

**Common Course Outline**  
**HLTH 231/PEFT 231/PEMJ 231**  
**Prevention, Evaluation and Care of Athletic Injuries**  
**3 Semester Hours:**

**The Community College of Baltimore County**

**Description**

Prevention, Evaluation and Care of Athletic Injuries

Introduces the student to the theoretical instruction with practical application; examines preventive conditioning, care and evaluation of athletic injuries, basic knowledge of drugs and ergogenic aids in athletics, the law of sports injuries and protective taping and padding.

Prerequisite: (RDNG 051 or LVR 1)

**Overall Course Objectives**

Upon successful completion of this course the student will be able to:

1. theoretically understand the basic kinesiology of the human body;
2. differentiate anatomy in relation to evaluation and treatment of injuries;
3. understand the relationship of common athletic injuries and preventative techniques;
4. create an effective exercise program and rehabilitation protocol for the treatment of injuries;
5. develop proper rationale for injury evaluation;
6. understand the relationship between taping/padding and injury prevention/management;
7. develop a full understanding of the types of ergogenic aids that are offered and the effects on the human body;
8. have a current concept of legal matters which will directly influence the athlete's care;
9. communicate effectively in documentation and speaking to physicians, coaches, athletes and personnel.

**Major Topics**

1. History of Sports Medicine and Athletic Training.
2. Segregate the Different Type of Injuries and How to Prevent These Injuries.
3. Explore Different Injury Evaluation Techniques.
4. Establish an Understanding of Human Anatomy in Relation to Prevention and Treatment.
5. Examine How Different Individuals will React to Injuries Physically and Psychologically.
6. Evaluation of the Taping and Padding Techniques.
7. Development of Proper Language used in Medicine.
8. Conditioning Programs for Injured and Uninjured Athletes.
9. Develop a Sound Understanding of the Law, Terms, and How to Protect Yourself from Being Liable.
10. Study Philosophical Basis of Medicine.

**Course Requirements**

1. A minimum of two (2) written exams.
2. A Practical exam at the end of each topic.
3. A minimum of one (1) written assignment.

### **Other Course Information**

The Community College of Baltimore County is committed to providing a high-quality learning experience that results in a growth in knowledge, attitudes, and skills necessary to function successfully as a transfer student, in a career and as a citizen. To accomplish this goal, we maintain high academic standards and expect students to accept responsibility for their individual growth by attending class, completing all homework and other assignments, participating in class activities and preparing for tests.