



## COURSE OUTLINE

<b><u>HPE 134</u></b>	<b><u>Prevention, Assessment and Care of Athletic Injury</u></b>			<b><u>3</u></b>
Course Number	Course Title			Credits
<u>3</u>	<u>1</u>	<u>0</u>	<u>0</u>	<u>15 week</u>
Class or Lecture Hours	Laboratory Work Hours	Clinical or Studio Hours	Practicum, Co-op, Internship	Course Length (# weeks)
<u>None</u>			<u>Traditional</u>	
Performance on an examination/demonstration			Delivery Mode	

### **Catalog Description:**

The art and science of athletic training with emphasis on relating theory and practice. Topics include terminology; injury prevention; and the causes, symptoms, and care of common sports injuries.

### **Prerequisites:**

BIO 103, ENG 101 and HPE 110 or 111

### **Corequisites:**

None

### **Last Revised:**

2012 (No changes)

### **Course Coordinator**

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### **Required Texts and Other Materials:**

*Concepts of Athletic Training 6<sup>th</sup> edition*

By: Pfeiffer, Mangus

Publisher: Jones & Bartlett Learning

ISBN-13:978-0-7637-8378-5

ISBN-10:7637-8378-1

**Learning Center Resources:** no tutors or study groups at this time.

## Course Competencies/Student Learning Outcomes

### Course Goals

*Upon successful completion of the course, the student will be able to...*

1. identify and discuss the importance, requirements, responsibilities, and roles of being an athletic trainer;
2. identify, distinguish, and discuss how basic anatomy applies to athletic injury recognition, evaluation, and rehabilitation;
3. describe the importance demonstrate proficiency in preventative measures and techniques for common athletic injuries;
4. recognize/assess, treat, and manage basic athletic injuries;
5. define, list, and interpret medical terminology.

### General Education Knowledge Goals

- Goal 1. Communication.** Students will communicate effectively in both speech and writing.
- Goal 2. Mathematics.** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems.
- Goal 3. Science.** Students will use scientific method of inquiry, through the acquisition of scientific knowledge.
- Goal 4. Technology or Information Literacy.** Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals.
- Goal 7. Historical Perspective.** Students will understand historical events and movements in the World, Western, Non-Western or American societies and assess their subsequent significance.
- Goal 8. Diversity and Global Perspective.** Student will understand the importance of a global perspective and culturally diverse peoples.

### MCCC Core Skills

- Goal A. Written and Oral Communication in English.** Students will communicate effectively in speech and writing, and demonstrate proficiency in reading.
- Goal B. Critical Thinking and Problem Solving.** Students will use critical thinking and problem solving skills in analyzing information.
- Goal D. Information Literacy.** Students will recognize when information is needed and have the knowledge and skills to locate, evaluate, and effectively use information for college level work.
- Goal E. Computer Literacy.** Students will use computers to access, analyze or present information, solve problems, and communicate with others.
- Goal F. Collaboration and Cooperation.** Students will develop the interpersonal skills required for effective performance in group situations.
- Goal G. Intra-Cultural and Inter-Cultural Responsibility.** Students will demonstrate an awareness of the responsibilities of intelligent citizenship in a diverse and pluralistic society, and will demonstrate cultural, global, and environmental awareness.

## Units of Study in Detail

### **Unit 1 – Introduction to Athletic Training**

1. Identify, describe, and discuss the educational requirements that are needed to sit for the Board of Certification and appreciate the evolution and history of Athletic training;
2. Identify and define the members of the field of Sports Medicine;
3. Identify, describe, and discuss the services provided by the Athletic Health Care Team;
4. Describe and discuss the importance of having a Certified Athletic Trainer at every High School and College;
5. List, describe, and discuss the importance of and requirements for examination to become a Certified Athletic Trainer;
6. Recognize, describe, and discuss the legal ramifications of working without a license in the State of New Jersey;

