

MUGBERIA GANGADHAR MAHAVIDYALAYA

Dept. of Physical Education

Sub: Sports Medicine (Unit-1.1)

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INTRODUCTION

- ❑ Sports medicine is the study and practice of medical principles related to the science of sports, particularly in the areas of :
 - Sports Injury Diagnosis and Treatment
 - Sports Injury Prevention



CONCEPT OF SPORTS MEDICINE

- Sports medicine is a broad and very inclusive term that involves a verity of medical as well as paramedical personnel including exercise physiologists, athlete trainers, physical therapists, physical educators and many more as they are involved with various aspects of physical activities.

WHAT IS SPORTS MEDICINE

- Sports medicine is a branch of medicine that deals with Physical Fitness, treatment and prevention of injuries related to sports and exercise.
- Sports medicine is the area which creates a positive environment, so an athlete converts his all genetic potentialities into phenotypic realities.

----- Dr. P. K . Pandey

SCOPE OF SPORTS MEDICINE

1. In the play fields.
2. In the laboratories
3. Gymnasium
4. Schools, Colleges & Universities.
5. Clubs & swimming pools.
6. Car rallies.
7. Recreational activities.
8. Combative Sports.
9. Adventure Sports.
10. Competitive Sports.
11. Sports training.
12. Daily life activities.

NEED / IMPORTANCE / ROLE OF SPORTS MEDICINE

1. Talent Identification.
2. Formation & Evaluation of Physical Education Programme.
3. Development of field tests and laboratory tests (Fat %, lung capacity, heart volumes etc.)
4. Provides sound principles for sports training.
5. Prevention of accidents & injuries.
6. Treatment of sports injuries.
7. Adapted physical education.



NEED / IMPORTANCE / ROLE OF SPORTS MEDICINE.

Continued.....

7. Provides guidelines on drugs and doping.
8. Detection of drug use in sports.
9. Provides guidelines and principles of exercise for different age groups.
10. Tells about the right food, nutrition and supplements.
11. Effect of environment.
12. Warming and cooling principles.
13. Sports kit, guards and protector.



NEED / IMPORTANCE / ROLE OF SPORTS MEDICINE.

Continued.....

7. Sports Medicine provide effective treatments against the musculoskeletal issues.
8. Sports Medicine takes care of physical fitness and injuries associated with sports & exercise.
9. Sports Medicine can provide key evaluation for athletes and their performance capabilities and areas of improvement.
10. Sports Medicine integrates both conventional therapies and homeopathic therapies including massage, neuro-functional acupuncture, biofeedback, meditation and yoga and much more.
11. Sports medicine can help identify and treat any underlying condition that may be impairing sports performance.
12. Sports medicine can enhance athletic performance with the aid of many resources

Aim of Sports Medicine

The aim of sports medicine is to maintain and gain peak physical fitness i.e. adaptability to stress.

Sports Medicine has three major aims

- Scientific promotion of sports and games
- Prophylactic health care
- Sports medical extension service

Objectives of Sports Medicine

The main objective of sports medicine is to Prevent the damage of human system caused mostly by inactivity i.e. lack of movement due to sedentary habits of modern world with various push button facilities, automation and lack of physical exercise or the damage caused to the sports because of excessive training and load in the competitive world.

THE OTHER OBJECTIVES OF SPORTS MEDICINE

- **1) Scientific promotion of sports and game.**
- Planning of training program.
- Evaluation of training.
- Selective diagnosis.
- Psychological guidance and counseling.
- Injuries prevention.

THE OTHER OBJECTIVES OF SPORTS MEDICINE.

Continue.....

2. Prophylactic health care-

- Maintenance of fitness.
- Detection of disorders.
- Functional evaluation.
- Delaying of ageing.
- Health education for sports persons

THE OTHER OBJECTIVES OF SPORTS MEDICINE.

Continue.....

3. Sports Medical Extension Services –

- Treating Musculoskeletal and neurological problems
- Prevention of obesity
- Cardiac health
- Diabetes prevention and control



THANK YOU