SENATE CURRICULUM COMMITTEE
MINOR CHANGE FORM

PROPOSAL TITLE: PREVENTION AND CARE OF [illegible]ES

X
__ **UNDERGRADUATE** __ **GRADUATE** 3 __ **CREDIT HOURS**

SPONSOR(S): Marsha L. Grant Ford and James Burd
DEPARTMENT: Health and Exercise Science
TELEPHONE: Grant X3767, Burd X4783

CHECK:

__ **CHANGES IN APPROVED MINORS, SPECIALIZATIONS, CONCENTRATIONS**

X
__ **CATALOG DESCRIPTIONS, TITLES, AND/OR PREREQUISITES**

X
__ **SMALL CHANGES IN COURSE CONTENT OF EXISTING COURSES WHICH DO NOT SUBSTANTIALLY VARY THE CURRICULUM**

__ **CHANGES IN HEGIS NUMBER**

STEP #1 (DEPARTMENT)

Date Approved: R. Rogers 10/23/97

Date **NOT** Approved: _____

R. Rogers 10/23/97
Dept. Curriculum Chairperson signature/date

James Burd 10/23/97
Dept. Chairperson signature/date

STEP #2 (COLLEGE)

Recommend To Approve/date: [illegible]

Recommend **NOT** To Approve/date: _____

Comments:

[signature]
College Curriculum Chairperson Signature /date

STEP #3 (ACADEMIC DEAN)

Recommended [signature]

NOT Recommended __

[signature] 3/1/98
Dean of College Signature/date

STEP #4 (CURRICULUM COMMITTEE)

SCC# _____

APPROVED: X 3/28/98

NOT APPROVED

A. Reeves 5/8/98
Curriculum Committee Chairperson Signature/date

STEP #5 EXECUTIVE VP/PROVOST

Approved [signature]

NOT Approved _____

[signature] 5/22/98
Signature /Date

REGISTRAR'S SIGNATURE/DATE: Robert A. Bedard 5/29/98

MINOR CHG (7 97)

COURSE PROPOSAL

1. Details

a. Course Title

Prevention and Care of Athletic Injuries

b. Sponsors: Marsha L. Grant Ford, MEd, ATC
James Burd, Department Chair
Department of Health and Exercise Science

c. 3 S.H.

d. Course Level: Undergraduate (freshman level for athletic training specialization students and junior level for other Health and Exercise Science majors)

e. Prerequisites: Anatomy and Physiology I and II or Structure and Function of the Human Body I and II. This course may be taken concurrently with Anatomy and Physiology II or Structure and Function of the Human Body II.

f. Implementation: Fall Semester 1998

g. Curricular Effect: This course remains a requirement for the Teacher Certification and Athletic Training Specializations. It replaces Prevention and Treatment of Athletic Inuries (1 S.H.) **(0835.335)**. Departmental offerings are not affected

h. Resource Requirements: Faculty must be a NATA certified athletic trainer with a master's degree and at least one year full time experience as a NATA certified athletic trainer. Current full time staff is adequate. Present facilites are adequate. e portion of this class are adequate.

i. Library resources:
It is recommended that the following resources be added to complement current holdings.

Athletic Training and Sports Medicine,
American Academy of Orthopedic Surgeons ISBN 0892030445

Jenkins, David B.
Hollinshead's Functional Anatomy of the Limbs and Back
W. B. Saunders ISBN 0721651283

Fahey, Thomas
Athletic Training, Principles and Practice
Mayfield Publishing Company ISBN 0874845823

Kraemer, William and Fleck, Steven
Strength Training for Young Athletes
Human Kinetics Publishers ISBN 0873223969

Chu, Donald
Jumping into Plyometrics
Human Kinetics Publishers ISBN 0880114436

It is recommended that the following periodical be added to compliment current holdings.

