

Course discipline/number/title: PHED 2249: Prevention and Care of Athletic Injuries

- A. CATALOG DESCRIPTION
1. Credits: 3
  2. Hours/Week: 3
  3. Prerequisites (Course discipline/number): None
  4. Other requirements: None
  5. MnTC Goals (if any): NA
- B. COURSE DESCRIPTION: This course offers knowledge and practical experience in the field of athletic training taught under the guidance of a NATABOC certified athletic trainer. The NATA Competencies in Athletic Training serve as a guideline for knowledge that each student should obtain in this academic course. This course is designed to engage students in the process of reviewing, analyzing, discussing, synthesizing, and reflecting about athletic training, and to provide basic skills for students entering the field of coaching or athletic training.
- C. DATE LAST REVISED (Month, year): February, 2019
- D. OUTLINE OF MAJOR CONTENT AREAS:
1. Foundations of the field of Athletic Training
  2. Mechanics of how athletic injuries occur
  3. Evaluation of athletic injuries
  4. Taping techniques for avoiding or supporting current injuries
  5. Rehabilitation techniques of athletic injuries
- E. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Explain the history and evolution of the field of athletic training.
  2. Demonstrate techniques to prevent athletic injuries through proper strengthening and flexibility training.
  3. Recognize athletic injuries as a result of mechanical movements utilized during sporting activities.
  4. Evaluate athletic injuries based on the mechanics of movement, forces applied and maneuvers during athletic events.
  5. Demonstrate rehabilitation techniques to return an injured athlete to optimal physical participation state after a sustained injury.
- F. LEARNING OUTCOMES (MNTC): NA
- G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:
1. Class participation
  2. Practical illustration of taping techniques and injury evaluations
  3. Daily assignments
  4. Quizzes
  5. Written exams
- H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.
- I. SPECIAL INFORMATION (if any): None