

PHED 2356
Care and Prevention of Athletic Injuries

Western Texas College
Department of Physical Education

- I. Basic Course Information
 - A. Course description - Areas of study for this course include: A composite overview to basic athletic training procedures with specific focus on the identification of injuries related to physical activity; therapeutic, rehabilitative, and preventative techniques will be utilized as treatment options. Students will be introduced to the professional development and responsibilities that the licensed athletic trainer holds. Practical lab experience and lecture will be the format of this course.
 - B. Prerequisites - none
- II. Student Learning Outcomes
 - A. The student will evaluate athletic injuries effectively, and be able to do so at a minimum of 80 percent accuracy.
 - B. The student will analyze specific athletic injuries, and compose a research paper about these injuries with a minimum 70 percent mastery.
 - C. The student will describe ways for athletes to properly train in order to avoid injuries.
- III. Major Course Requirements and Grading Standards
 - A. Attendance is a key component to grading; unexcused absences in excess of two missed class sessions will result in a deduction of one class grade per absence beginning with the third unexcused absence
 - B. Labs: There will be multiple labs spaced throughout the semester, including taping, evaluation, and rehabilitation of specific athletic injuries.
 - C. Exams: Four major exams will be spaced throughout the semester. Exam questions may include any combination of the following: true/false, multiple choice, fill in the blanks, short answer, and essay.
 - D. Research Paper: A research paper will be completed over a group of specific injuries and will deal with the prevention, assessment, and treatment of those injuries.
- IV. Information on Books and Other Course Material
 - A. *Arnheim's Principles of Athletic Training* (Prentice). ISBN-10: 0-07-297108-8, McGraw Hill Publishers.
- V. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:
 - A. Campus Calendar
 - B. Final Exam schedule
 - C. How to drop a class
 - D. Withdrawal information
 - E. Student Conduct/Academic Integrity
 - F. Students with disabilities

VII. Course Organization and Tentative Schedule*
 *This schedule is subject to change.

Week 1	Course introduction/The Athletic Trainer and Sports Medicine Team Legal Concerns and Insurance Issues
Week 2	Training and Conditioning Techniques Environmental Considerations
Week 3	Protective Gear and Sports Equipment LAB #1
Week 4	Taping and Bandaging Mechanisms and Characteristics of Sports Trauma
Week 5	Tissue Response to Injury Psychosocial Intervention
Week 6	On the Field Acute Care and Emergency Procedures Off the Field Injury Evaluation
Week 7	Test #1 Using Therapeutic Modalities
Week 8	Using Therapeutic Exercise in Rehabilitation LAB #2
Week 9	Pharmacology in Athletic Training Test #2
Week 10	The Foot The Ankle and Lower Leg
Week 11	The Knee The Thigh, Hip, Groin, and Pelvis
Week 12	Test #3 The Shoulder Complex
Week 13	The Elbow The Forearm, Wrist, Hand, and Fingers
Week 14	The Spine Holiday
Week 15	Review Anatomical Structures Review
	Final Exam

Last Modified: January 12, 2016