

Common Course Outline
AEXS/HLTH/PEMJ 231
Prevention, Evaluation and Care of Athletic Injuries
3 Credits

Community College of Baltimore County

Description

AEXS/HLTH/PEMJ 231 –Prevention, Evaluation and Care of Athletic Injuries introduces students to the theoretical instruction with practical application; examines preventive conditioning of the athlete, evaluation and care of athletic injuries, basic knowledge of ergogenic aids in athletics, the law of sports injuries and protective taping and padding.

3 credits

Prerequisite: ACLT 052 or ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

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

1. demonstrate knowledge of human anatomy and physiology;
2. analyze fundamental kinesiology of movement;
3. differentiate anatomy in relation to evaluation and treatment of specific injuries;
4. explain the link between common athletic injuries and preventative techniques;
5. formulate an effective exercise program and rehabilitation protocol for the treatment of specific injuries;
6. develop proper justification for injury evaluation;
7. identify the relationship between taping/padding and injury prevention/management;
8. identify types of ergogenic aids and the effects on the human body;
9. demonstrate knowledge of legal liability as it relates to care of an injured athlete; and
10. demonstrate effective communication skills when documenting injuries and treatment, speaking with physicians, coaches, athletes and other personnel.

Major Topics

- I. History of sports medicine and athletic training
- II. Injury specificity and prevention
- III. Techniques of injury evaluation
- IV. Human anatomy and the causal relationship to prevention and treatment
- V. Psychology of injury and recovery
- VI. Techniques of evaluation, taping and padding
- VII. Vernacular of sports medicine
- VIII. Conditioning programs for injured and uninjured athletes
- IX. Fundamentals of legal liability, accountability and care

X. Current issues in sports medicine

Course Requirements

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

A minimum of 2 written exams

A practical exam at the end of each topic

One research paper on a specific topic

Written Assignments: Students are required to use appropriate academic resources.

Other Course Information

This course is taken as an elective in the Physical Education Major program and the Applied Exercise Sciences program.