

## INTRODUCTION

Lack of trained persons to handle injury to students & players while playing or practicing has been a course of concern in our state. Injury of bones, ligaments, muscles etc. are common in schools, sports center etc. Players & Sports persons suffer disability owing to injuries which is mentally affect their performance. Treatment of such injuries by trained persons is possible through Sports medicine & Sports nutrition is also very important for high performance.

Rajasthan State Sports Council has recognized this need and designed a course which is practical and clinically focused. On completion of the Certificate course in Sports Medicine by Rajasthan State Sports Council, Jaipur students have:

- A systematic understanding of the basics of Sports medicine, exercise physiology including the nutritional and rehabilitation aspects.
- An awareness of current issues affecting the care of patients with certain sports related injuries and the tailored benefits of exercise and nutrition.

- An advanced knowledge of Sports and Exercise Medicine including physiology and anatomy of exercise.
- An ability to use knowledge to adapt professional practice to meet the changing demands of Sports Professionals and Athletes.

It is envisaged that most students will be in primary care or aspiring to such posts.

The course is designed to be relevant to all professionals who have exposure to people with sports related injuries and is particularly relevant to:

Coaches, Physical Teachers, Physiotherapists, Sports Therapists, and Primary Care Physicians with a specialist interest in Sports and Exercise Medicine.