

KPE 371

COURSE NAME/NUMBER

LEARNING OBJECTIVES / GOALS / OUTCOMES / LEARNING OUTCOMES:

To develop the student's understanding of the role of the athletic trainer in the recognition and acute care of common athletic injuries.

To develop an appreciation of the mechanisms of injury, and an understanding of preventative measures.

To develop the student's understanding of the steps involved in the recognition, acute care, and rehabilitation of common athletic injuries and conditions.

To develop a general understanding of the healing process.

METHODS:

Lecture, audio-visual, class discussion, laboratory sessions.

PRIOR LEARNING ASSESSMENT RECOGNITION (PLAR):

Credit can be awarded for this course through PLAR (Please check :) Yes No

METHODS OF OBTAINING PLAR:

TEXTBOOKS, REFERENCES, MATERIALS:

[Textbook selection varies by instructor. An example of texts for this course might be:]

Prentice, W.E. (2003). *Arnheim's Principles of Athletic Training: A Competency-Based Approach* (11th Edition). Boston, MA: McGraw-Hill.

SUPPLIES / MATERIALS:

STUDENT EVALUATION:

[An example of student evaluation for this course might be:]

Laboratory exams		
A.	ankle wraps	5%
B.	ankle taping	10%
C.	injury recognition/ treatment/taping	10%
Term paper		25%
Midterm		20%
Final exam		30%
	Total:	100%

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COURSE CONTENT:

[Course content varies by instructor. An example of course content might be:]

Introduction to athletic training.

- the athletic trainer and trainer concerns
- the training program

Injury prevention.

- conditioning and training
- protective sports devices

Emergency action plan.

- role of the athletic trainer
- injury evaluation (generic onsite/offsite)
- vital signs

Mechanism of injury.

- soft tissue
- bone and joint

Healing and follow-up care.

- three phases (soft tissue)
- rehabilitation (phases)
- introduction to rehabilitation modalities

Ankle sprains.

- recognition and acute care
- rehabilitation, cryotherapy, and home care
- taping and strapping

Regional injuries and conditions.

- foot and lower leg
- knee
- thigh, hip and groin
- abdomen
- spine (by section)
- head and face
- shoulder
- elbow and wrist

Taping.

- general objectives and considerations
- generic taping procedures and use
- ankle cloth wrap
- tensor application
- ankle (closed)
- achilles tendon
- longitudinal arch
- knee demonstration (students not responsible for knee taping)
- wrist (hyperextension)
- thumb (hyperextension)
- groin