I. **OVERVIEW**

The following information will appear in the 2009 - 2010 catalog

**PE 108**  
**Care and Prevention of Athletic Injuries**  3 Units

*Designed for prospective coaches, trainers, health and physical educators, and athletes; to aid in the recognition, evaluation, and care of athletic injuries. Techniques in taping, prevention, and rehabilitation of injuries. Sport specific injuries are examined and discussed to familiarize students with the multitude of injuries that can and will occur in sporting activities.*

Field trips are not required.  **Units/Hours:** 3.00 Units: Lecture - 54.00 hours  
**Grading:** A-F or P/NP - Student choice  
**Transfer:** CSU, UC

II. **LEARNING CONTEXT**

*Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:*

A. **COURSE CONTENT**

1. **Required Content:**

   a. The Athletic Trainer and their duties
      i. prevention of injuries
      ii. recognition of injuries
      iii. evaluation of injuries

   b. Emergency care and first aid for athletic injuries
      i. recognition
      ii. protocol
      iii. disposition

   c. Injury Prevention taping
      i. ankle
      ii. arch
      iii. shins
      iv. wrist
      v. thumb
      vi. elbow

   d. Nomenclature
i. anatomical terms
ii. orthopedic terms
iii. medical terms

e. Rehabilitation
   i. feedback-loop
   ii. principles
   iii. development

f. Evaluation procedures for athletic injuries
   i. recognition
   ii. systematic approach
   iii. interpretation
   iv. follow-up

B. HOURS AND UNITS

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C. METHODS OF INSTRUCTION (TYPICAL)
Instructors of the course might conduct the course using the following method:

1. Demonstration/description of skills
2. Participation within class by student
3. Group interaction within class among students/teacher
4. Lecture/discussion

D. ASSIGNMENTS (TYPICAL)

1. EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS
   Time spent on coursework in addition to hours of instruction (lecture hours)
   a. Weekly reading assignments that correspond with in-class lectures.
   b. Practice preventative taping techniques for three weeks outside of class in preparation for a practical exam given at the end of this time.
   c. Throughout the semester the students work on the development of a notebook containing the semesters notes and lecture material to be used for completion of the final comprehensive exam.
Throughout the semester the students will research topics located on the internet for outside information added to our in-class lecture material.

2. **EVIDENCE OF CRITICAL THINKING**
   *Assignments require the appropriate level of critical thinking*
   a. Develop a rehabilitation protocol using cryokinetics.
   b. Identify different fracture types common in sports injuries.
   c. Perform a clinical knee evaluation using ligamentous and special tests.
   d. Using the internet the students research current topics for information such as MRSA and blood-bourne pathogens.

E. **TEXTS AND OTHER READINGS (TYPICAL)**

III. **DESIRED LEARNING**

A. **COURSE GOAL**
   *As a result of satisfactory completion of this course, the student should be prepared to:*
   - identify injuries commonly seen in athletic participation and respond appropriately using learned tests and procedures.
   - Attain knowledge and skills to prevent and care for common athletic injuries.

B. **STUDENT LEARNING GOALS**
   *Mastery of the following learning goals will enable the student to achieve the overall course goal.*
   1. **Required Learning Goals**
      *Upon satisfactory completion of this course, the student will be able to:*
      a. Use terminology which applies to athletic injuries.
      b. Identify predisposing situations that could injure athletes during participation in specific sports or activities.
      c. Describe the signs and symptoms of common athletic injuries.
      d. Identify physical stresses which are inherent in different sports and outline preventative steps to protect the participating athletes.
      e. Select the necessary steps in developing and in implementing reconditioning exercise programs for injured athletes.
      f. Define the role of athletic trainer as a health care provider.
      g. Interpret information gained by manual stress tests as to the integrity of joint supporting structures.
      h. Compare injured areas to the uninjured opposite limbs to detect seriousness of injury.
      i. Distinguish a life threatening situation and react accordingly.
      j. Apply tape/wrap to injured areas for added support to allow athletes to continue their activities.
      k. Provide emergency care to injured athletes.
I. Utilize tape to protect the different joints of the body during sporting activities.

m. List and define over-the-counter medications and prescriptive drugs issued by physicians.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT
   1. Written examinations
   2. Practical examinations
   3. Practical demonstrations

B. SUMMATIVE ASSESSMENT
   1. Comprehensive final exam
   2. Participation frequency