Jan Amos Komeński STATE UNIVERSITY OF APPLIED SCIENCES in Leszno

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Course syllabus for ERASMUS+ incoming students

Course Title	
Body Work in Injury Prevention	
Academic Teacher	Zuzanna Maćkowiak, PhD
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ECTS credits	5
Number of hours	120
Course code	INT-IZKFF-BWIP-26
Course description	
Body Work in Injury Prevention is a theory-and-practice course introducing evidence-informed approaches to preventing musculoskeletal injuries through functional movement assessment, exercise, and safe bodywork practices. It integrates functional anatomy, biomechanics, postural and movement screening, mobility, flexibility, stability, neuromuscular control, selected manual and soft-tissue techniques, injury mechanisms, and training-load management. Students will practise selected functional tests, identify modifiable factors associated with injury risk, interpret findings cautiously, and design an individualised or group-based injury-prevention programme. The course emphasises safe practice, informed consent, critical appraisal of evidence, and the distinction between injury-risk factors and reliable injury prediction.	
Learning outcomes - course content	
Upon successful completion of the course, students will be able to: **Knowledge:** • explain the anatomical, biomechanical and physiological basis of the most common musculoskeletal injury mechanisms and prevention; • characterizes modifiable and non-modifiable factors associated with injury risk; • knows the capabilities and limitations of selected functional assessment and bodywork methods. **Skills:** • perform basic functional movement assessments and select appropriate injury prevention exercises; • demonstrate selected mobility, stability and soft tissue techniques in accordance with safety principles. • Selects strength, mobilization, balance, and neuromuscular exercises for specific preventive purposes. **Social competences:** • develop an individualised injury prevention programme and justify its components using scientific evidence;	

- communicate effectively in an international, multidisciplinary learning environment.

Student workload (self-study description)

The total student workload is 120 hours, corresponding to 5 ECTS credits, including 30 contact hours and 90 hours of independent study. Students are expected to engage in regular independent practice and reflection throughout the semester. Self-study activities include:

- Preparation for classes and review of lecture materials,
- Reading and critical analysis of scientific literature on injury prevention functional movement assessment and evidence-based exercise interventions
- Preparation of functional assessment records and analysis of selected case studies.
- Development of an individual or group injury prevention programme, including the selection of exercises, planning of progression and justification based on scientific evidence.
- Preparation for practical assessment and the final presentation of the injury prevention programme.

Total independent study: 90 hours.

The independent study is intended to consolidate theoretical knowledge, develop practical assessment and programme-design skills, and promote the application of current scientific evidence to injury prevention.

Literature

1. Brukner, P., & Khan, K. (2024). *Brukner & Khan's Clinical Sports Medicine: Foundations of Clinical Practice* (6th ed.). McGraw Hill Education. https://www.mheducation.com/highered/mhp/product/clinical-sports-medicine-foundations-clinical-practice-6th-edition.html
2. Doral, M. N., Karlsson, J., Nyland, J., Bilge, O., & Hamrin Senorski, E. (Eds.). (2025). *Sports Injuries: Prevention, Diagnosis, Treatment and Rehabilitation* (3rd ed.). Springer. https://doi.org/10.1007/978-3-031-58351-3
3. Peterson, L., Renström, P. A. F. H., & Lynch, S. (2023). *Sports Injuries: Prevention, Treatment and Rehabilitation* (5th ed.). Routledge.
4. Conroy, V. M., Murray, B., Alexopulos, Q., & McCreary, J. (2023). *Kendall's Muscles: Testing and Function, with Posture and Pain* (6th ed.). Wolters Kluwer.
5. O'Connor, F. G., Davis, B. A., Hudson, B. K., Ireland, M. L., Sallis, R. E., Wilder, R. P., & Zaremski, J. L. (Eds.). (2025). *ACSM's Sports Medicine: A Comprehensive Review* (2nd ed.). Wolters Kluwer.