



**BHARATHIDASAN UNIVERSITY**  
**TIRUCHIRAPPALLI-620 024,**  
**Tamilnadu, India**

**Programme : Master of Physical Education**

**Course Title: PORTS MEDICINE,**  
**PHYSIOTHERAPY AND REHABILITATION**

**Course Code : 21BPE34EA**

**Unit -I**

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## MEANING OF SPORTS MEDICINE

- Sports medicine is a branch of medicine that deals with physical fitness, treatment, and prevention of sports and exercise-related injuries.
- The field of medicine concerned with the prevention and treatment of injuries and other health problems affecting people who participate in sports.

## **DEFINITION OF SPORTS MEDICINE**

- “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.**

## **Aims of Sports Medicine:**

- To provide information to athletes about injuries
- To provide knowledge about the causes of injuries
- To provide means or treatment for sports injuries and rehabilitation
- To provide knowledge about the preventive measures of sports injuries.
- To aware sports person about the different kinds of injuries in respect of different games.
- To concentrate on the causes of injuries.

## **Objectives of Sports Medicine:**

### **Preventive health care**

- Maintenance of fitness
- Detection of disorders.
- Functional Evaluation

## **Objectives of Sports Medicine:**

### **2. Scientific promotion of games and sports-**

Planning of training programs

Evaluation of training programs

Injury prevention

Psychological counseling and guidance

## **Objectives of Sports Medicine:**

### **3. Sports Medical Services: -**

Sports medicine services may also be extended to prevention of obesity, cardiac illness, cardiac rehabilitation, prevention and control of diabetes.