Course Syllabus

Department: Physical Education and Integrated Health Care

Date: 11/18/14

I. Course Prefix and Number: PE 190
   Course Name: Care and Prevention of Athletic Injuries

   Credit Hours and Contact Hours: 3 Credit Hours and 3 Contact Hours

Catalog Description including pre- and co-requisites: Focuses on the fundamental knowledge associated with preventing / caring for injuries that occur during physical activity and athletic participation. Topics include injury evaluation, first aid / emergency care, and injury rehabilitation, as well as preventative measures including the use of protective equipment, physical conditioning, and proper nutrition.

Relationship to Academic Programs and Curriculum including SUNY Gen Ed designation if applicable:

This course is required for all physical education majors at FLCC and for those Liberal Arts majors intending to transfer to pursue a degree in a field related to sports medicine, including athletic training.

II. Course Student Learning Outcomes: State the student learning outcome(s) for the course (e.g. Student will be able to identify…)

Students will be able to:

A. Identify the members of the sports medicine team, define the roles and responsibilities of each, and explain how they each contribute to the sports medicine team concept.
B. Describe injury prevention and general care for the injured athlete.
C. Identify the proper first aid and emergency protocols for caring for an injured athlete.
D. Describe and demonstrate skills that can lead to certification in first aid / CPR / AED.
E. Recognize and discuss the legal and ethical aspects of athletic participation and the care of an injured or ill athlete, as well as the ethical and legal aspects of being a sports medicine professional.
### College Learning Outcomes Addressed by the Course:

*(Check each College Learning Outcome addressed by the Student Learning Outcomes)*

- [x] Writing
- [x] Oral communications
- [x] Reading
- [x] Ethics/values
- [x] Mathematics
- [x] Critical thinking
- [ ] Computer literacy
- [ ] Citizenship
- [ ] Global concerns
- [ ] Information resources

### III. Assessment Measures (Summarize how the college and student learning outcomes will be assessed):

*For each identified outcome checked, please provide the specific assessment measure.*

<table>
<thead>
<tr>
<th>List identified College Learning Outcomes(s)</th>
<th>Specific assessment measure(s)</th>
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<tbody>
<tr>
<td>Eg: Writing</td>
<td>Eg: Student will complete a research paper</td>
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<tr>
<td>Writing</td>
<td>The student will complete a written analysis of a professional sports medicine journal article with opportunities for revision.</td>
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<tr>
<td>Oral communication</td>
<td>The student will deliver a presentation / demonstration on a topic related to physical fitness or nutrition.</td>
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<tr>
<td>Reading</td>
<td>The student will recognize and explain the key components of various position statements sponsored by national sports medicine organizations.</td>
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<tr>
<td>Critical thinking</td>
<td>The student will prepare a proposal analyzing the cost-effectiveness and treatment effectiveness of ankle taping compared to ankle bracing.</td>
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<tr>
<td>Ethics / values</td>
<td>The students will read and summarize the legal terms / concepts associated physical activity / athletic participation.</td>
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### IV. Instructional Materials and Methods

**Types of Course Materials:**

Textbook, training manual for first aid / CPR / AED, hand-outs, professional journals will be given out during this class.

**Methods of Instruction (e.g. Lecture, Lab, Seminar ...):**

Lecture, Lab Activities (taping, first aid / CPR / AED), and clinical observations in an actual sports medicine setting.
V. General Outline of Topics Covered:
   A. Putting together a Sports Medicine Team/Defining their roles
   B. Legal Liability and Insurance
   C. Recognizing Emergency Situations / Injury Assessment
   D. Bloodborne Pathogens / Universal Precautions / Wound Care
   E. First Aid / CPR / AED Training
   F. Protective Athletic Equipment
   G. Environmental Conditions / Illnesses
   H. Psychological Aspects of Physical Activity and the Injury Process
   I. Nutritional Considerations for Exercise and Sport
   J. Principles / Techniques of Fitness and Conditioning
   K. Conditioning Exercises vs. Rehabilitation Exercises
   L. Bandaging and Taping Techniques
   M. Concussions / Traumatic brain injuries