Journal of Strength and Conditioning Research
National Strength Coaches Association
Human Kinetics Publishers ISSN 10648011

j. Required Materials:

1. Anderson, Marcia and Hall, Susan
Sports Injury Management
Williams and Wilkens ISBN 0683001752

2. 1 1/2" white linen athletic tape

2. **Rationale:**
Entry level information pertaining to the profession of athletic training is required for CAAHEP accreditation. Instructional emphasis will be placed on specific NATA competencies which will prepare these students for the advanced courses in the undergraduate athletic training specialization. Furthermore, competent health and exercise professionals must have a thorough and complete understanding of injury prevention, pathology and care.These professionals are held to a higher professional standard, from a legal perspective andd must be able to respond to injuries sustained by the individuals for which they are responsible at the level expected. This course also gives the aforementioned professional insight into the cooperation and respect that must exist between health professionals.

The core of this course is the former one credit Prevention and Treatment of Athletic Injuries (0835.335). The name change more accurately reflects the content of this crucial component for health and exercise professionals. Basic taping and wrapping competencies to be more thoroughly addressed in a laboratory component and well as surface anatomy and basic pathology and assessment. The additional semester hours will insure adequate time to address the priority of prevention of athletic injury/illness.

3. **Essence of the Course:**

a. Objectives: NATA competencies in athletic training will be addressed.By the completion of the course

(Cognitive) The student will be able to identify:

1. Basic components of a comprehensive athletic injury/ illness prevention program including (a) physical examinations and screening procedures, (b) physical conditioning, (c) fitting and maintenance of protective equipment, (d) application of taping, special pads, etc., and (e) control of environmental risks.
2. Risk factors associated with congenital or acquired postural abnormalities, physical disabilities, and diseases (ie epilepsy, diabetes, asthma, congenital heart disease, absence of paired organs, visual impairments.
3. Sports specific risk factors associated with conditioning, coaching methods, and motor skill performance.
4. Sports specific environmental risk factors associated with climatic conditions, facilities and equipment, sanitation, etc., and associated risk management procedures/safety guidelines.
5. Role of physical examinations and screening procedures in the identification of intrinsic risk factors and potential disqualifying conditions.
6. Principles of an effective heat illness prevention program including those pertaining to acclimatization and conditioning, fluid and electrolyte replacement, selection of clothing, monitoring of weight loss, and scheduling and organization of practice sessions.
7. Normal thermoregulatory mechanisms of the human body including methods of heat dissipation and he associated effects of exposure to high environmental heat and humidity.
8. Principles of organization of practice sessions with regard to minimization of injury/ illness risk factors.
9. Standards for design and construction, maintenance, and reconditioning of protective sports equipment. (NOCSAE, etc.)
10.Legal concepts and considerations associated with the purchase, fitting, maintenance of protective sports equipment including those pertaining to product liability, personal liability, shared responsibility, etc.
11. Rules and regulations pertaining to the use of special protective equipment, braces, splints, etc. as established by governing associations.
12. Characteristic pathology of all common closed soft tissue injuries (sprains, strains, contusion,

dislocations, etc.), open wounds (abrasions, lacerations, incisions, punctures, etc.), and fractures.
13. The body's normal immediate and delayed physiological response to trauma (hemostasis, inflammation, etc.).
14. Legal, moral and ethical parameters which define the scope of first aid and emergency care and identify the proper role of the certified athletic trainer.
15. Availability, purposes and maintenance of contemporary first aid and emergency care equipment and supplies and commonly recommended contents of emergency care field kits.
16. Typical psychological and emotional responses to trauma and forced physical inactivity as factors affecting the rehabilitation process (motivation, anxiety, apprehension, etc.).
17. Comparative effectiveness of taping and bandaging, special padding, and standard protective equipment as related to the safe return of injured athletes to competition.
18. Basic legal concepts as they apply to the certified athletic trainer and his/her performance of job responsibilities (standard of care), liability, defenses against negligence, informed consent, etc.).
19. Basic components of an effective physical examination including commonly recommended health factors to be evaluated and potential disqualifying conditions.
20. Basic record and forms pertaining to the management of athletic injuries including those used for (a) securing emergency care information and parental consent, (b) accident reporting, (c) medical referral, (d) documentation of treatment, (e) recording of rehabilitation process, and (f) release of medical information.
21. Recognition and acceptance of the need for good interpersonal relationships between the athletic training staff and student-athletes, medical/ paramedical personnel, coaches, and other institutional personnel.
22. Role of coaches and athletes in reducing injury/illness risks including those related to physical conditioning, acclimatization, fluid and electrolyte replacement, care and maintenance of protective equipment, organization of practice sessions, coaching methods, etc.
23. Risk factors associated with exposure to blood and body secretions (A.I.D.S., etc.).

