SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Care and Prevention of Athletic Injuries
COURSE NUMBER: EXSC0211
CREDIT HOURS: 3
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
E-Mail

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITES: 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.

METHOD 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 projects, learning experiences, and performances 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
EXPECTED LEARNER OUTCOMES:

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

COURSE COMPETENCIES

The student will be able to describe a broad knowledge of the sports medicine field
1. The student will be able to define athletic training.
2. The student will be able to define the NATA.
3. The student will be able to assess their desire to pursue the field of sports medicine.
4. The student will be able to review the steps to become a certified athletic trainer.

The student will be to describe a broad knowledge to how to prevent injuries through proper conditioning and strength training.
5. The student will be able to describe the five components of fitness.
6. The student will be able to design a preseason strength and conditioning program.
7. The student will be able to design a warm up and stretching program for a particular sport.
8. The student will be able to describe the correct technique for certain strength training stations.

The student will be able to describe a broad knowledge of the role psychosocial stress plays in sports injuries.
9. The student will be able to identify physiological responses to stress.
10. The student will be able to describe why and under what circumstances sports participation is a psychological stressor.
11. The student will be able to explain the aspects of overtraining and staleness that stem from sports participation.
12. The student will be able to describe the role of coaches when dealing with an overly stressed athlete.

The student will be able to describe a broad knowledge of good nutrition in athletics.
13. The student will be able to identify the correct foods for a balance diet.
14. The student will be able to explain the necessity of fluid in an athlete’s diet.
15. The student will be able to describe the advantages and disadvantages of supplementary nutrients in the athlete’s diet.
16. The student will be able to identify foods that should be included in pre-event meal.
17. The student will be able to discuss the principles of weight management and the effect of weight gain and weight loss on athletic performance.
18. The student will be able to identify signs of bulimia and anorexia nervosa.

The student will be able to describe a broad knowledge of the role of equipment selection in the management, prevention, and cause of sports injuries.

19. The student will be able to identify major legal concerns when purchasing equipment.
20. The student will be able to discuss the fitting of equipment (e.g. football helmet, running shoes).
21. The student will be able to compare the advantages and disadvantages of customized versus commercial protective devices.

The student will be able to describe a broad knowledge of handling an emergency

22. The student will be able to identify the most common skin injuries.
23. The student will be able to define the terms that describe the major injuries incurred during sports participation.
24. The student will be able to discuss establishing an emergency system for a school sports program.
25. The student will be able to explain the importance of knowing CPR and how to manage an obstructed airway.
26. The student will be able to describe the types of bleeding and their management.
27. The student will be able to describe the emergency management of musculoskeletal injuries.

The student will be able to describe a broad knowledge of the basics of evaluating, treating and the rehabilitation of athletic injuries.

28. The student will be able to list the steps of evaluating an injury.
29. The student will be able to identify the basic values and procedures in the use of superficial cold and heat therapy.
30. The student will be able to explain the various factors of exercise rehabilitation.
31. The student will be able to discuss the use of therapeutic modalities.
32. The student will be able to discuss ways to determine when an athlete may return to participation.

The student will be able to describe a broad knowledge of evaluating, treating, and the rehabilitation of specific injuries.

33. The student will be able to explain how to recognize the most common foot injuries.
34. The student will be able to evaluate common foot injuries.
35. The student will be able to identify the most common injuries sustained by the ankle and lower leg.
36. The student will be able to discuss ways to treat an ankle sprain.
37. The student will be able to describe the common knee injuries and their related structures.
38. The student will be able to assess a knee injury.
39. The student will be able to discuss ways to treat and care for a knee injury.
40. The student will be able to describe the major anatomical features of the thigh, hip, groin and pelvis.
41. The student will be able to identify and evaluate injuries to the thigh, hip, groin, and pelvis.
42. The student will be able to identify and care for the major abdominal injuries.
43. The student will be able to discuss ways to identify and care for spleen rupture and a kidney contusion.
44. The student will be able to discuss ways to identify and care for major injuries to the thorax.
45. The student will be able to discuss sudden death as it relates to athletic competition.
46. The student will be able to recognize when an athlete may have a spinal cord injury.
47. The student will be able to employ the use of in-line stabilization for a spine injured athlete.
48. The student will be able to discuss common non-serious back problems.
49. The student will be able to explain the different types of concussions.
50. The student will be able to describe the signs and symptoms of head injuries.
51. The student will be able to discuss the ways to handle head injuries.
52. The student will be able to discuss injuries to the ears, eyes, nose, mouth, and jaw.
53. The student will be able to identify major shoulder injuries.
54. The student will be able to name the structures of the rotator cuff.
55. The student will be able to discuss mechanisms of a rotator cuff injury.
56. The student will be able to explain the care and prevention of rotator cuff injuries.
57. The student will be able to identify common elbow, forearm, wrist, and hand injuries.
58. The student will be able to discuss care and prevention for injuries of the elbow, forearm, wrist, and hand.
59. The student will be able to explain the causes, prevention, and care to the most common skin infections in sport.
60. The student will be able to describe respiratory tract illnesses common to athletes.
61. The student will be able to discuss how to recognize and care for the diabetic athlete.
62. The student will be able to discuss contagious viral diseases that may be seen in athletes.
63. The student will be able to contrast the different sexually transmitted diseases that an athlete may have.
64. The student will be able to explain the many concerns inherent in medical and nonmedical drug use among athletes.

The student will be able to utilize the internet and computer skills.

65. The student will be able to utilize the internet to explore various health & fitness related websites.
66. The student will be able to send messages within the online classroom.
67. The student will be able to complete the online quizzes within the virtual classroom.

ASSESSMENT OF LEARNER OUTCOMES:

Student progress is evaluated by means that include, but not limited to, exams, written assignments, and class participation

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.
Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of the Academic Resource Center, in Rm. 3354 or call at: 288-7670.