

STATUS:   A  

COMMON COURSE NUMBER:   PET 2622  

COURSE TITLE:   Care and Prevention of Athletic Injuries  

CREDIT HOURS:       2      

**CONTACT HOURS BREAKDOWN:**

Lecture/Discussion       32      

Lab                   

Other                   

Contact Hours/Week       2      

**CATALOG COURSE DESCRIPTION:**

Prerequisite: None

Corequisite: None

Develops competence, knowledge and skill in the prevention and care of athletic injuries.

General Education Requirements - Associate of Arts Degree, meets Area(s):

General Education Requirements - Associate in Science Degree, meets Area(s):

**UNIT TITLES:**

1. Treating Athletic Injuries
2. Knowledge of Anatomy and Kinesiology in Relation to Athletic Injuries

## I. Course Overview:

Upon successful completion of this course, the students should be able to be an athletic trainer. An athletic trainer is one who is involved in the prevention and management of athletic injuries at all levels of competition. The athletic trainer must take steps to prevent athletic injury and is responsible for appropriate first aid if an injury occurs. Trainers work closely with physicians in managing the treatment and rehabilitation of athletic injuries in order to return a healthy athlete to competition as soon as possible.

## II. Units:

### Unit 1. Treating Athletic Injuries

#### General Outcome:

- 1.0 The students should be able to demonstrate the correct use of modalities and the fundamental uses of athletic taping on various parts of the body.

#### Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to perform or apply the following:

- 1.1 Adhesive strapping techniques for the following areas:
  - 1.1.1 Ankle
  - 1.1.2 Knee
  - 1.1.3 Wrist
  - 1.1.4 Shin
- 1.2 Wrapping techniques as follows:
  - 1.1.1 Knee
  - 1.1.2 Analgesic pack
  - 1.1.3 Louisiana wrap
  - 1.1.4 Shoulder
- 1.3 Universal dressing anywhere.
- 1.4 Protective and supportive devices as follows:
  - 1.4.1 Knee braces
  - 1.4.2 Heel pads
  - 1.4.3 Donut protective pads (anywhere)
  - 1.4.4 Arch supports, etc.

- 1.5 Splinting Techniques as follows:
  - 1.5.1 Nose
  - 1.5.2 Spine board
  - 1.5.3 Neck
  
- 1.6 Transportation techniques as follows:
  - 1.6.1 Two 4-6 man pick-up
  - 1.6.2 Use of stretcher
  - 1.6.3 Use of spine boards
  - 1.6.4 Emergency procedures
  
- 1.7 Lifesaving techniques as follows:
  - 1.7.1 Mouth to mouth resuscitation
  - 1.7.2 CPR
  - 1.7.3 Stoppage of bleeding
  - 1.7.4 Emergency care
  
- 1.8 The use of Modalities as follows:
  - 1.8.1 Whirlpools
  - 1.8.2 Contrast baths
  - 1.8.3 Ultrasound
  - 1.8.4 Coldpacks and heatpacks
  
- 1.9 Treatment of procedures and first aid care of injuries.

Unit 2. Knowledge of Anatomy and Kinesiology in Relation to Athletic Injuries

General Outcome:

2.0 The students should be able to perform the duties of the trainer.

Specific Learning Outcomes:

Upon successful completion of this unit, the students should be able to:

2.1 Work effectively in a "one to one" situation (student/trainer to athlete).

2.2 Maintain injury reports and records.

2.2.1 Keep daily records of the treatment of athletic injuries.

2.3 Identify various modalities that are used in the training room and how to record them.

2.4 Complete and pass a written examination on athletic training skills.

2.5 Submit personal student trainer's evaluation form.

**Safety Precautions:**

Students should be aware that participation in physical activity carries a degree of risk. Therefore, students are expected to follow instructions and safety precautions given by the HPRD instructor. Also, students must inform the instructor of any existing medical problems.

(NOTE: The College does not carry individual student insurance to cover accidents which occur during college classes. The students are advised to carry their own insurance.)