

CHAPTER 01

Knowledge Review

Q1: Explain what sports therapy is.

A1:

Sports therapy involves understanding the principles of fitness and athletic training, injury rehabilitation and related therapeutic applications. Practically it involves appropriate physical assessment, fitness testing, massage therapy, electrical and thermal therapy, taping and strapping, fitness training, remedial exercise and all related advice.

Q2: What are the various basic possible objectives of sports therapy?

A2:

The various objectives of sports therapy may include: improving sports performance; improving strength, power, flexibility, co-ordination and endurance; improving recovery from training and competition; identification of individual strengths and weaknesses; improving posture, body contours, body awareness and well-being; helping prevent injury; treatment and rehabilitation of injury; improving functional fitness.

Q3: What is the difference between a physiotherapist and a sports therapist?

A3:

A physiotherapist is an allied health care professional who will have undertaken an arduous course of training to achieve their protected, state

registered title. Additionally, they may have undertaken post-graduate study in a specialist area, such as sports medicine. A sports therapist is essentially a complementary therapist. Sports therapists are typically expected to assess and recognize common injury problems, to provide remedial exercise programmes and treatments for both athletes and the general public, and to confer effectively with other health care practitioners, when required to do so. Sports therapists may also undertake high level training, and the particular qualifications that they hold will reflect this, for example HND, BSc or MSc.

Q4: What is the reasoning behind the formation of professional governing bodies?

A4:

Professional governing bodies, such as the FHT, SoST or SMA exist so as to address the increasing requirements of the industry. They work to continually raise professional standards and the profile of sports therapists and masseurs.

Q5: What kinds of skills and personal characteristics should a training sports therapist develop?

A5:

Examples of skills and personal qualities that sports therapists should be developing include: communication skills; caring skills; empathy and sensitivity; patience and tolerance; the ability to use initiative; reliability, responsibility and trustworthiness; enthusiasm, dedication and determination.

Q6: List 10 prominent historical and present day pioneers of sports therapy and related methods.

A6:

Discussed in the text are the following: Yellow Emperor; Hippocrates; Galen; Ling; Mezger; Still; Palmer; Kellogg; Beard; Cyriax; Chaitow; Cash; Watt. Key authors, listed in the bibliography, include: Briggs; Prentice; Bruckner and Khan; Peterson and Renstrom; Anderson and Hall; Cassar; Greenman; Fritz; Rosser; Dick.

Q7: Why is research important to the future practice of sports therapy?

A7:

As sports therapy is becoming more widely offered, the need for improved understanding of its potential increases. High quality research is crucial to the continued acceptance and integration of its methods.

Q8: How do you see the future of sports therapy?

A8:

In the future, sports therapy will become more widely recognized as an effective method for improving health and fitness and sports performance.