

# **Common Course Outline**

**HLTH 131**

**Coaching: Care and Prevention of Athletic Injuries**

**1 Semester Hour**

## **The Community College of Baltimore County**

### **Description**

Coaching: Care and Prevention of Athletic Injuries

Introduces the theoretical and practical instruction of prevention, evaluation and care of athletic injuries; fulfills the Maryland Public Secondary Schools Athletic Associations (MPSSAA) bylaw requiring coaches employed by the State of Maryland to have basic knowledge of injury recognition and management.

### **Overall Course Objectives**

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

1. Define general terminology related to the practice of medicine
2. Recognize the different roles each member of the Sports Medicine team plays with the treatment of injuries.
3. Comprehend the basic kinesiology of the human body in relation to injury prevention.
4. Recognize the physical response of an injury.
5. Discuss the different anatomical landmarks and their relations to injury evaluation.
6. Determine the relationship between common athletic injuries and preventative techniques.
7. Develop an effective exercise program and rehabilitation protocol for the treatment of athletic injuries.
8. Identify the types of ergogenic aids athletes use and the effects these aids may have on those using them.
9. Demonstrate the basis of equipment fitting, taping and padding.
10. Define and discuss the basic legal issues and language used pertaining to injury prevention and treatment.

### **Major Topics**

- I. Basic Medical Terminology
- II. The Role of the Sports Medicine Team
- III. Physiological Response to Injuries
- IV. Prevention of Injuries
- V. On and Off the Field Injury Management and First Aid
- VI. Life Threatening Injury Management
- VII. Ankle Injuries and Management
- VIII. Hip and Knee injuries and Management

- IX. Upper Extremity Injuries and Management
- X. Head and Neck Injuries and Management
- XI. Abdominal and Chest injuries and Management
- XII. Environmental Issues
- XIII. Ergogenic Aids
- XIV. Legal Issues

### **Course Requirements**

Grading/exams/written assignments: Grading procedures will be determined by the individual faculty member but will include the following:

- ❖ Read the required text
- ❖ Demonstrate proficiency in recognition, evaluation and treatment of athletic injuries
- ❖ Demonstrate proficiency in the recognition and management of potential life threatening injuries
- ❖ Demonstrate proficiency in taping, padding and equipment fitting
- ❖ Practical exam at end of each unit
- ❖ Cumulative final exam with practical demonstrational lab
- ❖ Participation in class discussion and group learning activities

### **Other Course Information**

This course is a basic core course and a one-credit elective.

This course is taught in a computerized environment.

HLTH 131 should be taught in conjunction with CPR and First Aid certifications.

Individual faculty members may include additional course objectives, major topics, and other course requirements to the minimum expectations stated in the Common Course Outline.

(8) Date Revised: 04/21/01