COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2250: Prevention and Care of Athletic Injuries II

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 3
3. Prerequisites (Course discipline/number): PHED 2249 or permission of instructor.
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

This course will give you the knowledge and the practical experience to identify, treat and prevent many common injuries that occur in athletics. This course will be valuable to the future athletic training, physician, coach and physical educator or anyone interested in the health of athletes.

B. DATE LAST REVISED (Month, year): October, 2006

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Education
   a) Degree required
   b) Hands-on training
   c) Certification
   d) Continuing education requirements
   e) Education of student trainers
2. Evaluation of Common Injuries
   a) Ankle
   b) Knee
   c) Hip and thigh
   d) Abdominal
   e) Shoulder
   f) Elbow, wrist and hand
   g) Head, neck and spine
   h) Heat and cold related
   i) Eating disorders and drug use
3. Acute and Chronic Treatment of Injuries
   a) Sprains
   b) Strains
   c) Tendonitis
   d) Fractures
   e) Skin injuries such as lacerations, etc.
   f) Dislocations of joints
   g) Nerve or vascular damage due to any of the above
4. Rehabilitation
   a) Acute care
   b) Chronic care
   c) Doctor or physical therapist recommendations
5. Use of Modalities in Treatment of Injuries
   a) Ultra sound
   b) Electrical muscle stimulation
   c) Trans electrical nerve stimulation (TENS)
   d) Cold therapy
   e) Heat therapy
   f) Paraffin baths
   g) Massage
6. Protective Equipment
   a) Protect contusions
   b) Joints
   c) Compression injuries
D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Evaluate all the major joints and muscles in the body.
2. Locate and name the bones in the body.
3. Locate, name and describe the function of the major muscles.
4. Locate major ligaments and tendons and their role in the body.
5. Name and describe muscular, nerve and vascular syndromes.
6. Use of the modalities and understandings of the indications and the contraindications.
7. Use of protective equipment and production of extra protection.
8. Rehabilitation techniques

E. LEARNING OUTCOMES (MNTC): NA

F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Class participation
2. Notebook journal
3. Newspaper or journal reviews on current athletic injuries
4. Written tests
5. Hands-on evaluation tests
6. Topic paper
7. Final exam

G. SPECIAL INFORMATION (if any): None