

**Department:** Physical Education  
**Course Name:** Advanced Sports Medicine

**Course Description:**

This course expands and builds upon the topics of prevention, evaluation, and treatment of various sports related injuries covered in the Introduction to Sports Medicine class. Students can expect to be presented with more intricate topics such as traumatic brain injuries, advanced injury evaluation, emergency procedures, and therapeutic exercise.

**Content:**

Law of sports injury  
Sports injury prevention  
Taping of athletic injuries  
Nutritional considerations  
Emergency action planning  
Concussion management  
First Aid certification  
Injury process  
Advanced injury evaluation  
Thermal injuries  
General medical conditions in sport  
Therapeutic exercise and modalities

**Skills:**

Taping techniques for athletic injuries  
Construction and application of sports injury protection equipment  
Demonstrate proper evaluation of injuries and medical conditions  
Demonstrate proper rehabilitation techniques  
Application and certification of first aid skills  
Evaluation and management of concussions

**Text and Materials:**

Three-ring binder and paper  
Handouts and other course material provided

**Methods of Instruction:**

Classroom discussion  
Class lectures via PowerPoint presentations  
Visual and hands-on  
Demonstrations  
Analysis of injury and surgery videos  
Article reviews

**Methods of Evaluation:**

Tests

Injury and other course topic homework

Rehabilitation project

Quizzes

Practical skills testing

Participation

Observation Hours

