

COURSE SYLLABUS

LAST REVIEW	Spring 2021
COURSE TITLE	Care and Prevention of Athletic Injuries
COURSE NUMBER	EXSC-0211
DIVISION	Math, Science, Business & Technology
DEPARTMENT	Exercise Science
CIP CODE	24.0101
CREDIT HOURS	3
CONTACT HOURS/WEEK	Class: 3
PREREQUISITES	None
COURSE PLACEMENT	None

COURSE DESCRIPTION

The Care and Prevention of Athletic Injuries course is designed to give students the knowledge to recognize and treat injuries as they occur in athletics or recreational activities. This course is designed for any person interested in the health professional field, as an athletic trainer, coach, or those involved in recreational activities, to help recognize and care for injuries or potential injuries they may encounter.

Program Learning Outcomes

1. Student will be able to analyze and implement an appropriate assessment of client to determine their exercise needs.
2. Student will be able to discuss the importance of exercise science as it relates to enhancing and recognizing health and fitness activities, sports, and athletic performance.
3. Student will be able to recognize incorrent lifting technique and develop a plan for error correction.

TEXTBOOKS

<http://kckccbookstore.com/>

METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE

- I. Introduction to Athletic Training and Sports Medicine
 - A. What is Athletic Training
 - B. Athletic health care administration
 - C. Sports Medicine Team
 - D. Legal concerns
- II. Injury Prevention and Physical Conditioning
 - A. Periodization
 - B. Flexibility
 - C. Endurance
 - D. Strength
- III. Psychological Stress and Sports Injuries
 - A. Athlete's response to injury
 - B. Motivation
 - C. Return to competition decisions
- IV. Nutrition
 - A. The nutrients
 - B. Athletes diet
 - C. Weight control
 - D. Disordered eating
- V. Equipment
 - A. Safety standards
 - B. Legal concerns
 - C. Protective devices
- VI. Mechanisms, and Classes of Sports Injuries
 - A. Acute injuries
 - B. Chronic injuries
- VII. Evaluation, Treatment, and Rehabilitation of Sports Injuries
 - A. Evaluating the injured athlete
 - B. Philosophy of athletic injury rehabilitation
 - C. Criteria for full recovery
- VIII. Recognition and management of specific injuries and conditions
 - A. Ankle
 - B. Foot
 - C. Knee
 - D. Thigh, Hip and Groin
 - E. Abdomen and Back
 - F. Head and Face
 - G. Spine and back
 - H. Shoulder and upper arm
 - I. Elbow, wrist, and hand
 - J. Health concerns for the Athlete
 - K. Substance abuse
 - L. Young athletes

COURSE LEARNING OUTCOMES

Upon successful completion of this course, the student will:

- A. Be able to describe a broad knowledge of the Sports Medicine field.
- B. Be able to describe a broad knowledge of how to prevent injuries through proper conditioning and strength training.
- C. Be able to describe a broad knowledge of the role of psychosocial stress plays in sports injuries.
- D. Be able to describe a broad knowledge of good nutrition in athletics.
- E. Be able to describe a broad knowledge of the role of equipment selection in the management, prevention, and cause of sports injuries.
- F. Be able to describe a broad knowledge of handling an emergency.
- G. Be able to describe a broad knowledge of the basics to evaluating, treating, and rehabilitating injuries.
- H. Be able to describe a broad knowledge of evaluating, treating, and the rehabilitation of specific injuries.

ASSESSMENT OF COURSE LEARNING OUTCOMES

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

COLLEGE POLICIES AND PROCEDURES

Student Handbook

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

College Catalog

<https://www.kckcc.edu/academics/catalog/index.html>

College Policies and Statements

<https://www.kckcc.edu/about/policies-statements/index.html>

Accessibility and Accommodations

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>