

Department: Science

Course Name: Foundations of Sports Medicine

Course Description:

This course will combine classroom and clinical experience covering the various principles of athletic injuries and sports medicine. Topics covered will include sports medicine focused anatomy, medical terminology, brain injuries, general medical conditions, injury evaluation, and taping. Students will explore the prevention, recognition, evaluation, and treatment of various injuries and illness as they relate to sports. This course will also cover injury rehabilitation and therapeutic exercise principles. During this course, students will also receive CPR/AED/First aid certification through the American Heart Association. Upon completion of this course, students will be eligible to serve as an athletic training student aide in the HRA athletic training room. Pre-requisites: Biology and Chemistry.

Content:

The Sports Medicine Team
Injury Prevention
Medical Terminology
Foot, Ankle, and Lower Leg Anatomy and Injuries
Knee and Thigh Anatomy and Injuries
Hip, Groin, and Pelvis Anatomy and Injuries
Shoulder Anatomy and Injuries
Elbow and Forearm Anatomy and Injuries
Wrist, Hand, and Finger Anatomy and Injuries
Head and Face Anatomy and Injuries
Abdominal and Thoracic Anatomy and Injuries
Concussion management
CPR/AED/First aid
Emergency Response and Planning
Injury Evaluation
Taping Techniques
Environmental Injuries
General Medical Conditions in Sport
Therapeutic Exercise and Modalities

Skills:

Use proper medical terminology and directional terms
Identify sport-specific anatomy of the musculoskeletal system.
Learn how to prevent and treat sports-related injuries
Demonstrate various taping techniques
Demonstrate how to identify and treat concussions
Demonstrate CPR/AED/First aid skills
Application of therapeutic exercise
Demonstrate various emergency medical procedures in sports

Text and Materials:

No text required
Three-ring binder and paper
Handouts and other course material provided
iPad

Methods of Instruction

Classroom discussion
Class lectures via Google Slides, Nearpod, and other applications as needed
Visual and hands-on demonstrations
Analysis of injury and surgery videos
Article reviews and case studies

Methods of Evaluation:

Tests (written and practical)
Homework
Classwork
Quizzes
Participation
Article Reviews
Case Studies
Critical review of lectures and podcasts
Labs

