

San Bernardino Valley College

Curriculum Approved: October 23, 2003

Last Updated: 7/21/03

I. CATALOG DESCRIPTION

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: PE 232
Course Title: Prevention and Care of Athletic Injuries
Units: 3
Lecture: 2 Hours
Laboratory: 3 Hours
Prerequisite: PE 231

B. Catalog Description:

An Introductory course in recognition, assessment, management, care, and prevention of injuries occurring in physical activities. Basic taping techniques as well as the proper selection and use of treatment modalities will be included.

C. Schedule Description

An Introductory course in recognition, assessment, management, care, and prevention of injuries occurring in physical activities.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: One

III. EXPECTED OUTCOMES FOR STUDENTS

On successful completion of the course, the student should be able to do the following:

- A. Assess, evaluate and manage the most common injuries sustained in sports participation.
- B. Differentiate between the various forms of modality equipment and assess the proper fit of protective equipment.
- C. Apply the basic skills of injury protection by means of strapping, taping, and splinting.
- D. Analyze Athletic Training from both an Athletic Trainer and a coaching perspective.

IV. CONTENT

- A. Introduction to Athletic Training
- B. Medical terminology and anatomical overview
- C. Testing and evaluation of an injury
- D. Training room and clinical procedures
- E. Injury recognition
- F. Taping and wrapping techniques
- G. Chronic and acute injuries
- H. Prevention and follow-up of athletic injuries

V. METHODS OF INSTRUCTION

- A. Lecture
- B. Demonstration
- C. Slides and videos demonstrating the latest and diverse Athletic Training procedures
- F. Lab experience
- G. Field trips

VI. TYPICAL ASSIGNMENTS

- A. Weekly reading assignments
 - 1. Read the chapter on "Common Football Injuries" and bring two questions to class for discussion.

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- B. Group case injury evaluation
 - 1. Identify and evaluate one injury you have assisted with this season.

VII. EVALUATION

- A. Methods of Evaluation:
 - 1. Participation
 - 2. Quizzes
 - 3. Notebook
 - 4. Midterm and final examination
- B. Frequency of Evaluation:
 - 1. Weekly tests
 - 2. Midterm exam
 - 3. Final exam

VIII. TYPICAL TEXT(S)

Prentice, William E.; Arnheim, Daniel D.; and Hall, Susan J. Arnheim's Principles of Athletic Training. 11th ed. McGraw Hill, 2002

Garrett, William E. Principles and Practice of Primary Care Sports Medicine 1st ed. Lippincott Williams & Wilkins, 2001

IX. OTHER SUPPLIES REQUIRED OF STUDENTS

Three-ring binder to be filled with weekly handouts; Notebook will be evaluated by instructor at the end of the course.