

## 《运动损伤康复》课程教学大纲

### 一、说明

本大纲根据上海体育学院最新修订的培养目标、上海高校外国留学生英语授课示范性课程建设目标、社会需求以及在《运动损伤康复》的学时规定和教学要求等基础之上所制定，供外国留学生教学使用。总学时：32 学时，学分：2 学分。

### 二、课程目标

本课程对接世界物理治疗师联盟(WCPT)的教育标准和培养模式，在结合本国国情的基础上，致力于引进国外先进的康复医疗理念与方法，重点培养学生的临床思维和解决运动康复临床问题的能力。同时将本课程开设为全英文课程，有助于提升学生的康复专业英语水平。

### 三、知识单元、学时分配、学习成效

| 知识单元<br>Knowledge Units |  | 学时数<br>Lecture<br>Hours | 学习成效<br>Learning Outcomes   |
|-------------------------|--|-------------------------|---|
| 1                       | Intrudction and Overview<br>Of Sports Injuries | 2                       | Explain the principles of injury and healing for disorders and pain   |
| 2                       | Assessments of foot injuries                   | 2                       | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the foot injuries  |
| 3                       | Treatments of foot injuries                    | 2                       | How to make and perform a treatment plan for foot injuries  |
| 4                       | Assessments of ankle injuries                  | 2                       | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the ankle injuries |
| 5                       | Treatments of ankle injuries                   | 2                       | How to make and perform a treatment plan for ankle injuries   |
| 6                       | Assessments of knee injuries                   | 2                       | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the knee injuries  |
| 7                       | Treatments of knee injuries                    | 2                       | How to make and perform a treatment plan for knee injuries  |

|    |                                     |   |  |
|----|-------------------------------------|---|--|
| 8  | Assessments of shoulder injuries    | 2 | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the shoulder injuries |
| 9  | Treatments of shoulder injuries     | 2 | How to make and perform a treatment plan for shoulder injuries   |
| 10 | Assessments of elbow injuries       | 2 | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the elbow injuries    |
| 11 | Treatments of elbow injuries        | 2 | How to make and perform a treatment plan for elbow injuries  |
| 12 | Assessments of wrist joint injuries | 2 | Structure and complete a client-centred musculoskeletal assessment including subjective and objective examination of the wrist injuries    |
| 13 | Treatments of wrist injuries        | 2 | How to make and perform a treatment plan for wrist injuries  |
| 14 | Case study                          | 3 | System application of theory knowledge   |
| 15 | Summarize and Review                | 3 | Review   |

#### 四、考核

1.考核方式：平时考查+期末考试

2.考核评分：考勤（10%）+平时考查（40%）+期末卷面成绩（50%）

#### 五：附录

1.使用教材和参考书

《Clinical Sports Medicine》By Peter Brukner (Author), Ben Clarsen (Author), Jill

Cook (Author) ... [et al.] McGraw-Hill Education / Australia; 5 edition (16 Jan. 2017)

《Muscles: Testing and Function, with Posture and Pain: Testing and Function with Posture and Pain》(Kendall, Muscles) 5th Edition, Kindle Edition by Florence P. Kendall (Author) ... [et al.]

Wolters Kluwer Health; 5 edition (1 Dec. 2014)

自编教材：《Rehabilitation for Sports Injuries》

2.所需运动场地、教具、辅助人员

场地：上海体育学院康复大厅、健身房

教具：人体肌肉骨骼模型

辅助人员：康复专业研究生 2 名