

**PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS**

**CARE & PREVENTION OF ATHLETIC INJURIES  
PHED 2335**

**Class Hours: 3.0**

**Credit Hours: 3.0**

**Laboratory Hours: 0.0**

**Revised: Fall 2014**

**Catalog Course Description:**

Designed for those beginning careers in coaching, physical education and the fitness profession, the course prepares students to manage injury and emergency situations when an athletic trainer or physician is not available. Focus is on practical and theoretical aspects needed to manage the care of athletic injuries—from prevention, identification and assessment of injuries to interaction with players, parents and physicians. Action plans, checklists and applications of universal precautions in athletic environments are included to provide the practical tools needed to get started in the field.

**Entry Level Standards:**

None

**Prerequisites:**

None

**Textbook(s) and Other Course Materials:**

Arnheim, Daniel D. (2013) Essentials of Athletic Injury Management, 9th Edition.  
William E. Prentice, UNIV OF NC CHAPEL HILL. Softcover, 448 pages. ISBN-13  
9780078022616

and

One case of 1.5" tape. (32 rolls per case)

**I. Week/Unit/Topic Basis:**

<b>Week</b>	<b>Topic</b>
1	Fitness Professionals, Coaches, and the Sports Medicine Team: Defining Roles Organizing and Administering an Athletic Health Care Program
2	Legal Liability and Insurance Preventing Injuries Through Fitness Training Sports Nutrition and Supplements
3	Selecting and Using Protective Sports Equipment Understanding the Potential Dangers of Adverse Environmental Conditions

- 4 Handling Emergency Situations and Injury Assessment/ Blood borne Pathogens/ Universal Precautions/ Wound Care/ Recognizing Different Sports Injuries
- 5 The Foot and Toes Wrapping and Taping Techniques
- 6 The Ankle and Lower Leg Wrapping and Taping Techniques
- 7 The Knee and Related Structures Wrapping and Taping Techniques
- 8 The Thigh, Hip, Groin, and Pelvis Wrapping and Taping Techniques
- 9 The Shoulder Complex Wrapping and Taping Techniques
- 10 The Elbow, Forearm, Wrist, and Hand Wrapping and Taping Techniques
- 11 The Spine  
The Thorax and Abdomen
- 12 The Head, Face, Eyes, Ears, Nose, and Throat
- 13 General Medical Conditions and Additional Health Concerns/ Substance Abuse/  
Preventing and Managing Injuries in Young Athletes
- 14 Practical Application/ Review
- 15 Final Exam Period

## **II. Course Goals\*:**

### **The course will**

- A. Provide students with the skills and knowledge necessary to prevent, treat, and rehabilitate athletic injuries. V.3, V.4
- B. Outline knowledge of the roles of Fitness Professionals, Coaches, and the Sports Medicine Team. V.5
- C. Present the basics of Sport Nutrition V.5
- D. Review aspects of Legal Liability and Insurance relating to athletic injuries. V.7
- E. Provide students with an understanding of Injury Prevention Through Fitness Training V.3
- F. Provide students with knowledge of Wrapping and Taping Techniques. V.3
- G. Provide students with knowledge of the anatomy and kinesiology of the foot and toes to facilitate evaluation, treatment, and rehabilitation. V.3
- H. Provide students with knowledge of the anatomy and kinesiology of the Ankle and Lower Leg to facilitate evaluation, treatment, and rehabilitation. V.3
- I. Provide students with knowledge of the anatomy and kinesiology of the Thigh, Hip, Groin, and Pelvis to facilitate evaluation, treatment, and rehabilitation. V.3
- J. Provide students with knowledge of the anatomy and kinesiology of the Knee and Related Structures to facilitate evaluation, treatment, and rehabilitation. V.3

- K. Provide students with knowledge of the anatomy and kinesiology of the Shoulder Complex to facilitate evaluation, treatment, and rehabilitation. V.3
- L. Provide students with knowledge of the anatomy and kinesiology of the Spine to facilitate evaluation, treatment, and rehabilitation. V.3
- M. Provide students with knowledge of the anatomy and kinesiology of the Thorax and Abdomen to facilitate evaluation, treatment, and rehabilitation. V.3
- N. Provide students with knowledge of the anatomy and kinesiology of the Head, Face, Eyes, Ears, Nose, and Throat to facilitate evaluation, treatment, and rehabilitation. V.3

\*Roman numerals after course objectives reference TBRs general education goals.

### **III. Expected Student Learning Outcomes\*:**

Students will be able to:

1. Describe the concepts and uses of injury and illness surveillance relevant to athletic training. A, E
2. Identify and describe measures used to monitor injury prevention strategies. A, E
3. Identify modifiable/non-modifiable risk factors and mechanisms for injury and illness. A, E
4. Explain how the effectiveness of a prevention strategy can be assessed using clinical outcomes, surveillance, or evaluation data. A, E
5. Explain the precautions and risk factors associated with physical activity in persons with common congenital and acquired abnormalities, disabilities, and diseases. A, C, E
6. Summarize the epidemiology data related to the risk of injury and illness associated with participation in physical activity. A, E
7. Implement disinfectant procedures to prevent the spread of infectious diseases and to comply with Occupational Safety and Health Administration (OSHA) and other federal regulations. A, D, E
8. Identify the necessary components to include in a pre-participation physical examination as recommended by contemporary guidelines. A, D, E
9. Explain the role of the pre-participation physical exam in identifying conditions that might predispose the athlete to injury or illness. A, D, E
10. Explain the principles of environmental illness prevention programs to include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment. A, C, E
11. Summarize current practice guidelines related to physical activity during extreme weather conditions. A, E
12. Summarize current practice guidelines related to physical activity during extreme weather conditions. A, E
13. Summarize the basic principles associated with the design, construction, fit, maintenance, and reconditioning of protective equipment, including the rules and regulations established by the associations that govern its use. A, B, C, D, E

