**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

SPRING 2020

# **GENERAL COURSE INFORMATION**

Course Number: PHED 1253

Course Title: Care and Prevention of Athletic Injuries

Credit Hours: 3

Prerequisites: None

Division/Discipline: Academics Division/Health, Physical Education and Recreation

Course Description: This course is designed to familiarize the student with the most prevalent sports injuries and their effective prevention and management. The practical aspects of the care, prevention, and reconditioning of athletic injuries will be stressed. The role of the athletic training profession in the sports medicine system will also be discussed.

# **INSTRUCTOR INFORMATION**

# **COLLEGE POLICIES**

## Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

## Plagiarism on any academic endeavors at Barton Community College will not be tolerated. The student is responsible for learning the rules of, and avoiding instances of, intentional or unintentional plagiarism. Information about academic integrity is located in the Student Handbook.

## The College reserves the right to suspend a student for conduct that is determined to be detrimental to the College educational endeavors as outlined in the College Catalog, Student Handbook, and College Policy & Procedure Manual. (Most up-to-date documents are available on the College webpage.)

## Any student seeking an accommodation under the provisions of the Americans with Disability Act (ADA) is to notify Student Support Services via email at disabilityservices@bartonccc.edu.

# **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

Information presented in this course will be valuable for students pursuing a career in almost any area related to athletic training, the instruction of physical education, coaching, exercise science, recreation leadership, etc. Individuals active in recreational sport activities will find this course useful in the recognition and management of injuries encountered during such participation.

Credit (major requirement or elective) earned from the completion of this course will count towards Barton’s requirements for graduation, and often transfers on to colleges and universities as either a major requirement or general elective.

# **ASSESSMENT OF STUDENT LEARNING**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

Course Outcomes, Competencies, and Supplemental Competencies:

## Identify the core components of injury prevention.

### Explain the roles and responsibilities (legal, moral, and ethical) of the athletic trainer or coach in reference to the prevention and care of athletic injuries and illnesses.

### Explain the recommended or required components of a pre-participation examination and the basic concepts of wellness screening.

### Identify the risk factors associated with physical activity, both physical and environmental.

### Describe the importance of preventing injuries through physical fitness.

### Explain the importance of a proper diet for the physically active in enhancing performance and preventing injuries, including safely losing and gaining weight.

## Exhibit the skills needed to identify musculoskeletal injuries.

### Use standard nomenclature of functional anatomy in relationship to musculoskeletal injuries.

### Identify the etiology, nature, and severity of musculoskeletal injuries (both acute and chronic).

### Describe common techniques and procedures for evaluating injuries (History, Observation, Palpation, Special Tests).

## Identify the management and rehabilitation of athletic injuries.

### Identify the general psychological concerns encountered in the athletic environment.

### Describe the prevention, pathophysiology, immediate care, and referral decisions of common musculoskeletal injuries and medical conditions.

### Identify the value of, and explain the procedures in, the use of both cryotherapy and superficial thermotherapy.

### Explain the general procedures followed during the initial management and rehabilitation of a musculoskeletal injury.

## Demonstrate the basic skill required to prevent and protect common musculoskeletal injuries.

### Explain the principles and concepts relating to prophylactic taping, padding, and wrapping & the fitting of neoprene sleeves and braces used for injury prevention or support.

## Describe the management of critical/life threatening injuries/illnesses.

### Describe basic components of a comprehensive emergency action plan including necessary emergency care supplies / equipment / techniques.

### Describe the characteristics of common critical/life-threatening injuries or illnesses and identify the management of these conditions.

### Explain the management of trauma to the head, including cerebral concussion, and the spine and spinal cord/nerve roots.

## Demonstrate the recognition of wounds and general health conditions often encountered in athletics.

### Use universal precautions to guard against the spread of blood borne pathogens.

### Explain the management of wounds and other skin insults commonly encountered in athletic participation.

### Identify general health conditions often encountered in the athletic environment.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

# **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**