

## Course Description Form

1. Course Name

Injuries Rehabilitation

2. Course Code

SESS25F3011 / SESS25G3011

3. Semester/Year

2024 - 2025

4. Date of preparation of this description

3 / 6 /2025

5. Available Attendance Forms

Presence / Theoretical

6. Number of credit hours (total) / number of units (total)

2 hours per week / 4 credits

7. Course administrator's name (if more than one name is mentioned)

Associate Prof. Dr. Munib Abdullah Fathi

Lecture Dr. Zaini Mishko Hajji

Lecture Dr. Subhan Younis Sultan

8. Course Objectives

Course  
Objectives

Educating the student with general basic knowledge of the human body, the structures it consists of, how they work, and the functions of each of them, as well as the implications of knowledge in how to deal with them to prevent injuries and how to treat, treat, and rehabilitate them when they occur, in a scientific manner that ensures achieving the desired goal to avoid problems and complications The importance of studying the science of rehabilitation also comes from preparing the student to be able to build the correct scientific structure of the body of the athlete and the non-athlete as well and to pay attention to it according to scientific theories based on a correct anatomical and functional map that is consistent with the structures of the human body and its functions, and understanding the work and locations of the physical structures that paves the way for the student how to deal with them to prevent injury and protect them from any harm. On the one hand, and on the other hand, the student learns how to deal with the injury if it occurs from the first moments of its occurrence until the injured person returns to the normal state before the injury, starting with first aid, through treatment and sports rehabilitation to avoid complications resulting from



negligence and error in dealing with injuries. The scientific institution also aims to provide the student with a personal benefit from these sciences and a benefit to the surrounding society, through which knowledge and awareness are transferred.

## 9. Teaching and learning strategies

### Strategy

The strategy on which the objectives of teaching and learning are based and related to cognitive aspects is:

- At the end of the course, students will be able to define (the procedures followed in treating acute rupture of the ligaments of the body's joints by twisting / applying cold therapy / comparative therapy / lifting / tying / applying heat therapy / therapeutic exercises).
- At the end of the course, students should be able to know the first aid method, the components and types of therapeutic sports / how to develop the rehabilitation treatment method / the stages of rehabilitation exercises.
- At the end of the course, students should be able to develop passive movement therapy / mechanical therapy / therapeutic exercises / goals of therapeutic exercises and prepare and formulate therapeutic exercises with a program and implement them
- At the end of the course, students must be able to perform the correct massage / cases in which massage prevents / the therapeutic effect of massage).

The strategy related to acquiring the course's skills is:

- Acquiring important knowledge in many valuable vocabulary items from a scientific and practical perspective.
- The student benefits himself as a personal cognitive culture, as well as the community close to him, his small and large family, and his environment, for his own benefit and the general benefit of society through therapeutic vocabulary related to first aid
- Enabling the graduate receiving the subject to work professionally in multiple directions, the first of which is education and teaching, as well as training in sports clubs and working in health clubs in important tourist facilities, as well as the possibility of developing the graduating student with additional courses in the field of rehabilitation therapy and working in the field of physical and physical therapy and physical rehabilitation.
- Opening multiple horizons for creativity through the information he received to work in several fields without being restricted to one field that may not provide him with the opportunity to work in the future.

Acquiring knowledge and applying it using the correct scientific method leads to fruitful results, as well as keeping pace with modern information in the field of sports medicine, including therapeutic and rehabilitation techniques and methods,

	starting from the first moment of the injury until the injured person returns to his normal state before the injury.- At the end of the academic program, students must have scientific knowledge of weight, body mass, health rules for maintaining weight and energy balance, controlling and measuring calories, and how to measure the percentage of fat in the body
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## 10. Course Structure

Evaluation method	Learning method	Unit or subject name	Required Learning Outcomes	Hours	The week
Group assessment	Lecture	Sports injuries and their types / Rules of safe sports / Causes of sports injuries	Explain therapeutic aspects, assistance methods, treatment errors, and their complications	2 hrs.	1
Group assessment	Lecture	Symptoms and signs of sports injuries / Determining injury and player's continuation in the game	Clinical examination of sports injuries / Medical tests before playing sports / General complications of sports injuries	2 hrs.	2
Group assessment	Lecture	Vital physiological signs in first aid / First aid for muscle and joint injuries	First aid / Importance of first aid / General recommendations in first aid	2 hrs.	3
Group assessment	Lecture	First aid for life-threatening conditions in athletes	First aid pharmacy	2 hrs.	4
Group assessment	Developed lecture	Blisters / Abrasions / Wounds / Bruises / Skin callus	Skin and soft tissue injuries	2 hrs.	5
Group assessment	Developed lecture	Ingrown nail / Fungal inflammation / Parasitic infection	Physiological signs	2 hrs.	6
Group assessment	Developed lecture	Muscle contusion / Muscle spasm / Strain and tear injuries	Muscle injuries	2 hrs.	7
Individual assessment	Lecture and scientific films	Bone contusion / Fractures / Types of fractures / Signs and symptoms of fractures	Bone injuries	2 hrs.	8
Individual assessment	Developed lecture	Fracture treatment / Bone healing process / Local and general complications of fractures	First aid for fractures	2 hrs.	9



