

**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. There is an \$10 cost to obtain each certification card. Upon completion of this course, students will be eligible to serve as an athletic training student aide in the HRA athletic training room.

**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 concussion  
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  
Mask

**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  
Class work  
Quizzes (Lowest quiz grade will be dropped at the end of the year)  
Participation  
Article Reviews  
Case Studies  
Critical review of lectures and podcasts

