RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE
FITN 123- Prevention & Care of Athletic Injuries

I. Basic Course Information

A. Course Number and Title: FITN 123 – Prevention & Care of Athletic Injuries

B. New or Modified Course: Modified

C. Date of Proposal: Semester: Fall  Year: 2018

D. Effective Term: Fall 2019

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: 3

G. Weekly Contact Hours: Lecture: 2
Laboratory: 2
Out of class student work per week: 5

H. Prerequisites: 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, 908 526-1200 x8208
   Terence Lynn, Terence.lynn@raritanval.edu, 908 526-1200 x8512

II. Catalog Description

Prerequisites: None

This course is designed to introduce the student to the professional practice of the athletic trainer while examining their role in the prevention, assessment, treatment, documentation and rehabilitation of sports related injuries. Students will learn proper on the field and off the field assessment of both life threatening and non-life threatening injuries and be introduced to the Standards of Professional Practice in the field. Review of major muscles, joint structure, joint actions, types of forces and their effect on the tissues of the body, therapeutic modalities, therapeutic exercise and the healing process will be conducted in this course.
III. Statement of Course Need

A. This course is designed to introduce the student to the field of athletic training and the basic competencies required in the field. Students will gain proficiency of beginner skills in the identification, treatment and prevention of basic injuries. Emphasis is placed on learning musculoskeletal anatomy and recognizing the common signs and symptoms of injuries, illnesses, and disorders commonly seen in the physically active population.

B. In the laboratory portion of the course, the content focuses on the psychomotor competencies and clinical proficiencies needed for the athletic trainer. Students learn and practice basic first aid and taping skills for common athletic injuries, injury prevention, illness assessment, medical documentation and proper medical terminology. Taping of the elbow, foot, ankle, wrist and hand help the student to understand the injury mechanism and prevention of further injury to the area.

C. 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, Associate Degree in Exercise Science Option in Sports Management, and 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; b) for all other colleges and universities, go to the individual websites.

V. Outline of Course Content

A. The Athletic Training Profession
   1. NATA - BOC
      a. Legal Considerations
B. Pre-participation Examination
C. Protective Equipment
D. Taping and Wrapping Skills
E. Injury Assessment
   1. HOPS
      a. History of Injury
      b. Observation & Inspection
      c. Palpation
      d. Physical Examination Tests
   2. SOAP notes
3. Emergency Medical Service

F. Tissue Healing & Wound Care
1. Injury Mechanisms
2. Soft Tissue Injuries and Management
3. Bone Injuries and Management

G. Psychological Disorders
1. Role of the Athletic Trainer

H. Therapeutic Modalities
1. Cryotherapy
2. Thermotherapy
3. Ultrasound
4. Electrotherapy

I. Therapeutic Exercise Program
1. Development
   a. Phase 1-4

J. Head & Facial Conditions
1. Head Injuries/Concussion/Facial/Oral/Ear/Eye
   a. Anatomy
   b. Prevention
   c. Assessment
   d. Management

K. Spinal Injuries
1. Cervical/Thoracic/Lumbar
   a. Anatomy
   b. Prevention
   c. Assessment
   d. Management

L. Upper Extremities
1. Shoulder/Arm/Wrist/Hand
   a. Anatomy
   b. Prevention
   c. Assessment
   d. Management

M. Lower Extremities
1. Hip/Pelvis/Knee/Ankle/foot
   a. Anatomy
   b. Prevention
   c. Assessment
   d. Management

N. Cardiovascular Conditions
1. Sudden Cardiac Death

O. Neurologic Conditions
1. Concussion
2. Seizures

P. Environmental Conditions
1. Heat Related
VI. General Education and Course Learning Outcomes

A. General Education Learning Outcomes:

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

1. Identify and explain the nature and extent of an injury and the proper on-site assessment and treatment of the injury. (GE-NJ 1)
2. Review case studies and present an accurate analysis orally or in writing. (GE-NJ 1)*
3. Write a paper using scholarly sources describing the effect of injury findings on changes in rules and practices in sports and activities. (GE-NJ 1, IL)*

*B*embedded Critical Thinking

B. Course Learning Outcomes:

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

1. Identify the risk factors of physical activity the ability to develop appropriate injury prevention programs that address cardiovascular fitness, strength training, flexibility, nutrition and environmental factors.
2. Identify and demonstrate appropriate taping techniques, protective sports equipment, associated regulatory guidelines, and proper fitting skills.
3. Explain the appropriate protocol for providing care to acute, chronic, and catastrophic sports injuries, athletic associated illnesses and how to properly document (history, observation, palpation, special testing, functional testing, standard terminology) these instances.
4. Explain the anatomical structure and function of different regions of the body problematic biomechanics and different mechanisms associated with injury.
5. Describe the physiology of the inflammatory and healing processes of the human body and how it is monitored during the rehabilitation process, and demonstrate basic rehabilitation skills.
6. Explain the psychological impact of athletic and fitness related injuries.
7. Demonstrate basic knowledge of the rehabilitation process and the goals of returning active individuals safely to activity.
8. Explain the importance of and demonstrate physical examination techniques, assessment techniques and screening procedures including disqualifying
conditions for athletic participation and the ability to properly immobilize and transport individuals.

C. Assessment Instruments

1. laboratory products
2. research papers
3. practical skills demonstrations
4. Tests and quizzes

VII. Grade Determinants

A. essays
B. practical exams
C. tests/quizzes
D. lab reports
E. research papers

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. laboratory
D. simulation/role playing
E. Homework Assignments

VIII. Texts and Materials

- Muscles: Testing and Function with Posture and Pain, 5th ed. ISBN/ISSN :9780781747806, Patricia G. Provance BS, PT, William Romani PT, PhD, Florence P. Kendall BS, PT, FAPTA, Mary Rodgers PT, PhD, Elizabeth Kendall McCreary BA, Lippincott Williams & Wilkins, 2005

(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