**Course Goals: 1 & 3; Gen.Ed. Goals: 1,4,7, & 8; Core Skills: A,D,E, F, & G.**

### **UNIT 2 – Orientation to Procedure, Principles, and Modalities**

1. Described and discuss the importance of a Pre- Participation Physical Examination and demonstrate a knowledge of what to do with the information;
2. Describe and discuss the importance of having an emergency plan;
3. Identify, describe, and/or list the seven components of physical fitness;
4. Recognize, identify, and describe the intrinsic and extrinsic factors leading to sports injury;
5. Identify, and describe injury mechanism and the healing process;
6. Identify, describe, and demonstrate ability to handle blood borne pathogens;
7. Recognize, identify, and describe the body's response to extremes to both heat and cold and treat accordingly.
8. Define modality and describe their role in injury recovery;
9. Identify, describe, and demonstrate the purpose of and proper use of basic/common products and equipment that are used in the Athletic Training Room;

**Course Goals: 1-5; Gen.Ed. Goals: 1,2,3,4, & 8; Core Skills: A,B,D, E, & F.**

### **Unit 3 - Orientation to Principles of the Lower Extremity**

1. Identify and discuss the anatomy of the foot , ankle, lower leg and knee;
2. Define, and distinguish between a strain and a sprain;
3. Demonstrate and describe basic understanding of injury assessment of foot ankle and knee;
4. Demonstrate and describe competency in wrapping and taping an ankle and knee and acknowledge that this should be left to the licensed Athletic Trainer;
5. Identify, describe, and demonstrate a variety of functional tests available for the rehabilitation of foot ankle and knee injury;
6. Identify and discuss the anatomy of the hip, thigh and pelvis;
7. Describe and discuss a basic understanding of injury assessment of hip, thigh, and pelvis;
8. Identify, describe, and demonstrate a variety of functional tests available for the rehabilitation of the hip, thigh and pelvis;
9. Demonstrate and describe competency in wrapping and taping the hip, thigh and pelvis;
10. Describe, and discuss the general guidelines to fit an athlete for crutches and proper crutch use.

**Course Goals: 1-5; Gen.Ed. Goals: 1,2,3,4, & 8; Core Skills: A,B,D, E, & F.**

#### **Unit 4- Orientation to Principles of the Upper Extremity, Head Injury, Hygiene, and Other Health Concerns**

1. Identify and discuss the anatomy of the shoulder, elbow, forearm and wrist;
2. Describe and discuss a basic understanding of injury assessment of shoulder, elbow, forearm and wrist;
3. Identify, describe, and demonstrate a variety of functional tests available for the rehabilitation of the shoulder, elbow, forearm and wrist;
4. Demonstrate and describe competency in wrapping and taping the shoulder, elbow, forearm and wrist;
5. Recognize and discuss the importance of reporting concussion;
6. Define and discuss the RTP ( return to play) component of concussion recovery;
7. Identify and discuss the anatomy of the cervical, thoracic, and lumbar spine;
8. Describe and discuss the value of having qualified people on the sidelines of football and other contact sports;
9. Identify, describe, and discuss a variety of facial injuries;
10. Define and discuss the importance of hygiene in athletics;
11. Identify and discuss basic dermatological conditions;
12. Identify, describe, and discuss other medical concerns that may affect athletic participation such as hepatitis, mononucleosis, diabetes, asthma, and other medical concerns;
13. Explain and describe the value in discouraging the use of over the counter medications in order for an athlete to play pain free;
14. Describe and discuss use, misuse, and abuse of steroids and the effect on the body;
15. Describe and discuss the need of proper nutrition for all athletes; how nutrition affects athletic performance.

***Course Goals: 1-5; Gen.Ed. Goals: 1,2,3,4, & 8; Core Skills: A,B,D,E,F, & G.***

#### **Requirements and Evaluation Criteria**

- Class participation (attendance, discussions, and labs) – 30%
- Written critique of a current article from a relevant journal – 20%
- Mid-term examination – 25%
- Final Examination – 25%