

KNLS/HLTH/PEMJ 231

Prevention, Evaluation, and Care of Athletic Injuries

3 Credits

Community College of Baltimore County

Common Course Outline

Description

KNLS/HLTH/PEMJ 231 – Prevention, Evaluation, and Care of Athletic Injuries:

introduces students to the theory and practical application of preventing, evaluating, and care of athletic injuries. Students examine preventative conditioning of the athlete, evaluation and care of athletic injuries, basic knowledge of ergogenic aids in athletics, legal aspects of sports injuries, and protective taping and padding.

Pre-requisites: ACLT 052 or ACLT 053 or (ESOL 052 and ESOL 054)

Overall Course Objectives

Upon completion of this course, students 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. develop an effective exercise program and rehabilitation protocol for treating 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 and 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. Terminology in sports medicine
- VIII. Conditioning programs for injured and uninjured athletes
- IX. Fundamentals of legal liability, accountability, and care
- X. Current issues in sports medicine

The Common Course Outline (CCO) determines the essential nature of each course.

For more information, see your professor's syllabus.

Course Requirements

Grading will be determined by the individual faculty member, but shall include the following, at minimum:

- Two written exams
- Three practical exams
- One research paper on a specific topic

Written assignments & research projects: Students are required to use appropriate academic resources in their research and cite sources according to the style selected by their professor.

Other Course Information

This course is an elective in the kinesiology program of study. KNLS 231 is cross listed with HLTH 231 and PEMJ 231. Earn credit for one course only.

Date Revised: 2/5/2020