

Montgomery County Community College
 ESW 215
 Prevention and Care of Athletic Injury
 3-2-1

COURSE DESCRIPTION:

This course is designed to address the prevention and management of injuries in athletic activities. Course content includes discussion of relevant sports medicine issues, physical conditioning and training, nutritional and psychological concerns, ergogenic aids, and injury recognition. Practice is provided in the use of wrapping, taping, and therapeutic rehabilitation programs. This course is subject to a course fee. Refer to <http://mc3.edu/adm-fin-aid/paying/tuition/course-fees> for current rates.

REQUISITES:*Previous Course Requirements*

- BIO 129 Functional Human Anatomy and Physiology with a minimum grade of "C" or BIO 131 and 132: Human Anatomy and Physiology I and II with a minimum grade of "C"

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Demonstrate a variety of sport injury assessment, management, treatment, and rehabilitation skills.	Assigned Readings Demonstration and Practice Case Study Lecture/Discussion Written Examinations Practical Examinations Presentations	Practical Examinations Case Study Written Examination Presentations
2. Define the roles of individual sports injury care team members according to the specific athletic setting.	Assigned Readings Case Study Lecture/Discussion Student Presentations Written Examinations Written Assignments	Case Study Written Examination
3. Apply preventative, safety, and emergency standard procedures to the development and operation of an effective sports management program.	Assigned Readings Demonstration and Practice Case Study Lecture/Discussion Written Examinations Written Assignments	Case Study Written Examination

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
4. Explain the legal and ethical implications of an athletic emergency plan.	Assigned Readings Case Study Lecture/Discussion Written Examinations Written Assignments Research Paper	Case Study Written Examination
5. Describe the effects of legal and banned substances on an athletic performance.	Assigned Readings Case Study Lecture/Discussion Student Presentations Written Examinations Written Assignments Research Paper	Case Study Written Examination Presentations Research Paper
6. Explain athletic dietary requirements necessary for performance and/or weight control.	Assigned Readings Case Study Lecture/Discussion Student Presentations Written Examinations Written Assignments Research Paper	Case Study Written Examination Presentations Research Paper

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

- I. Introduction to Sports Medicine
 - a. Historical Development of Sports Medicine
 - b. Modern Sports Medicine
 - i. The sports medicine team
 - ii. Organization of a sports medicine program
 - iii. Legal responsibilities in sports medicine
 - iv. The preparticipation physical evaluation
 - v. Record keeping
 - c. Sustaining Sport Injuries
 - i. Sports injury classification
 - d. Sports injury information
- II. Injury Prevention
 - a. Basic Principles of Conditioning Programs
 - i. Physiology of muscle contraction
 - ii. Muscular strength and endurance
 - iii. Cardiorespiratory endurance
 - iv. Flexibility

- v. Body composition
 - vi. Plyometric exercise
 - vii. Exercise prescription
 - b. Psychology in Sport
 - i. Psychological ergogenic aids
 - ii. The injured athlete
 - c. Drug Use and Abuse by Athletes
 - i. Therapeutic medications used to treat athletes
 - ii. Banned drugs and practices
 - iii. Anabolic/androgenic steroids
 - iv. Drug testing
 - d. Nutritional Considerations
 - i. The role of the diet in athletics
 - ii. Replacement of fluid during exercise
 - iii. Vitamins and mineral supplementation
 - iv. Pre- and post- event nutritional guidelines
 - v. Eating disorders
 - e. Protective Equipment
 - i. Principles and maintenance of protective equipment
- III. Injury Management
 - a. Topographic Anatomy
 - b. Emergency Assessment of the Ill or Injured Athlete
 - i. The nine diagnostic signs
 - ii. Conducting a primary and secondary survey
 - iii. Triage
 - iv. Transportation and medical referral
 - c. Primary Management and Treatment of Selected Body Regions
 - i. Foot and ankle
 - ii. Lower leg
 - iii. Knee
 - iv. Thigh and hip
 - v. Other regions
 - d. Basic Principles of Rehabilitation and Therapeutic Modalities
 - i. Immediate care
 - ii. Restoration of motion and strength
 - iii. Return to play
 - iv. The inflammatory response
 - v. Intervention with modalities
 - e. Potential Catastrophic Injuries
 - i. Recognition and initial management techniques
 - f. Other Health-Related Conditions
 - i. Recognition and immediate care
 - 1. Infections
 - 2. Allergies
 - 3. Environmental
 - 4. Chronic illnesses

5. Abdomen and genitalia
 6. Communicable diseases
 7. Poisons, stings, and bites
- g. Special Populations
- i. Anatomic and physiological concerns that effect athletic performance
 1. Female
 2. Pediatric
 3. Adolescent
 4. Elderly
 5. Physically impaired

LEARNING MATERIALS:

Prentice, William E. (2014). *Essentials of athletic injury management* (9th ed.). New York, NY: McGraw-Hill.

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Revised by: Dr. Dave Doyle and Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009

Revised by: Dr. Anne Livezey	Date: 12/2012
Revised by: Amanda Wooldridge and Dr. Anne Livezey	Date: 7/2014
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/2014

Revised by: Debbie Dalrymple	Date: 12/17/2017
VPAA/Provost or designee Compliance Verification:	Date: 1/9/2018



This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.