



Course syllabus

Faculty of Social Sciences
Department of Sport Science

1IV573 Specialidrott - grundläggande idrottsmedicin, från prevention till återgång till idrott, 7,5 högskolepoäng

Special sport - sport medicine, from prevention to return to sport, 7.5 credits

Main field of study

Sport Science

Subject

Sport Science

Level

First cycle

Progression

G1N

Date of Ratification

Approved 2025-04-14.

The course syllabus is valid from spring semester 2026.

Prerequisites

General entry requirements.

Objectives

Upon completion of the course, students should be able to:

- account for risk factors, mechanisms of injury and healing processes at various types of sports injuries,
- account for factors that may be of relevance at prevention of sports injuries, regarding sex, age, training level and type of special sports,
- account for factors of relevance to rehabilitation of sports injuries and the return to sports within the field of special sports,

- independently carry out treatment of acute musculoskeletal sports injury and describe various methods for treatment of acute cases,
- critically examine research in sports medicine focused on young elite athletes.

Content

The course looks into risk factors, prevention and rehabilitation of sports injuries, and related issues relevant to young elite athletes. This entails a broad spectrum from primary preventive measures to mechanisms of injury and healing processes of the musculoskeletal system, as well as measures and support during the rehabilitation for young athletes from an evidence-based perspective. The course contains the following elements:

- risk factors of sports trauma and overuse injuries,
- prevention within sports traumatology,
- mechanisms of injury and healing processes of the musculoskeletal system,
- nutritional aspects in relation to development, healing processes and rehabilitation of sports injuries, including relative energy deficiency and eating disorders in young elite athletes,
- treatment and rehabilitation of sports injuries among young elite athletes,
- return to sports within special sports.

Type of Instruction

Teaching consists of lectures and supervision.

Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

Examination of the course takes place by means of one practical individual exam, one seminar and one individual written assignment.

In order to receive a grade of Pass in the course, the course objectives must be attained. For a grade of Pass with Distinction in the course, it is required that the individual written assignment is graded Pass with Distinction.

Resit examination is offered in accordance with Linnaeus University's Local regulations for courses and examination at the first- and second-cycle levels.

In the event that a student with a disability is entitled to special study support, the examiner will decide on adapted or alternative examination arrangements.

Course Evaluation

A course evaluation should be conducted during the course or in connection with its conclusion. The results and analysis of the completed course evaluation should be promptly communicated to students who have completed the course. Students participating in the next course instance should be informed of the results of the previous course evaluation and any improvements that have been made, no later than at the start of the course.

Required Reading and Additional Study Material

Rasmussen Barr, Eva & Heijne, Annette (2018). *Idrottsskada - från prevention till säker återgång till idrott*. Lund: Studentlitteratur, 280 p. (Selected parts, ca. 200 p.). ISBN 978-91-44-10360-0

Compendiums and scientific publications provided by the course coordinator (ca. 300 pages).