Individual assessment	Lecture and discussion	Sprain / Degrees of sprain / Causes and symptoms	Signs and symptoms of sprain	2 hrs.	10
Individual assessment	Developed lecture	Types of dislocation / Signs and symptoms / Treatment	Explanation of dislocation	2 hrs.	11
Group assessment	Lecture and illustrative films	Nerve injuries	Explanation of nerve injuries	2 hrs.	12
Group assessment	Lecture with illustrative pictures	How to give first aid	Explanation of eye injuries	2 hrs.	13
Individual assessment	Lecture in the laboratory	Causes of injury / Signs of meniscal injury / Types of tears / Diagnosis / Treatment / Post-surgery rehabilitation exercises	Meniscal (cartilage) injuries	2 hrs.	14
—	—	—	First semester theoretical exam	2 hrs.	15
—	—	Mid-year vacation	Mid-year vacation	—	—
—	Lecture	Review of all injuries	Review of all injuries	2 hrs.	16
Group assessment	Developed lecture	Concussion / Skull fractures / Neck injuries / Breast injuries in women	Explanation of various injuries	2 hrs.	17
Group assessment	Developed lecture	Types of nutrients / Classification of carbohydrates / Glucose / Glucose sources / Glucose metabolism / Hormonal control of glucose metabolism	Sports nutrition	2 hrs.	18
Group assessment	Developed lecture	Fats / Sources of fatty acids / Fat functions / Proteins / Vitamins / Minerals / Water / Nutrition during competition days	Importance of nutrition for athletes	2 hrs.	19
Group assessment	Lecture	Energy production systems / Practical applications / post-exercise muscle pain and fatigue	Energy systems	2 hrs.	20
Individual assessment	Lecture in laboratory	Energy balance / Weight loss / Correct rules for reducing weight	Normal body weight	2 hrs.	21
Individual assessment	Lecture in laboratories	Practical application and measurement using instruments	Measuring body fat percentage	2 hrs.	22
Individual assessment	Lecture and discussion	Doping / History of doping use / Definition / Types / Medical drugs	Definition of doping	2 hrs.	23
Individual assessment	Lecture and discussion	Chemical detection methods / Harms of doping use	Methods of doping detection	2 hrs.	24
Individual assessment	Lecture	Body temperature / Heat regulation / Causes / Prevention / Types of heat illnesses / Low-heat stress	Heat-related illnesses	2 hrs.	25
Individual assessment	Lecture and lab work	Physiotherapy methods / Therapeutic means / Heat therapy (superficial)	Medical rehabilitation and	2 hrs.	26

		and deep) / Proper massage techniques / Contraindications / Therapeutic effects of massage	therapeutic procedures		
Individual assessment	Lecture	Physiological effects of cold / Disadvantages of excessive cold / Electrotherapy	Cold therapy	2 hrs.	27
—	—	—	Second semester theoretical exam	2 hrs.	28
Self-assessment	Lecture and practical application	Fundamentals and types of therapeutic exercise / Planning rehabilitation programs / Phases of rehabilitation exercises and their integration into scientific treatment plans	Objectives and scientific design of therapeutic exercises	2 hrs.	29

## 11. Course Evaluation

The grade is distributed as follows:

1. The first semester exam, worth (25) points.
2. The second semester exam, worth (25) points.
3. The end-of-year exam, worth (50) points.

## 12. Learning and Teaching Resources

<b>Required textbooks (methodology, if any)</b>	Sports Medicine 1999, revised version, author Dr. Ammar Abdul Rahman Qabaa
<b>Key references (sources)</b>	lectures on the subject of qualification by the supervising teacher, the main course of study prepared in the PowerPoint program
<b>Recommended supporting books and references (scientific journals, reports...)</b>	<ol style="list-style-type: none"> <li>1. Qais Al-Doree: Anatomy, 1st ed., 1980</li> <li>2. Ibrahim Al-Basri: Sports Medicine and Physiology, Vol. 2, 1984</li> <li>3. Muhammad Adel Rushdi: Athletes' Injuries, Encyclopedia of Sports Medicine, 1984.</li> <li>4. Ibrahim Al-Basri: Sports Medicine and Physiology, Vol. 2, 1984</li> <li>5. Muhammad Adel Rushdi: Athletes' Injuries, Encyclopedia of Sports Medicine, 1984.</li> <li>6. Doctor.net website, the Internet</li> <li>7. Kamah Journal of Medical Sciences, an international periodical published in Europe.</li> <li>8. Medical Horizons Magazine, publications of the Nineveh Health Department.</li> <li>9. Updates available on the Internet regarding all developments related to rehabilitation and sports medicine are being added and discussed.</li> </ol>

	6. Jennifer L. Minigh: Sport Medicine Book; First published 2007. Printed in USA.
Electronic references, websites	1. The global educational platform of Physiopedia Plus: <a href="https://members.physio-pedia.com/login">https://members.physio-pedia.com/login</a> 2. Vizio Lern Educational Website: <a href="https://www.learn.physio/">Home   Learn. Physio</a> <a href="https://www.learn.physio/">https://www.learn.physio/</a>

**Name and signature of the course holder**

**Assistant Prof. Dr. Munib Abdullah Fathe**



**Lecture Dr. Zaini Mishko Hajji**

**Lecture Dr. Subhan Younis Sultan**




**Name and signature of the head of the department or Branch**

**Prof. Dr. Ali Hussein Mohammed**