skills of how to deal with them in case of occurrence, with a focus on the most common sports injuries such as, dislocation, bruises, muscle rupture, fractures, bleeding, heat stroke and heat stress. The student will also be recognize the components of the first aid kit, and will be trained in practical applications of the most important procedures to be followed when injuries occur and how to provide first aid to avoid any possible complications.</p> | | |