

I. COURSE INFORMATION

- A. Health and Physical Education 134 Care and Prevention of Athletic Injuries
- B. 3 credit hours
- C. Prentice, William E. *Essentials of Athletic Injury Management*. 10th ed. Boston: McGraw Hill, 2016
- D. Prerequisites: None
- E. KRSN: HSC 2010 Prevention & Care of Athletic Injuries

The learning outcomes and competencies detailed in this course outline or syllabus meet or exceed the learning outcomes and competencies specified by the Kansas Core Outcomes Groups project for this course as approved by the Kansas Board of Regents.

II. COURSE DESCRIPTION

This course stresses fundamentals of athletic training. Topics include the sports-medicine team and athletic training as a profession, injury prevention, emergency procedures, common sports-related injuries, taping and wrapping, and basic rehabilitation. A review of anatomy, common injuries, evaluation, and management will be covered for each major body area. This course is aimed at both competitive and recreational athletes, as well as pre-athletic training and pre-physical therapy students.

III. LEARNING OUTCOMES

- A. Describe the rationale for and demonstrate basic skills in the application of taping, splinting, and bracing for common musculoskeletal injuries
- B. Recognize signs and symptoms for common injuries and life-threatening conditions and the associated evaluation, diagnostic techniques and acute treatment for these conditions
- C. Develop an understanding of basic methods and techniques to prevent acute athletic injuries and/or chronic conditions
- D. Demonstrate knowledge of the steps of emergency preparedness as it relates to life-threatening illnesses and conditions and develop a proper plan of action
- E. Develop a basic understanding of the etiology, nature and severity of basic athletic injuries
- F. Describe the roles and responsibilities of the various individuals who comprise the sports medicine team

IV. MAJOR CONTENT AREAS

- A. Establishing an effective athletic health care system
- B. Preventing sports related injuries
- C. Techniques for treating and managing sports related injuries
- D. Recognition and management of specific injuries and conditions

V. ASSIGNMENTS (may include but are not limited to)

- A. Reading assignments
- B. Writing assignments
- C. Skills labs

VI. EVALUATION METHODS (may include but are not limited to)

- A. Attendance and participation
- B. Assignments
- C. Quizzes and exams
- D. Practical evaluations