



**COWLEY COLLEGE
& Area Vocational Technical School**

COURSE PROCEDURE FOR

**CARE AND PREVENTION OF ATHLETICS INJURIES
ALH6395 3 Credit Hours**

Student Level:

This course is open to students on the college level in either the freshman or sophomore year and to area high school vocational students.

Catalog Description:

ALH6395 - CARE AND PREVENTION OF ATHLETICS INJURIES (3 hrs)

This course is designed for students in athletic training, personal training, coaching, or physical education. The course will discuss and identify risk factors associated with participation in competitive and recreational athletics. Emphasis will be placed in prevention, first aid, treatment and care of injuries. Furthermore, the inclusion of the athletic training profession in the allied health care field will be analyzed.

Prerequisites:

None

Controlling Purpose:

This course is designed to help the student increase his or her knowledge of sports medicine concepts, the athletic training profession, and the duties of a certified athletic trainer.

Learner Outcomes:

Upon completion of this course the student will be able to identify the risk factors associated with athletic competition, be knowledgeable in the prevention, immediate care, treatment, and rehabilitation of athletic injuries, and understand how a sports medicine program is coordinated and administered.

Units Outcomes and Criterion Based Evaluation Key for Core Content:

The following defines the minimum core content not including the final examination period. Instructors may add other content as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.

- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student's achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

Unit 1: PROFESSIONAL AND ADMINISTRATIVE ASPECTS OF ATHLETIC TRAINING
 Outcomes: The student will gain an increased understanding of athletic trainer aspects.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Identify the members of the sports medicine team and their roles.
						Identify the various aspects of becoming a Certified Athletic Trainer and the numerous career venues.
						Identify the legal issues inherent in sports medicine and methods of prevention of legal action in conjunction with administrative issues and documentation.
						Identify various types of insurance programs.
						Understand how an athletic trainer becomes certified.
						Understand how athletic training is regulated.

UNIT 2: BASICS OF HUMAN ANATOMY AND PHYSIOLOGY
 Outcomes: The student will gain an increased understanding of basic anatomy and physiology.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Identify the components of anatomical positioning.
						Identify common medical terms of location.
						Identify various body tissues.
						Identify classification of joints.
						Understand and identify soft tissue injuries.
						Understand and identify bone tissue injuries.

UNIT 3: UNDERSTANDING ATHLETICS-RELATED INJURIES TO THE AXIAL REGION

Outcomes: The student will gain an increased understanding of injuries found in the axial region of the body.

A	B	C	D	F	N	Specific Competencies: The student will demonstrate the ability to:
						Identify anatomical features of the head, face, throat, thorax, abdomen, and spine.
						Identify and demonstrate the ability in prevention of head, facial, throat, thorax, abdomen, and spinal injuries.
						Identify and demonstrate treatment considerations for head, facial, throat, thorax, abdomen, and spinal injuries.
						Identify postural considerations of the spine.

UNIT 4: UNDERSTANDING ATHLETICS-RELATED INJURIES TO THE UPPER EXTREMITY

Outcomes: The student will gain an increased understanding of injuries found in the upper extremities of the body.

A	B	C	D	F	N	Specific Competencies The student will demonstrate the ability to:
						Identify anatomical features of the shoulder, elbow, wrist, and hand.
						Identify and demonstrate prevention methods for shoulder, elbow, wrist, and hand injuries.
						Identify and demonstrate treatment considerations for shoulder, elbow, wrist, and hand injuries.

UNIT 5: UNDERSTANDING ATHLETICS-RELATED INJURIES TO THE LOWER EXTREMITY

Outcomes: The student will gain an increased understanding of injuries found in the lower extremities of the body.

A	B	C	D	F	N	Specific Competencies The student will demonstrate the ability to:
						Identify anatomical features of the hip, pelvis, thigh, knee, foot, ankle, and lower leg.
						Identify and demonstrate prevention methods for hip, pelvis, thigh, knee, foot, ankle, and lower leg injuries.
						Identify and demonstrate treatment considerations for hip, pelvis, thigh, knee, foot, ankle, and lower leg injuries.

UNIT 6: REHABILITATION AND RECONDITIONING OF ATHLETIC-RELATED INJURIES

Outcomes: The student will gain an increased understanding of rehabilitation and reconditioning.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Evaluate and assess athletic injuries
						Document assessment and treatment considerations and findings.
						Identify therapeutic modalities.
						Identify strength and conditioning principles.
						Identify joint flexibility principles.
						Identify and understand psychological aspects of athletic participation.

UNIT 7: PROVIDING EMERGENCY CARE

Outcomes: The student will develop abilities to perform emergency care.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Identify and recognize an Emergency Care Plan (ECP).
						Identify and recognize primary and secondary assessment procedures.
						Identify and recognize environmental situations and injuries.
						Identify heat/cold related injuries.
						Identify severe weather considerations.
						Identify anaphylactic considerations.
						Identify and demonstrate stabilization and transportation techniques of injured athletes.

UNIT 8: PREVENING ALTHLETICS-RELATED INJURIES

Outcomes: The student will learn methods to prevent athletic injuries.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Identify principles of taping and wrapping procedures.
						Demonstrate taping and wrapping techniques.
						Identify protective equipment used in athletics.

UNIT 9: OTHER ATHLETIC CONDITIONS AND CONCERNS

Outcomes: The student will gain an increased awareness of health, medications used in athletics and how nutrition is important.

A	B	C	D	F	N	Specific Competencies
						The student will demonstrate the ability to:
						Identify health conditions and illnesses.
						Identify communicable diseases.
						Identify common drugs used in athletics.
						Identify nutritional aspects and proper weight control in athletic participation.

Projects Required:

None

Textbook: Contact Bookstore for current textbook.

Materials/Equipment Required:

Computer, TV/VCR, overhead projector, training room supplies and equipment

Attendance Policy:

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

Grading Policy:

The grading policy will be outlined by the instructor in the course syllabus.

Maximum class size:

Based on classroom occupancy

Course Time Frame:

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

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DISCLAIMER: THIS INFORMATION IS SUBJECT TO CHANGE. FOR THE OFFICIAL COURSE PROCEDURE CONTACT ACADEMIC AFFAIRS.

Refer to the following policies:

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

Disability Services Program:

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class and which requires accommodations, contact the Disability Services Coordinator.