

MINNESOTA WEST COMMUNITY & TECHNICAL COLLEGE

COURSE OUTLINE

DEPT. PHED

COURSE NUMBER: 1110

NUMBER OF CREDITS: 3

Lecture: 3 Lab: 0 OJT: 0

Course Title:

Prevention and Care of Athletic Injuries I

Catalog Description:

Prevention and Care of Athletic Injuries I covers the modern principles of athletic training for people involved in the health care of athletes. This course is designed to study the principles, practices, and techniques used by a certified trainer in the prevention, management, and rehabilitation of athletic injuries. This course is recommended for students interested in athletic training, sports medicine, physical therapy, coaching, physical education, or recreation.

Prerequisites or Necessary Entry Skills/Knowledge:

None

FULFILLS MN TRANSFER CURRICULUM AREA(S) (*Leave blank if not applicable*)

- ☐ Goal 1: Communication: By meeting the following competencies:
- ☐ Goal 2: Critical Thinking: By meeting the following competencies:
- ☐ Goal 3: Natural Sciences: By meeting the following competencies:
- ☐ Goal 4: Mathematics/Logical Reasoning: By meeting the following competencies:
- ☐ Goal 5: History and the Social and Behavioral Sciences: By meeting the following competencies:
- ☐ Goal 6: The Humanities and Fine Arts: By meeting the following competencies:
- ☐ Goal 7: Human Diversity: By meeting the following competencies:
- ☐ Goal 8: Global Perspective: By meeting the following competencies:
- ☐ Goal 9: Ethical and Civic Responsibility: By meeting the following competencies:
- ☐ Goal 10: People and the Environment: By meeting the following competencies:

Topics to be Covered (General)

Terminology, injury prevention; and the causes; symptoms; and care of common sports injuries.

Legal liability; emergency action plans; sports nutrition; and the psychological aspects of injury and performance.

Student Learning Outcomes

Identify the wounds commonly encountered in athletics and demonstrate their proper management.
Demonstrate the common taping; wrapping; and padding required for injury prevention and care.
Demonstrate the stabilization of extremity injuries and transportation from the field of play.
Develop and demonstrate the emergency action plan for critical life-threatening injuries and illnesses.
Identify different fractures and the mechanism of injury causing them.
Adapt the current training room into a better-functioning area.
Demonstrate proper taping and strapping techniques.

Is this course part of a transfer pathway: Yes ☐ No ☒

***If yes, please list the competencies below**

Revised Date: 2/16/2023