

## Department:

Physical Education

## Course Description:

This course provides an introduction to athletic training techniques for trainers, coaches, athletes, and physical education teachers at all levels. The course covers identification, care, and prevention of common injuries occurring in physical education and athletic programs. The course also examines program administration concerns.

## Course Competencies:

Upon completion of the course, the student should be able to:

1. Briefly explain the focus and scope of sports medicine relative to athletic programs.
2. Describe the roles of various health care professionals in relation to athletic injuries.
3. Describe the basic principles of health care administration.
4. Describe the functional anatomy of the body in relation to injuries.
5. Follow procedures for protecting against bloodborne pathogens.
6. Properly fit protective equipment.
7. Identify the types and nature of athletic injuries in various athletic competitions.
8. Identify types of concussions.
9. Identify types of face injuries.
10. Identify types of upper extremity injuries.
11. Identify types of lower extremity injuries.
12. Describe the inflammation process relative to injuries.
13. Follow injury assessment procedures and methods.
14. Formulate a department budget.
15. Develop an emergency action plan for responding to athletic injuries.
16. Evaluate environmental factors related to cause and prevention of athletic injuries.
17. Describe the role of athletic trainers on sports teams.
18. Explain the importance of the Joint Review Committee for Athletic Training (JRCAT).
19. Describe the role coaches and administrators have in athletic programs.
20. Describe legal issues relative to athletic programs.
21. Keep accurate and complete records.
22. List career opportunities in the athletic training profession.

## Course Content:

- A. Professional Development and Responsibilities
  1. The Athletic Trainer as a Health Care Provider
  2. Health Care Organization and Administration in Athletic Training
  3. Legal Concerns and Insurance Issues

- B. Risk Management
  - 1. Fitness and Conditioning Techniques
  - 2. Nutrition and Supplements
  - 3. Environmental Considerations
  - 4. Protective Equipment
  - 5. Wrapping and Taping
- C. Pathology of Sports Injury
  - 1. Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
  - 2. Tissue Response to Injury
- D. Management Skill
  - 1. Psychosocial Intervention for Sports Injuries and Illnesses
  - 2. On-the-Field Acute Care and Emergency Procedures
  - 3. Off-the-Field Injury Evaluation
  - 4. Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
  - 5. Using Therapeutic Modalities
  - 6. Using Therapeutic Exercise in Rehabilitation
  - 7. Pharmacology, Drugs, and Sports
- E. Musculoskeletal Conditions
  - 1. The Foot
  - 2. The Ankle and Lower Leg
  - 3. The Knee and Related Structures
  - 4. The Thigh, Hip, Groin, and Pelvis
  - 5. The Shoulder Complex
  - 6. The Elbow
  - 7. The Forearm, Wrist, Hand, and Fingers
  - 8. The Spine
- F. General Medical Conditions
  - 1. The Head, Face, Eyes, Ears, Nose, and Throat
  - 2. The Thorax and Abdomen
  - 3. Skin Disorders
  - 4. Additional General Medical Conditions

### Learning Assessments:

Course competencies will be assessed by use of class assignments, quizzes, regular exams, and a comprehensive final exam.

### Instructional Materials:

Principles of Athletic Training: A Competency-Based Approach, Prentice, 15th Ed., McGraw-Hill, 2014. ISBN: 0078022649

**Guidelines for Requesting Accommodations Based on  
Documented Disability or Medical Condition**

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” at this link:  
<https://highlandcc.edu/pages/disability-services>.

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.