



El Camino College
COURSE OUTLINE OF RECORD - Approved

I. GENERAL COURSE INFORMATION

Subject and Number: Physical Education 272
Descriptive Title: Care and Prevention of Athletic Injuries
Course Disciplines: Physical Education or Athletic Training
Division: Health Sciences and Athletics

Catalog Description:

This course provides the future athletic trainer, as well as coach and health care professional, the concepts surrounding the profession of athletic training. Emphasis is placed on the principles, techniques, and ethics in the prevention and care of athletic injuries. Study areas include the sports medicine team, legal issues, risk management, pathology of injury, management skills, and specific sports injuries and conditions.

Conditions of Enrollment:

Recommended Preparation: eligibility for English 1A

Course Length:	<input checked="" type="checkbox"/> Full Term	Other (Specify number of weeks):
Hours Lecture:	3.00 hours per week	
Hours Laboratory:	0 hours per week	
Course Units:	3.00	

Grading Method: Letter
Credit Status: Associate Degree Credit

Transfer CSU: Effective Date: Prior to July 1992
Transfer UC: Effective Date: Fall 2007

General Education:
El Camino College:

CSU GE:

IGETC:

II. OUTCOMES AND OBJECTIVES

A. COURSE STUDENT LEARNING OUTCOMES (The course student learning outcomes are listed below, along with a representative assessment method for each. Student learning outcomes are not subject to review, revision or approval by the College Curriculum Committee)

1. Students will demonstrate appropriate bandaging and taping skills for upper and lower extremities.
2. Students will explain and justify common management techniques for athletic injuries.
3. Students will design and rehearse an emergency action plan.

The above SLOs were the most recent available SLOs at the time of course review. For the most current SLO statements, visit the El Camino College SLO webpage at <http://www.elcamino.edu/academics/slo/>.

B. Course Student Learning Objectives (The major learning objective for students enrolled in this course are listed below, along with a representative assessment method for each)

1. Evaluate the role of the certified athletic trainer as a health care provider.
Objective Exams
2. Examine basic skills and knowledge concerning the roles and responsibilities of an athletic trainer.
Objective Exams
3. Debate the legal concepts and insurance issues in athletics.
Class Performance
4. Analyze the need for interaction and cooperation among faculty, staff, coaches, athletes, health care professionals and parents/guardian in the implementation of effective injury and illness prevention programs.
Field work
5. Categorize the mechanisms and characteristics of athletic injuries.
Multiple Choice
6. Differentiate between key anatomical structures in the body such as muscles, ligaments and tendons.
Multiple Choice
7. Describe the importance of sound nutrition to enhancing performance and aid in the prevention of injuries.
Written homework
8. Examine the proper universal bloodborne precautions established by OSHA.
Field work
9. Distinguish medical terms as they relate to athletic training.
Homework Problems
10. Recognize the clinical signs of physiological stresses caused by excessive exposure to heat, humidity, cold, altitude, and other environmental considerations in athletics.
Objective Exams

11. Evaluate specific nutritional and hydration recommendations as they relate to athletic competition.
Homework Problems
12. Compare and contrast theories and applications of therapeutic modalities.
Class Performance
13. Differentiate between proper and improper protective gear and sports equipment.
Field work
14. Evaluate the psychological impact of athletic injuries.
Objective Exams
15. Examine the components of a comprehensive emergency medical plan.
Homework Problems
16. Recognize and demonstrate proper ways to splint and transport the injured athlete.
Class Performance
17. Choose the appropriate baselines for pre-participation physicals.
Objective Exams
18. Examine the need for proper injury management skills in athletics.
Class Performance
19. Demonstrate appropriate taping skills.
Performance exams
20. Identify specific sports injuries and conditions in athletics.
Multiple Choice
21. Analyze proper therapeutic modalities for the care and rehabilitation of athletic injuries.
Objective exam
22. Choose proper treatment of various skin disorders.
Multiple Choice
23. Examine appropriate knowledge of common health conditions observed in an athletic setting.
Multiple Choice

III. OUTLINE OF SUBJECT MATTER (Topics are detailed enough to enable a qualified instructor to determine the major areas that should be covered as well as ensure consistency from instructor to instructor and semester to semester.)

Lecture or Lab	Approximate Hours	Topic Number	Major Topic
Lecture	2	I	Overview of The Athletic Training Profession A. Job market B. Educational requirements
Lecture	3	II	The Athletic Health Care Team A. The athletic trainer and the sports medicine team B. National Athletic Trainers Association code of ethics
Lecture	2	III	The Law of Sports Injury A. Legal concerns and health care administration in athletic training B. Insurance issues in athletics
Lecture	4	IV	Sports-Injury Prevention A. Training and conditioning techniques for the active individual B. Psychology of Injury C. Nutritional considerations in athletics
Lecture	3	V	Pathology of Sports Injury

