

Department: Physical Education
Course Name: Introduction to Sports Medicine

Course Description:

This course covers the prevention, evaluation, and treatment of various sports related injuries. It includes both classroom and clinical experience where the students will be educated to recognize and care for various injuries. Students in this course will be educated to serve as an athletic training student aide in the HRA athletic training room. Students will also receive CPR/AED certification. There is a small fee for the certification card.

Content:

Sports medicine foundations
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, face anatomy and injuries
Concussions
CPR/AED

Skills:

Identify anatomy of the musculoskeletal system.
Using proper medical terminology and directional terms
Learn how to prevent and treat sports related injuries
Demonstrate various taping techniques used with sports related injuries
Demonstrate how to identify and treat concussion
Demonstrate CPR/AED skills

Text and Materials:

No text required
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 Anatomy Homework

Quizzes

Practical Skills

Participation

Observation Hours

Article Reviews

