

**RARITAN VALLEY COMMUNITY COLLEGE  
ACADEMIC COURSE OUTLINE**

**FITN 120 Foundations of Sports Medicine & Rehabilitation**

**I. Basic Course Information**

- A. Course Number and Title: FITN 120 Foundations of Sports Medicine & Rehabilitation
- B. New or Modified Course: New
- C. Date of Proposal: Semester: Fall Year: 2018
- D. Effective Term: Spring 2019**
- E. Sponsoring Department: Health Science Education
- F. Semester Credit Hours: 3
- G. Weekly Contact Hours:                      Lecture: 3  
  Laboratory: 0  
  Out of class student work per week: 6
- H. Prerequisites/Corequisites: None
- I. Laboratory Fees: None
- J. Name and Telephone Number or E-Mail Address of Department Chair and Divisional Dean at time of approval:  
    Beryl Stetson, [beryl.stetson@raritanval.edu](mailto:beryl.stetson@raritanval.edu), 908 526-1200 x8208  
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**II. Catalog Description**

**Prerequisites and Corequisites: None**

This course provides an introduction to the world of sports medicine and rehabilitation. Students will learn the roles of various players within the sports medicine and allied health professions, and examine the competencies and proficiencies, educational requirements, certification requirements, continuing education requirements, and the skills necessary to uphold the standards of practice for various health professions.

### **III. Statement of Course Need**

This course is designed to introduce the student to professions in the sports medicine and allied health field. Students will learn the interpersonal and intrapersonal skills needed to be successful as well as the educational and professional requirements necessary to gain employment in the field. Students will acquire an in depth knowledge of the required competencies and standards of practice for various health professions.

- A. There is no lab with this course.
- B. Please describe the transferability of this course.
  - 1. This course generally transfers as an Exercise Science/Athletic Training program requirement.
  - 2. This course generally transfers as a Health Science program elective.

### **IV. Place of Course in College Curriculum**

- A. Free Elective
- B. This course meets a program requirement for the Associate Degree in Exercise Science Option in Sports Medicine & Rehabilitation.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

### **V. Outline of Course Content**

- A. Overview of Allied Health Professions
  - 1. Athletic Training
    - a. NATA
- B. Epidemiology of Injury
- C. Evaluation Process
- D. Evidence based Practice
- E. Strength & Conditioning
- F. Therapeutic Modalities
- G. Educational Requirements of professions in Sports Medicine & Rehabilitative Sciences
- H. Sports Psychology
- I. Health Care Organization
- J. Sports Medicine & Athletic Training Overview
- K. Medical Terminology
- L. Legal Concerns
- M. Environmental Factors
- N. Nutrition
- M. Pharmacology
- O. Therapeutic Exercise

## **VI. General Education and Course Learning Outcomes**

### **A. General Education Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Communicate both orally and in writing the educational competencies and clinical proficiencies, as well as certification and continuing education requirements in the field of Sports Medicine and Rehabilitative Sciences. (GE-NJ 1)
2. Analyze research and present information related to current issues that affect the field of Sports Medicine and Rehabilitative Science and explain use of evidence based medicine in practice. (GE-NJ, NJ IL)\*

\*embedded Critical Thinking

### **B. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Explain the history of the field of Sports Medicine and Rehabilitative Science professions.
2. Identify and describe regulating bodies for professions in the field of Sports Medicine and Rehabilitative Science, as well as the code of ethics, standards of practice, and position statement of the respected associations.
3. Identify and explain the educational competencies and clinical proficiencies of various health care professions as set forth by governing associations and accrediting bodies.
4. Identify and explain requirements for certification and continuing education in professions in the Sports Medicine and Rehabilitative Science professions.
5. Demonstrate knowledge of current issues shaping the field of Sports Medicine and Rehabilitative Science and the explain the use of evidence based medicine in making decisions about the clinical care of patient based on the current best available evidence in the professional literature.
6. Define the roles of various disciplines within the field of Sports Medicine and Rehabilitative Science and the fundamental skills needed to be successful in these roles.
7. Demonstrate communication skills, both written and oral, needed to be successful in the field of Sports Medicine and Rehabilitative Sciences.

### **C. Assessment Instruments**

1. Assignments
2. Class Participation/Discussions
3. Oral Demonstrations
4. Tests and quizzes
5. Literature Review
6. Presentations

## **VII. Grade Determinants**

- A. written product
- B. presentations
- C. tests/quizzes
- D. discussion

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. homework assignments

## **VIII. Texts and Materials**

- Arnheim's Principles of Athletic Training: A Competency Based Approach -13<sup>th</sup> ed., William E. Prentice.

*(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)*

## **IX. Resources**

- A. RVCC Library
- B. RVCC Exercise Science Lab

## **X. Honors Options: n/a**