DEPT.:  PHED           COURSE NO.:  1110

NUMBER OF CREDITS:  3

COURSE TITLE:  Care and Prevention of Athletic Injuries I

CATALOG DESCRIPTION:  Covers the modern principles of athletic training for people involved in the health care of athletes. This course is designed to help individuals involved in coaching, physical education, or recreation, as well as persons interested in athletic training or sports medicine.

AUDIENCE:

FULFILLS MN TRANSFER CURRICULUM AREA(S) *(Leave blank if not applicable)*
Area : by meeting the following competencies:
Area : by meeting the following competencies:
Area : by meeting the following competencies:

PREREQUISITES OR NECESSARY ENTRY SKILLS/KNOWLEDGE:

LENGTH OF COURSE:  1 semester

THIS COURSE IS USUALLY OFFERED:
Every other year □  fall ☑  spring □  summer □  undetermined □

Four goals are emphasized in course at Minnesota West Community & Technical College:

1) ACADEMIC CONTENT:  Anatomy, Kinesiology, Physics – we cover a broad spectrum

2) THINKING SKILLS:  Recognize serious and minor injuries and treat appropriately

3) COMMUNICATIONS SKILLS:  Be able to convey specific injury information to doctor or medical professional

4) HUMAN DIVERSITY:  Understand gender and cultural differences in treatment

TOPICS TO BE COVERED:
Ankle, knee, psychology of sports, variety of injuries including fractures, sprains, strains.

LIST OF EXPECTED COURSE OUTCOMES:  Students should be able to identify injuries to specific areas covered, prepare for safe transport to medical facility, splint areas covered, and convey injuries observed.
LEARNING/TEACHING TECHNIQUES used in the course are:
- Collaborative Learning
- Student Presentations
- Creative Projects
- Lecture
- Demonstrations
- Lab
- Problem Solving
- Interactive Lectures
- Individual Coaching
- Films/Videos/Slides
- Other (describe below)

ASSIGNMENTS AND ASSESSMENTS FOR THIS CLASS INCLUDE:
- Reading
- Oral Presentations
- Textbook Problems
- Group Problems
- Other (describe below)
- Tests
- Worksheets
- Papers
- Term Paper
- Individual Projects
- Collaborative Projects
- Portfolio

EXPECTED STUDENT LEARNING OUTCOMES: Understand HOPS/RICE and recognize injuries and properly deal with them.

The information in this course outline is subject to revision

To receive reasonable accommodations for a documented disability, please contact the campus Student Services Advisor or campus Disability Coordinator as arrangements must be made in advance. In addition, students are encouraged to notify their instructor.

Veteran Services: Minnesota West is dedicated to assisting veterans and eligible family members in achieving their educational goals efficiently. Active duty and reserve/guard military members should advise their instructor of all regularly scheduled military appointments and duties that conflict with scheduled course requirements. Instructors will make every effort to work with the student to identify adjusted timelines. If you are a veteran, please contact the Minnesota West Veterans Service Office.

This document is available in alternative formats to individuals with disabilities by contacting the Student Services Advisor or by calling 800-658-2330 or Minnesota Relay Service at 800-627-3529 or by using your preferred relay service.

A Member of the Minnesota State Colleges and Universities System
An Affirmative Action Equal Opportunity Educator/Employer