

**I. COURSE INFORMATION**

- A. Health and Physical Education 134 Care and Prevention of Athletic Injuries
- B. 3 credit hours
- C. Arnheim, Daniel D. and William E. Prentice. *Essentials of Athletic Training*. Boston: McGraw Hill, 1998
- D. Prerequisites: None

**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. Understand the function and responsibilities of the coach and athletic trainer in the athletic health care system
- B. Understand injury prevention concepts
- C. Apply taping and bandaging techniques
- D. Understand the injury evaluation sequence
- E. Acquire a working knowledge of initial treatment of athletic injuries
- F. Acquire a working knowledge of basic injury management of the lower extremities
- G. Acquire a working knowledge of basic injury management of the spine, head, thorax and abdomen

**IV. MAJOR CONTENT AREAS**

- A. Injury care and prevention for the foot
- B. Injury care and prevention for the ankle joint and lower leg
- C. Injury care and prevention for the knee joint
- D. Injury care and prevention for the thigh and lower back
- E. Injury care and prevention for the shoulder complex, elbow, wrist, and hand

**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