CARE AND PREVENTION OF ATHLETIC INJURIES
3 Credit hours

Prepared by:
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HPE150 Care and Prevention of Athletic Injuries

I. CATALOGUE DESCRIPTION

A. Prerequisite: None

B. 3 credit hours

C. This course is designed for future athletic trainers, physical educators, coaches, physical therapists, pre-med majors and anyone else who plans on working with active individuals who are prone to injury. This course introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries. (F, S)

II. EXPECTED LEARNING OUTCOMES WITH ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>OUTCOMES</th>
<th>ASSESSMENT</th>
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<tr>
<td>Describe and demonstrate policies and procedures in the athletic training room.</td>
<td>Create a Policy and Procedures Manual Checklist Exam</td>
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<td>Draw and label parts of the orthopedic anatomy.</td>
<td>Assignment, Anatomy Details Checklist Exam</td>
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<td>List and describe a variety of injury assessment methods.</td>
<td>Journal Assignment Exam</td>
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<td>Describe and suggest strategies for dealing with illnesses, injuries and conditions common to athletes.</td>
<td>Journal Assignment Exam</td>
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<td>Identify theories regarding sports injury rehabilitation.</td>
<td>Research Paper Assignment Exam</td>
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<td>Illustrate ethical and legal practice for sports medicine professionals.</td>
<td>Presentation Assignment, Medical Simulation Discussion</td>
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<td>Connect psychological theories to an athlete’s responses to injury.</td>
<td>Case Study Journal Assignment Exam</td>
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<tr>
<td>Apply basic theories and applications of therapeutic modalities, including therapeutic exercise.</td>
<td>Case Study Exam</td>
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<td>Explain appropriate policies and procedures for documenting athletic injuries.</td>
<td>Case Study Checklist Exam</td>
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III. COURSE OUTLINE

A. Introduction to Course - Course overview and syllabus

B. Human Orthopedic Anatomy
   1. Identify and describe the joints of the body.
   2. Describe the structures and functions of the ligaments.
   3. Illustrate capsular structures and articular cartilages.
   4. Identify bony landmarks.

C. Injury Assessment Methods
   1. Explain and discuss and history gathering.
   2. Identify and discuss injury mechanisms.
   3. Describe assessment of the athlete’s level of disability.

D. Specific Injuries to Common to Athletes
   1. Illustrate injuries: axial region, upper extremity, lower extremity.
   2. Describe illnesses and conditions common to athletes.
   3. Discuss issues related to the environments in which athletes train and play.
   4. Apply taping and bracing techniques.

E. Legal Issues and Professional Ethics surrounding Athletic Training/Sports Medicine
   1. Discuss tort law and privacy issues.
   2. Apply ethical decision making as it is related to the injuries and illnesses of athletes.
   3. Outline principles that govern professional behavior.

F. The Psychology of Injury to an Athlete
   1. Describe the psychological effects of injury on the athlete.
   2. Apply psychological theories to explain an athlete’s responses to injury.

G. Healing, Therapeutic Modalities and Therapeutic Exercise
   1. Describe the healing processes in various tissues.
   2. Discuss and apply the basic theories and applications of therapeutic modalities.
   3. Discuss and apply the basic theories and applications of therapeutic exercise.

H. Athletic Injury Documentation, and Policies and Procedures
   1. Describe and apply the form and logic of record keeping.
   2. Discuss various sports medicine policies and procedures.
   3. Discuss and implement emergency preparedness.
IV. METHOD(S) OF INSTRUCTION

A. Lecture
B. Discussions
C. Collaborative Activities
D. Guest Speakers
E. PowerPoint Presentations
F. Video
G. Internet

V. REQUIRED TEXTBOOK(S)


VI. REQUIRED MATERIALS

A. Textbook
B. Access to a computer
C. Taping Supplies ($5 lab fee)

VII. SUPPLEMENTAL REFERENCES

Current Library Resources

VIII. METHOD(S) OF EVALUATION (basis for determining course grade)

A. Assignments
B. Discussions
C. Exams
D. Mid-term and Final Exams
E. Research papers
F. Presentations
IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (636) 797-3000, 789-3000, or 942-3000, ext. 169.

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website. 
http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84