

Subject	Sports Medicine and First Aid		
Type	Type	Semester	ECTS
	MANDATORY (M)	IV	5
Lecturer	Dr.Sc. Diellor Rizaj		
Goals and objectives	This course is designed to provide students with essential information about sports medicine and first aid. Furthermore, this course provides information about prevention and diagnostics of sports injuries, performance improvement, as well as basic nutrition information in sports. In addition, students will learn about the types of injuries that can occur and will also be notified of emergency services (First Aid) related to sports injuries.		
Learning outcomes	<p>After completing this course, students will:</p> <ul style="list-style-type: none"> ✓ Develop basic understanding of trauma, types and causes of sports injuries. ✓ Identify and classify common sports injuries, including sprains, strains, fractures, dislocations, and overuse injuries. ✓ Understand the mechanisms of injury for different sports and activities, including impact-related injuries and those resulting from overuse. ✓ Identify and describe the roles of sports medicine professionals, including athletic trainers, physical therapists, and team physicians. ✓ Demonstrate practical knowledge of first aid in sport-related situations. 		
Content	Week	Topics	
	1	Syllabus Presentation	
	2	Sports medicine at national and international level.	
	3	The role and importance of medical professionals in sports, organization and equipment of sports ambulances.	
	4	Sportsman's checks and visits, anthropometric measurements and medical examinations.	
	5	Functional testing methods and control characteristics of athletes by gender, age and by particular type of sport.	
	6	Nutrition, nutritional supplements and sports activities.	
	7	Doping.	
	8	Mid-exam – 1	
	9	First aid and emergency care in the field.	
	10	Medical Pathologies from Physical Strains.	
	11	Sports injuries, fractures, contusions, strain, sprains.	
	12	Ligaments, tendons, joints, parcial ruptures and complete ruptures.	
	13	Rehabilitation, physiotherapy and recovery.	
	14	Tests for stability and flexibility, sports-specific exercises, conditioning and returning to full sporting activities.	
15	Mid-exam – 2		
	Activity		Weight (%)

Teaching/learning methods	Lectures	40%	
	Laboratory	40%	
	Research	10%	
	Independent and group learning	10%	
Methods of Evaluation	Methods of evaluation:	%	
	Participation	10%	
	a) Medium-term exam-1	30%	
	b) Medium term exam – 2	30%	
	Course design (developing a training program for a certain group)	30%	
Sources	Sources	Number	
	Lectures	1	
	Presentations	1	
	Web of Science	1	
	PubMed	1	
	Scopus	1	
ECTS Workload	Activity	Weekly hours	Workload
	Lectures	2	24
	Lab	1	12
	Course project	n/a	34
	Independent work	n/a	55
Literature	<ul style="list-style-type: none"> • O'Connor, F. G. (Ed.). (2012). ACSM's sports medicine: a comprehensive review. Lippincott Williams & Wilkins. • Cartwright, L. A., & Pitney, W. A. (2011). Fundamentals of Athletic Training 3rd Edition. Human Kinetics. • France, R. C. (2010). Introduction to sports medicine and athletic training. Cengage Learning 		
Ethical standards	This course follows the UBT College Code of Ethics, requiring all students to behave accordingly. Any instance of academic misconduct, including but not limited to fraud, plagiarism, or other forms of dishonesty, will lead to significant penalties like failure of specific assessment or the entire course, as well as further disciplinary measures in line with UBT College's academic integrity policies.		
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