

Chapter Overviews

Chapter 1: SPORTS THERAPY IN CONTEXT

Learning Objectives

After reading this chapter you should be able to:

- know what sports therapy is and what it is not
- understand at whom sports therapy is aimed
- be aware of pathways to practise sports therapy
- appreciate the history of sports therapy
- be aware of important areas of focus for the future of sports therapy

Chapter 2: ANATOMY AND PHYSIOLOGY FOR SPORTS THERAPY

Learning Objectives

After reading this chapter you should be able to:

- understand the basic organization and systems of the body
- understand and make practical use of anatomical and physiological terminology
- recognize the anatomical position, the body's regional anatomy, surface anatomy and potential endangerment sites
- be familiar with important musculo-skeletal structures, functions and intricacies
- be familiar with important nervous, circulatory, respiratory, digestive, urinary, integumentary and energy system aspects and concepts
- understand key differences between men and women
- develop awareness of the ageing process

Chapter 3: PREPARATION FOR THERAPEUTIC PRACTICE

Learning Objectives

After reading this chapter you should be able to:

- develop knowledge of health, hygiene and safety, legislation and ethical issues
- understand the importance of communicating and responding appropriately to all colleagues, clients and workplace events
- understand the consultation and record-keeping process
- develop awareness of sensitivity issues
- have knowledge of all important contra-indications and contraindications to sports therapy

Chapter 4: PHYSICAL ASSESSMENT TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- understand the purpose, objectives and implications of physical assessment for sports therapy
- be aware of the equipment required to perform physical assessment
- be able to perform a basic physical assessment
- clearly record physical assessment findings

Chapter 5: SPORTS INJURY OVERVIEW

Learning Objectives

After reading this chapter you should be able to:

- recognize common causes of sports injuries
- grasp the main principles of injury prevention
- understand basic classifications of injury
- develop knowledge of common sports injuries
- develop knowledge of basic first aid procedures
- develop strategies for injury rehabilitation

Chapter 6: NUTRITION

Learning Objectives

After reading this chapter you should be able to:

- understand the role in health and exercise of six categories of nutrients: carbohydrates, fats, protein, vitamins, minerals and water
- know the elements of a healthy diet
- understand nutrition strategies in performance
- understand weight control
- appreciate health issues for athletes

Chapter 7: SPORTS AND REMEDIAL MASSAGE TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- recognize the environment and equipment necessary for massage therapy
- acknowledge safe and effective working practices
- understand the potential effects and benefits of sports massage

- describe and apply the various techniques and applications of sports massage
- develop knowledge of remedial massage approaches

Chapter 8: PASSIVE STRETCH AND FRICTION TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- understand basic principles of stretching and flexibility
- provide safe and effective passive stretching for clients
- recognize the purpose, objectives and implications of providing deep soft-tissue techniques
- incorporate deep friction massage and soft-tissue release techniques into remedial treatments

Chapter 9: NEUROMUSCULAR, POSITIONAL RELEASE AND MUSCLE ENERGY TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- understand the basic principles of neuromuscular techniques
- identify and treat soft-tissue trigger points
- understand the basic principles of positional release techniques
- understand basic principles of muscle energy techniques
- incorporate neuromuscular, positional release and muscle energy techniques into remedial massage treatments

Chapter 10: ELECTRO-THERAPY, CRYOTHERAPY AND THERMAL THERAPY

Learning Objectives

After reading this chapter you should be able to:

- develop knowledge of electro-massage equipment and their practical applications
- understand principles and practical applications of cryotherapy
- understand principles and practical applications of thermal therapy
- understand basic principles for applying ultrasound therapy for soft tissue injury
- develop knowledge for incorporating electrical stimulation techniques into rehabilitation programmes

Chapter 11: TAPING AND STRAPPING TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- develop knowledge of indications, objectives and applications of taping and strapping techniques
- identify important equipment required for safe and effective taping
- develop practical skills of taping for a selection of therapeutic objectives

Chapter 12: REMEDIAL EXERCISE TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- understand the basic effects and benefits of exercise
- recognize the main safety issues relating to exercise
- prepare for and provide fitness training programmes
- develop knowledge of rehabilitation exercise
- recognize commonly used exercise equipment
- develop knowledge of relaxation exercises

Chapter 13: FITNESS TESTING TECHNIQUES

Learning Objectives

After reading this chapter you should be able to:

- plan for health-related fitness testing
- understand commonly used fitness tests
- develop practical skills for providing specific fitness tests
- analyse fitness test results and make appropriate recommendations