**Fellowship in Sports Physiotherapy (FSPT)**

**Course Overview**

This fellowship program is designed to enhance the clinical expertise of physiotherapists in sports injury management, rehabilitation, and performance enhancement. The curriculum integrates theoretical knowledge with practical application through lectures, hands-on workshops, and case-based discussions.

**Course Structure**

* **Duration:** 3 Months
* **Total Hours:** 52 (Weekend classes)
* **Mode:** Blended (Online & Offline)
* **Assessment:** Practical exams, case presentations, and final evaluation

**Curriculum**

**Module 1: Foundations of Sports Physiotherapy (2 Hours)**

* Introduction to Sports Physiotherapy & Scope
* Functional Anatomy & Biomechanics in Sports
* Exercise Physiology & Energy Systems
* Role of Physiotherapists in Sports Medicine

**Module 2: Sports Injuries & Assessment (8 Hours)**

* Common Sports Injuries: Acute & Chronic
* Injury Prevention Strategies
* Advanced Clinical Examination Techniques
* Functional Movement Screening (FMS)
* Imaging in Sports Medicine (X-ray, MRI, USG)

**Module 3: Rehabilitation & Return to Play (8 Hours)**

* Principles of Sports Rehabilitation
* Phases of Injury Recovery
* Strength & Conditioning for Athletes
* Plyometric & Agility Training
* Criteria for Return-to-Sport Decision Making

**Module 4: Manual Therapy & Soft Tissue Techniques (6 Hours)**

* Joint Mobilization & Manipulation Techniques
* Myofascial Release & Soft Tissue Mobilization
* Kinesiotaping & Sports Taping Methods
* Dry Needling & Acupuncture in Sports Therapy

**Module 5: Physiotherapy in Specific Sports (6 Hours)**

* Injury Patterns in Football, Basketball, Cricket, and Athletics
* Physiotherapy for Racquet Sports & Swimming
* Combat Sports & Gymnastics Injury Management
* Team Physiotherapy Roles & On-Field Management

**Module 6: Electrotherapy & Modalities in Sports (4 Hours)**

* Ultrasound, Laser, TENS, and Iontophoresis in Sports
* Cryotherapy & Thermotherapy Applications
* Shockwave Therapy & Hydrotherapy for Athletes

**Module 7: Sports Nutrition & Recovery Science (4 Hours)**

* Nutrition for Performance & Recovery
* Hydration & Supplementation Strategies
* Sleep & Recovery Techniques
* Psychological Aspects in Sports Rehabilitation

**Module 8: Performance Enhancement & Injury Prevention (6 Hours)**

* Strength & Conditioning Principles
* Speed, Agility & Quickness (SAQ) Training
* Proprioception & Neuromuscular Control
* Ergonomics & Biomechanical Analysis in Sports

**Module 9: Pre-participation Evaluation – Fitness Evaluation (4 Hours)**

* Pre-participation Evaluation
* Fitness Evaluation

**Final Assessment & Case Presentation (4 Hours)**

* Practical Demonstrations
* Case Study Presentations
* Viva & Final Evaluation

**Certification & Accreditation**