



UNIVERSITI TEKNOLOGI MARA

SED455: KECEDERAAN DAN RAWATAN DALAM SUKAN

Course Name (English)	KECEDERAAN DAN RAWATAN DALAM SUKAN APPROVED
Course Code	SED455
MQF Credit	3
Course Description	This course is designed to prepare students with knowledge, skills and plan of action to respond appropriately to any emergency. This course also prepares the students to qualify for Red Cross Certification. It also includes taking safety consideration and precaution during exercise and physical activity to prevent injury.
Transferable Skills	Human Anatomy & Physiology
Teaching Methodologies	Lectures, Practical Classes, Peer Practice
CLO	CLO1 Describe the basic concepts of Injury Prevention CLO2 Perform alternative treatment used in sport injuries CLO3 Explain the rehabilitation principles and methods
Pre-Requisite Courses	No course recommendations
Topics	
1. Essentials of Injury Management 1.1) N/A	
2. Preventing Injuries Through Fitness Training 2.1) N/A	
3. Sports Nutrition and Supplements 3.1) N/A	
4. Selecting and Using Protective Sports Equipment 4.1) N/A	
5. Handling Emergency Situations and Injury Assessment 5.1) N/A	
6. Blood borne Pathogens, Universal Precautions and Wound Care 6.1) N/A	
7. Understanding the Potential Dangers of Adverse Environmental Conditions 7.1) N/A	
8. Bandaging and Taping Techniques 8.1) N/A	
9. Understanding the Basics of Injury Rehabilitation 9.1) N/A	
10. Helping the Injured Athlete Psychologically 10.1) N/A	
11. Recognizing Different Sports Injuries 11.1) N/A	
12. General Medical Conditions and Additional Health Concerns 12.1) N/A	
13. Substance Abuse 13.1) N/A	

14. Preventing and Managing Injuries in Young Athletes Current Issues and Trends in First Aid and Injury Prevention

14.1) N/A

Assessment Breakdown	%
Continuous Assessment	100.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	Report on case study and medical cover.	10%	CLO1
	Practical	Medical cover or first aider during sport's competition as hand's on practical.	40%	CLO2
	Presentation	Presentation on several sport injuries and treatment applicable to school and sport's situations.	20%	CLO2
	Test	Practical and theories tests on selected sub topic.	30%	CLO3

Reading List	Recommended Text	• William E. Prentice 2010, <i>Essentials of Athletic Injury Management</i>, 8th Ed., University of North Carolina
Article/Paper List	This Course does not have any article/paper resources	
Other References	This Course does not have any other resources	