14. Summarize the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. F, G, H, I J, K, L, M, N
15. Fit standard protective equipment following manufacturers' guidelines. F, G, H, I J, K, L, M, N
16. Apply preventive taping and wrapping procedures, splints, braces, and other special protective devices. F, G, H, I J, K, L, M, N
17. Describe the role of nutrition in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle. A, C, E
18. Describe contemporary nutritional intake recommendations and explain how these recommendations can be used in performing a basic dietary analysis and providing appropriate general dietary recommendations. A, C, E
19. Describe current guidelines for proper hydration and explain the consequences of improper fluid/electrolyte replacement. A, C, E
20. Describe nutritional principles that apply to tissue growth and repair. A, C, E
21. Describe changes in dietary requirements that occur as a result of changes in an individual's health, age, and activity level. A, C, E
22. Identify the foods and fluids that are most appropriate for pre-activity, activity, and recovery meals/snacks. A, C, E
23. Explain the known usage patterns, general effects, and short- and long-term adverse effects for the commonly used dietary supplements, performance enhancing drugs, and recreational drugs. A, C, E
24. Identify which therapeutic drugs, supplements, and performance-enhancing substances are banned by sport and/or workplace organizations in order to properly advise clients/patients about possible disqualification and other consequences. A, C, E
25. Describe the normal anatomical, systemic, and physiological changes associated with the lifespan. A, C, E
26. Identify the common congenital and acquired risk factors and causes of musculoskeletal injuries and common illnesses that may influence physical activity in pediatric, adolescent, adult, and aging populations. A, C, E
27. Recognize the signs and symptoms of catastrophic and emergent conditions and demonstrate appropriate referral decisions. A, B, C, E
28. Explain the legal, moral, and ethical parameters that define the athletic trainer's scope of acute and emergency care. A, B, C, E
29. Select and apply appropriate splinting material to stabilize an injured body area.
30. Determine the proper transportation technique based on the patient's condition and findings of the immediate examination. F, G, H, I J, K, L, M, N
31. Compare and contrast contemporary theories of pain perception and pain modulation.
32. Describe the laws of physics that (1) underlay the application of thermal, mechanical,

electromagnetic, and acoustic energy to the body and (2) form the foundation for the development of therapeutic. F, G, H, I J, K, L, M, N

33. Analyze gait and select appropriate instruction and correction strategies to facilitate safe progression to functional gait pattern. F, G, H, I J, K, L, M, N
34. Inspect therapeutic equipment and the treatment environment for potential safety hazards.
35. Explain the federal, state, and local laws, regulations and procedures for the proper storage, disposal, transportation, dispensing (administering where appropriate), and documentation associated with commonly used prescription and nonprescription medications. D
36. Describe the common routes used to administer medications and their advantages and disadvantages. F, G, H, I J, K, L, M, N
37. Clinically evaluate and manage a patient with an emergency injury or condition to include the assessment of vital signs and level of consciousness, activation of emergency action plan, secondary assessment, diagnosis, and provision of the appropriate emergency care. F, G, H, I J, K, L, M, N
38. Select, apply, evaluate, and modify appropriate standard protective equipment, taping, wrapping, bracing, padding, and other custom devices for the client/patient in order to prevent and/or minimize the risk of injury to the head, torso, spine, and extremities for safe participation in sport or other physical activity. F, G, H, I J, K, L, M, N
39. Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies including (1) basic legislative processes for the implementation of practice acts, (2) rationale for state regulations that govern the practice of athletic training, and (3) consequences of violating federal and state regulatory acts. B, D

\* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

#### **IV. Evaluation:**

A. Testing Procedures: 50% of grade

Written examination objective non-cumulative

B. Laboratory Expectations:

40%

C. Field Work:

N/A

D. Other Evaluation Methods:

Observation 10%

E. Grading Scale:

A	93 -100 points
B+	92 - 88 points
B	87 - 83 points
C+	82 - 78 points
C	77 - 73 points

D+	72 - 68 points
D	67 - 62 points
F	61 below points

## V. Policies:

### A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

### B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Pellissippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

### C. Accommodations for disabilities:

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to [disabilityservices@pstcc.edu](mailto:disabilityservices@pstcc.edu), or by visiting Alexander 130. More information is available at <http://www.pstcc.edu/sswd/>.

### D. Other Policies:

#### Make-up policy:

After one week, students will not be allowed to make-up written examinations. With documentation, students will be allowed to make up absences. Make-up sessions should be

supervised and consist of activities engaged in during the sessions that the student missed.

Tardy Policy:

Students, who are more than fifteen minutes late to class, will be considered absent.

Cell Phone Policy:

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) is not permitted during class. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

Stepping out of the Classroom:

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

Injury Policy:

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.