

COURSE OUTLINE

Prevention and Care of Athletic Injuries

Course Description

PE 280. Prevention and Care of Athletic Injuries. 3 hours credit. This course will enable the student to apply the basic principles related to the prevention, treatment and care of injuries common to athletic and recreational activities.

Course Relevance

The concepts learned in this course are designed for the student going into the fields of athletic trainer, sports medicine, coaching and/or physical education to understand and utilize the basic principles of the prevention, treatment and care of athletic injuries.

Required Materials

Prentice (2010). *Essentials of athletic injury management*. (8th ed.). New York, NY: McGraw-Hill Companies.

Learning Outcomes

The intention is for the student to be able to

1. Recognize common athletic injuries
2. Apply basic principles of care and rehabilitation to athletic injuries

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Problem Solving
 - The student will develop problem solving skills through the demonstration of correct responses to common athletic injuries.

Secondary skills (developed but not documented):

- Health Management
- Time Management
- Effective Relationships
- Teamwork
- Ethical Conduct
- Leadership
- Critical Thinking
- Field Related Technology

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Responding with correct care to specific athletic injuries

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Training room practices
 - B. Legal implications of school sports
 - C. Physical and psychological considerations of injury prevention
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Emergency plans
 - B. Assumption of risk and negligence
 - C. Conditions causing injury and levels of aspiration
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Special emergency conditions
 - B. Emergency evaluations and care of injuries
 - C. Prevention of injuries
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain principles of exercise instruction and rehabilitation
 - B. Demonstrate taping in sports
 - C. Determine responses to infections and respiratory conditions
 - D. Explain fitting of protective sports equipment and devices
 - E. Demonstrate Cardio-Pulmonary Resuscitation (CPR)

Learning Units

- I. Foundations of athletic training
 - A. History of athletic training
 - B. Designing an injury prevention program
 - C. Proper nutritional programs
 - D. Fitting of protective sports equipment
- II. Injury causation, responses and management
 - A. History, Observation, Palpitation, Special (HOPS) tests
 - B. Classifying sports injuries
 - C. Causes of sports injuries
 - D. CPR
 - E. Emergency setups
 - F. Bandaging of wounds
 - G. Taping
- III. Evaluating various sports conditions
 - A. Evaluation of all sports injuries

- B. Treating various sports injuries
- C. Rehabilitation techniques
- D. Common illnesses in athletics
- E. Steroids
- F. Smokeless tobacco

Learning Activities

Learning activities will be geared toward assisting the student to achieve the intended learning outcomes. Activities may include lecture, instructor-led class discussion, reading assignments, audio-visual aids, guest speakers, group activities, internet activities, and others at the discretion of the instructor.

Grade Determination

The student will be graded on assessment task practical, class participation, homework assignments, quizzes, examinations, notebook, and other methods of evaluation at the discretion of the instructor.