

CUYAMACA COLLEGE
COURSE OUTLINE OF RECORD

EXERCISE SCIENCE 255 – CARE AND PREVENTION OF ATHLETIC AND RECREATIONAL INJURIES

3 hours lecture, 1 hour laboratory, 3 units

Catalog Description

Designed to (1) provide a background for individuals interested in an athletic training career, (2) develop an understanding of athletic injuries in terms of prevention, recognition, evaluation, treatment, first aid and emergency care for coaches and/or teachers in athletic settings, and (3) provide athletes with an understanding of how to manage their own injuries and methods of prevention.

Prerequisite

None

Course Content

Students will be introduced to athletic training as a profession and possible career choice. Coaches and athletes will learn skills that will enable them to become more self-sufficient when dealing with injuries in an athletic setting. Students will develop an understanding of the care of athletic injuries by developing skills in the areas of athletic injury prevention, recognition, evaluation, treatment, first-aid, and emergency care. They will participate in classroom experiences such as a mock injury situation where they will have to recognize and evaluate a specific injury and provide the appropriate taping technique for support. In addition, they will be exposed to a variety of experiences where they will have to use their skills such as manual muscle testing, flexibility testing, first aid, and fitting of protective equipment.

Course Objectives

Students will be able to:

- 1) Describe the profession of athletic training.
- 2) Describe basic life support methods that could potentially be required for use within the context of sport injuries.
- 3) Describe the causes of athletic injuries and identify the methods of prevention.
- 4) Demonstrate and/or describe the ability to appropriately use medical terminology, locate specific anatomical structures, and apply the physiological principles of athletic injuries as they relate to examples presented in class.
- 5) Demonstrate the principles of first aid and emergency care for athletic injuries.
- 6) Demonstrate the appropriate protocols for recognizing and evaluating various athletic injuries.
- 7) Demonstrate the proper methods for fitting athletic protective equipment.
- 8) Demonstrate various modalities used for treating athletic injuries and select the proper therapeutic techniques for treatment, e.g., splints.
- 9) Demonstrate proper techniques for conditioning activities, running games, and resistance exercises.

Method of Evaluation

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in subject matter determined by multiple measurements for evaluation, one of which must be written essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Quizzes and exams that measure students' ability to identify, explain, describe and/or provide examples of the duties of an athletic trainer, mechanism of various injuries, basic modalities and treatment options for various injuries, appropriate prophylactic and injury protection devices and strategies, and conditioning regimens for a variety of sport activities.
- 2) Objective skills testing that measures students' proficiency in applying appropriate athletic training modalities including therapeutic, prophylactic, first aid, life support, rehabilitation and conditioning activities.
- 3) Written project demonstrating students' ability to research latest recommendations for injury prevention and treatment, conditioning for injury prevention, etc.

Special Materials Required of Student

Athletic tape, pre-wrap

Minimum Instructional Facilities

- 1) Smart classroom
- 2) Athletic training room
- 3) CPR manikins, charts, models, skeleton

Method of Instruction

- 1) Lecture and group discussion
- 2) Evaluation of injuries
- 3) Taping practicum

Out-of-Class Assignments

- 1) Written research projects
- 2) Article reviews
- 3) Reading assignments from textbook
- 4) Group practice (wrapping techniques, etc.)

Texts and References

- 1) Required (representative example): Prentice, *Essentials of Athletic Injury Management*. 12th edition. McGraw Hill, 2023.
- 2) Supplemental: None

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Describe the causes of athletic injuries and identify the methods of prevention.
- 2) Demonstrate the principles of first aid and emergency care for athletic injuries.