			A. Mechanisms and characteristics of sports trauma B. Tissue response to injury
Lecture	3	VI	Risk Management A. Environmental considerations B. Protective sports equipment C. Guidelines and precautions for bloodborne pathogens
Lecture	9	VII	Management Skills A. Psychosocial interventions for injuries and illnesses B. Acute care and emergency procedures B. Spinal injury management and equipment removal guidelines C. Off-the-field injury evaluation
Lecture	8	IX	Clinical Practices in Athletic Training A. Basic guidelines for taping and wrapping techniques B. Guidelines for use of therapeutic modalities C. Guidelines for use of therapeutic exercise
Lecture	18	X	Musculoskeletal Conditions A. Establish basis of evaluation, treatment and management of upper extremity injuries in athletics: 1. Shoulder 2. Elbow 3. Forearm, wrist, hand and fingers B. Establish basis of evaluation, treatment and management of lower extremity injuries in athletics: 1. Foot 2. Ankle and lower leg 3. Knee 4. Thigh, hip groin and pelvis C. Establish basis of evaluation, treatment and management of the spine
Lecture	2	XI	General Medical Conditions A. Establish basis of evaluation, treatment and management of skin disorders B. Establish basis of evaluation, treatment and management of other health conditions in athletics
Total Lecture Hours		54	
Total Laboratory Hours		0	
Total Hours		54	

IV. PRIMARY METHOD OF EVALUATION AND SAMPLE ASSIGNMENTS

A. PRIMARY METHOD OF EVALUATION:

Problem solving demonstrations (computational or non-computational)

B. TYPICAL ASSIGNMENT USING PRIMARY METHOD OF EVALUATION:

Identify appropriate anatomical structures involved in an acute musculoskeletal injury. Implement basic assessment techniques and immediate care procedures.

C. COLLEGE-LEVEL CRITICAL THINKING ASSIGNMENTS:

1. Compose and implement an emergency medical plan for the treatment of a concussion. Examine the signs and symptoms and devise an emergency plan. The plan should include appropriate management measures and appropriate response times.
2. Assess an acute laceration that might occur in an athletic performance setting. Propose and implement appropriate management techniques for the care of this wound as well as provisions for dealing with bloodborne pathogens.

D. OTHER TYPICAL ASSESSMENT AND EVALUATION METHODS:

Essay exams
Performance exams
Objective Exams
Quizzes
Written homework
Field work
Class Performance
Term or other papers
Multiple Choice
Completion
Matching Items
True/False
Other (specify):

Assessment and management of athletic injuries

Dependent upon the assignment students are required to; write a research paper of 3-5 pages in length complete with citations, an oral presentation not to exceed 30 minutes using media of their choosing and class handouts, or fieldwork in an approved clinical setting and writing a report on said experience relating the relevance to the course content.

Other assignment requires either oral presentation with student critic, demonstration with student critic, or written reports.

Presentation

V. INSTRUCTIONAL METHODS

Demonstration
Discussion
Group Activities
Guest Speakers
Lecture
Multimedia presentations
Role Play
Simulation

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. WORK OUTSIDE OF CLASS

- Study
- Answer questions
- Skill practice
- Required reading
- Written work
- Observation of or participation in an activity related to course content

Estimated Independent Study Hours per Week: 6

VII. TEXTS AND MATERIALS

A. UP-TO-DATE REPRESENTATIVE TEXTBOOKS

William Prentice. Arnheim's Principles of Athletic Training: A Competency-Based Approach. 14th ed. McGraw-Hill, 2011. Discipline Standard

B. ALTERNATIVE TEXTBOOKS

C. REQUIRED SUPPLEMENTARY READINGS

D. OTHER REQUIRED MATERIALS

Purchasing of general taping supplies.

VIII. CONDITIONS OF ENROLLMENT

A. Requisites (Course and Non-Course Prerequisites and Corequisites)

Requisites	Category and Justification
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B. Requisite Skills

Requisite Skills

C. Recommended Preparations (Course and Non-Course)

Recommended Preparation	Category and Justification
Non-Course Recommended Preparation eligibility for English 1A	Reading comprehension of a college level textbook fosters success in the class by enhancing and providing additional information that was presented in lectures. A 3-5 page essay is required and requires proper reference citing.

D. Recommended Skills

Recommended Skills
Reading comprehension for college level textbook. ENGL 84 - Utilize comprehension and vocabulary strategies to improve reading rate. ENGL 84 - Select and employ reading strategies to interpret the content of a college-level textbook, with special focus on constructing a thesis statement and providing valid support. ENGL 84 - Identify an implied main idea (thesis), and support with major and minor details, from a longer text or novel.

Write a 3-5 page essay utilizing proper structure and grammar with citation of references. ENGL A - Apply appropriate strategies in the writing process including prewriting, composing, revising, and editing techniques. ENGL A - Plan, write, and revise 500-word multi-paragraph expository essays including an introduction and conclusion, exhibiting coherence and unity, avoiding major grammatical and mechanical errors that interfere with meaning, and demonstrating awareness of audience, purpose, and language choice. ENGL A - Utilize MLA guidelines to format a document, to cite sources in the text of an essay, and to compile a Works Cited list.

E. Enrollment Limitations

Enrollment Limitations and Category	Enrollment Limitations Impact
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Course created by Thomas Storer on 09/01/1974.

BOARD APPROVAL DATE:

LAST BOARD APPROVAL DATE: 03/18/2019

Last Reviewed and/or Revised by: Mary Aja

Date: November, 2019

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