



MASTER COURSE OUTLINE

A. PHED 2214 Prevention and Care of Athletic Injuries

B. COURSE DESCRIPTION:

This course is an introduction to the prevention and care of athletic related injuries for coaches, athletes, exercise enthusiasts, or those interested in human performance fields, including athletic related injury recognition and management as well as techniques in taping. **(2 Cr – 1 lect, 1 lab)**

C. *Core Theme: Critical Thinking

D. RIVERLAND INSTITUTIONAL LEARNING OUTCOMES:

This course addresses the following Riverland Institutional Learning Outcome(s):

- ILO 1: critical thinking (*Core Theme Goal 2*)
- ILO 2: awareness of the larger global community (*Core Theme Goal 7 or 8*)
- ILO 3: ethical, engaged citizenship (*Core Theme Goal 9 or Goal 10*)
- ILO 4: communication and collaboration (*Discipline Goal 1 and by any learning outcome(s) involving communication or collaboration*)

E. MAJOR CONTENT AREAS:

- Introduction to athletic training as an allied health profession
- Injury prevention and care
- Characteristics and mechanisms of sports trauma
- Preventative techniques
- Sport specific conditions
- Fundamentals of treatment and rehabilitation
- Concussion assessment

F. GOAL TYPES, OBJECTIVES, AND OUTCOMES:

| <u>GOAL</u> | <u>OBJECTIVES</u> | <u>OUTCOMES</u> |
|----------------------------|---|--|
| * <u>Critical Thinking</u> | Students will be able to gather factual information and apply it to a given problem in a manner that is relevant, clear, comprehensive, and conscious of possible bias in the information selected. | 1. identify athletic injury characteristics through article analysis. |
| <u>CS</u> | demonstrate understanding of the role of the athletic trainer, coach, activity supervisor or others who may be responsible for the participant related to the prevention and care of athletic injuries. | 1. identify roles through interviewing professions, researching professional literature related to athletic training and presenting their findings in a paper and/or presentation. |

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| <u>CS</u> | understand athletic injury mechanisms, characteristics, and classifications. | <ol style="list-style-type: none"> 1. identify athletic injury and complete testing. 2. identify factors contributing to athletic injury including overuse, and wear and tear. |
| <u>CS</u> | demonstrate basic knowledge of therapeutic modalities. | <ol style="list-style-type: none"> 1. perform proper therapeutic and preventative techniques. 2. properly tape and assess athletic injury through skills testing and development of a treatment plan for a specific injury. |
| <u>CS</u> | describe most common types of athletic injuries, their cause, and appropriate preventive and protective techniques will be made. | <ol style="list-style-type: none"> 1. identify factors contributing to athletic injury including overuse, and wear and tear. |
| <u>CS</u> | understand the physiology of soft tissue injury and healing. | <ol style="list-style-type: none"> 1. identify the steps to treating soft tissue injury and inflammation. |
| <u>CS</u> | demonstrate appropriate taping and bandaging skills for selected body areas. | <ol style="list-style-type: none"> 1. properly tape and assess athletic injury through skills testing. |

G. SPECIAL INFORMATION:

This course may require use of the Internet, the submission of electronically prepared documents and the use of a course management software program. Students who have a disability and need accommodations should contact Accessibility Services at the beginning of the semester. This information will be made available in alternative format, such as Braille, large print, or cassette tape, upon request.

H. COURSE CODING INFORMATION:

Course Code A/Class Maximum 48; Letter Grade (Hybrid course)

Revision date: 12/21/09; 09/01/16; 03/19/18; 03/28/24

AASC Approval date: 04/17/18; 04/16/24

*These five MnTC Goals have been identified as Riverland Community College Core Themes. Every course in the Riverland Community College curriculum shall meet outcomes from one of these themes.

**These five MnTC Goals have been identified as Riverland Community College Disciplines. Riverland's MnTC courses also shall meet outcomes from a Discipline Area.

NOTE: The Minnesota Transfer Curriculum "10 Goal Areas of Emphasis" are reflected in the five required discipline areas and five core themes noted in the Riverland Community College program of study guide and/or college catalog.

| *Riverland Community College Core Themes | MnTC Goal Number |
|---|-------------------------|
| Critical Thinking (CT) | 2 |
| Human Diversity (HD) | 7 |
| Global Perspective (GP) | 8 |
| Ethical and Civic Responsibility (EC) | 9 |
| People and the Environment (PE) | 10 |

| **Riverland Community College Discipline Areas | MnTC Goal Number |
|---|-----------------------------|
| Communication (CM) | 1 |
| Natural Sciences (NS) | 3 |
| Mathematics/Logical Reasoning (MA) | 4 |
| History and the Social & Behavioral Sciences (SS) | 5 |
| Humanities and Fine Arts (HU) | 6 |

Riverland