

## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

NPTEL Video Course - Humanities and Social Sciences - NOC:Essentials of Sports Injury Prevention and Rehabilitation

Subject Co-ordinator - Prof. Col (Dr) Anup Krishnan (Retd), Prof. Wg Cdr (Dr) CS Guru, Prof. Lt Col (Dr) Atul

Co-ordinating Institute - IIT - Madras

Sub-Titles - Available / Unavailable | MP3 Audio Lectures - Available / Unavailable

Lecture 1 - Sports Injuries and Prevention

Lecture 2 - Rehabilitation and Reconditioning

Lecture 3 - Joints of the Upper Limb

Lecture 4 - Joints of the Lower Limb

Lecture 5 - The Back In Sports

Lecture 6 - Pre Medical Examination

Lecture 7 - Lab Investigations

Lecture 8 - Flexibility

Lecture 9 - Conditioning

Lecture 10 - Anatomy of Upper Limb

Lecture 11 - Anatomy of Lower Limb

Lecture 12 - Common Injuries Of Lower Limb

Lecture 13 - Common Causes of Upper Limb and Lower Limb

Lecture 14 - Treatments for Various Injuries

Lecture 15 - Head, Face and Neck Injuries

Lecture 16 - Spine Injuries

Lecture 17 - Concussion in Sports

Lecture 18 - Management of Sports Concussion

Lecture 19 - Emergency Action Plan

Lecture 20 - Risk Factors in Injury

Lecture 21 - Prehabilitation and Rehabilitation

Lecture 22 - Periodisation of Rehabilitation - I

Lecture 23 - Periodisation of Rehabilitation - II

Lecture 24 - Team Roles in Sports Injuries

Lecture 25 - Sport-Specific Rehabilitation, Principles and Techniques - I

Lecture 26 - Sport-Specific Rehabilitation, Principles and Techniques - II

Lecture 27 - Sport-Specific Rehabilitation, Principles and Techniques - III

Lecture 28 - Rehabilitation

Lecture 29 - Management of common sports injuries

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## NPTEL Video Lecture Topic List - Created by LinuXpert Systems, Chennai

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- Lecture 30 - Injury prevention in adolescent athletes and Women athletes - Part 1
- Lecture 31 - Injury prevention in adolescent athletes and Women athletes - Part 2
- Lecture 32 - Injury prevention in adolescent athletes and Women athletes - Part 3
- Lecture 33 - Injury prevention in adolescent athletes and Women athletes - Part 4
- Lecture 34 - Injury prevention in adolescent athletes and Women athletes - Part 5
- Lecture 35 - Psychological aspects of injury and Rehabilitation - Part 1
- Lecture 36 - Psychological aspects of injury and Rehabilitation - Part 2
- Lecture 37 - Return to sports and long term injury prevention - Part 1
- Lecture 38 - Return to sports and long term injury prevention - Part 2
- Lecture 39 - Return to sports and long term injury prevention - Part 3