(Psychomotor) The student will be able to demonstrate:

1. Application of first aid procedures for closed soft tissue injuries including the use of pressure bandages,

ice and elevation.
2. Control of external bleeding including application of direct pressure, arterial pressure, and application of dressings and bandages.
3. Application of special protective devices (braces, splints, special pads, etc.) and taping, bandaging, and wrapping procedures.

(Affective) The student will demonstrate an understanding of:

1. Acceptance of the moral and ethical responsibility to conduct safe athletic programs and to minimize injury/illness risk factors to the fullest extent possible.
2. Appreciation of the need for the cooperation among administrators, coaches, athletic trainers, parents, and athletes in the implementation of effective injury/ illness prevention programs.
3. Acceptance of the professional, ethical, and legal parameters which define the proper role of the certified athletic trainer in the evaluation of athletic injuries/ illnesses and medical referral.
4. Appreciation of the importance of developing a thorough comprehensive athletic injury emergency plan and the need for continual review and practice of emergency care procedures.
5. Recognition and acceptance of the need for interpersonal relationships between the athletic training staff and student-athletes, medical/ paramedical personnel, coaches, and other institutional personnel.

b. Topical Outline:

1. Basic human anatomy as it relates to human performance and athletic injury

2. Sports injury management
   -responsibilities of the primary sports medicine team
   -legal liability
   -medical records
3. Mechanics of tissue injury and healing
   -forces
   -soft tissue injuries
   -osseous injuries
   -nerve injuries
   -pain
4. Emergency Procedures
   -emergency plan
   -shock
   -hyperthermia
   -hypothermia

-assessment overview

5. Therapeutic Exercise and Modalities
   -conditioning vs. rehabilitation programs
   -controlling inflammation
   -superficial heat and cold
6. Protective Equipment
   -principles of commercial protective equipment
   -protective equipment for face and head
   -protective equipment for the lower body
   -protective equipment for the upper body
7. Basic functional and surface anatomy,pathology, prevention and care of injuries to the lower extremity
8. Basic functional and surface anatomy, pathology, prevention and care of injuries to the upper extremity
9. Basic functional and surface anatomy, pathology, prevention and care of injuries to the axial region
10. Basic surface anatomy,pathology, prevention and care of injuries to the throat, thorax and viscera
11. Related health conditions
    -respiratory tract
    -gastrointestinal tract
    -contagious viral diseases
    -the hypertensive athlete
    -the asthmatic athlete
    -the diabetic athlete
    -iron deficiency and sickle-cell anemia
    -therapeutic, recreational and performance enhancing drugs
12. Basic taping, wrapping and padding techniques
13. Twenty-five hours of clinical observation field experience

c. Evaluation and Grading Procedure
   1. library research review article
   2. written quizzes
   3. written examination
   4. practical examination
   5. paper patient exercises to include critical thinking strategies
   6. internet experience (LISTSERV)
   7. clinical observation field experience

d. Course Evaluation

   1. student evaluation
   2. review by department athletic training education program director
   3. review by department curriculum committee

4. Letters of Consultation

This course is not being taught elsewhere on campus, nor does it have an impact on other departmental offerings.

Catalog Description

Prevention and Care of Athletic Injuries

Prerequisites: Anatomy and Physiology I and II **or**
Structure and Function of the Human Body I and II
*Students may enroll during concurrent enrollment in Anatomy and Physiology II or Structure and Function of the Human Body II

An examination of current practices and procedures in the basic pathology, prevention and care of athletic injuries. The laboratory experience exposes students to wound care, padding and the art and science of athletic injury taping. An observational clinical field experience will be required.