

Sports Medicine II – Prevention, Clinical Examination and Injury Management

IDROTTSMEDICIN II – PREVENTION, KLINISK DIAGNOSTIK OCH OMHÄNDERTAGANDE

15 credits - 15 högskolepoäng

Course code: MAMED2

Level: Master's level

Main Field of Study: Sport Science

Progressive specialization: A1F

Disciplinary Domain: Sports

Subject group: Sport Science

Established by: Utbildnings- och forskningsnämndens kursplaneutskott 2026-05-27

Version: 1

Valid from: Spring semester 2027

Entry requirements

A degree in healthcare or sports and exercise science comprising at least 180 ECTS credits. Alternatively, at least 240 ECTS credits from a medical degree program.

In addition, Swedish B/Swedish 3 and English A/English 6 with at least a passing grade (Pass/E) are required. If the course is taught in English, an exemption is made from the requirement for Swedish B/Swedish 3. .

Intended learning outcomes

After completing the course, the student shall be able to:

Knowledge and understanding

1. demonstrate advanced theoretical and practical knowledge of how sports medicine is integrated on scientific and clinical grounds in relation to prevention and/or management of the injured athlete, the adolescent athlete and specific sports/movements,

Skills and Abilities

2. demonstrate the ability to apply evidence-based and advanced theoretical knowledge from a sports medicine perspective in applied sports settings,

3. demonstrate the skill to plan and carry out an independent project focusing on a specific injury and/or population,

Judgement and Approach

4. demonstrate a clinical reasoning and sports-specific approach, using the best available evidence to evaluate risks and benefits to guide athletes, including young adolescent athletes, in both prevention and performance.

Course content

The course combines scientific foundations with clinical experience and integrates joint- and muscle-specific clinical assessment with sport-specific knowledge to ensure appropriate management, optimise performance, and minimise injury risk.

The course provides advanced knowledge concerning the adolescent athlete, joint- and muscle-specific injuries/conditions and challenges, and sport-specific specialisation from a sports medicine perspective.

Examination

(2701) 6 hp, Självständigt projektarbete, avseende lärandemål 3, Tregradig skala
(2701) 6 credits, Independent Project Work, regarding learning outcomes 3, Three-grade scale

(2702) 2 hp, Muntlig presentation och opponering, avseende lärandemål 1, Tregradig skala
(2702) 2 credits, Oral Presentation and Opposition, regarding learning outcomes 1, Three-grade scale

(2703) 5 hp, Seminarier, avseende lärandemål 4, Tvågradig skala
(2703) 5 credits, Seminars, regarding learning outcomes 4, Two-grade scale

(2704) 2 hp, Fallstudie, avseende lärandemål 2, Tvågradig skala
(2704) 2 credits, Case Study, regarding learning outcomes 2, Two-grade scale

The student's rights and obligations during examinations follow guidelines and rules at GIH.

For each test, an ordinary test opportunity and an ordinary retest opportunity are arranged. Ordinary re-examination (opportunity 2) is offered no earlier than two weeks and no later than six weeks after the student has been notified of the grading decision from the first examination opportunity. If the student does not meet this within the set time, the grade fails and the student is referred for re-examination.

In addition to regular exams and regular re-examinations, additional re-examinations are given (opportunity 3 or more) for both theoretical and practical examinations. At least three examination opportunities must be offered within one year for each examination within a course opportunity.

A student who does not fully meet the goals of an examination may, at the decision of the examiner, be given the opportunity to supplement to achieve a passing grade. It is only possible to supplement up to pass, not to higher grades. Normally, the student is assigned the supplementary assignment in connection with the grade being announced on the regular examination occasion. Completion must be submitted within two weeks after the student is notified of the test result, but before the next re-examination.

If the student has a decision from GIH on special educational support due to disability or other reasons, the examiner has the right to give an adapted test or let the student complete the test in an alternative way.

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Grades

The course uses the grades: Pass with Distinction (VG), Pass (G), and Fail (U).

To receive Pass for the full course, all examinations must be passed.

To receive Pass with Distinction, the student must obtain Pass on all two-grade assessments and Pass with Distinction on all three-grade assessments.

Students will receive detailed grading criteria no later than at the start of the course.

Student influence and course evaluation

The course is evaluated in accordance with GIH's Guidelines for monitoring and quality assurance of courses and programs.

Type of instruction

Teaching is conducted in English.

Other information

If a course is discontinued or undergoes major changes, students are guaranteed at least three additional examination opportunities (beyond the ordinary one) over at least one year, but no more than two years after the course has been discontinued/changed.

Literature and list of references

BRUKNER & KHAN'S CLINICAL SPORTS MEDICINE: INJURIES, VOL. 1:
9781743761380: Medicine & Health Science Books @ Amazon.com