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## SECTION HEADING

### PHED 1110: Prevention and Care of Athletic Injuries I

#### Description

Prevention and Care of Athletic Injuries I covers the modern principles of athletic training for people involved in the health care of athletes. This course is designed to study the principles, practices, and techniques used by a certified trainer in the prevention, management, and rehabilitation of athletic injuries. This course is recommended for students interested in athletic training, sports medicine, physical therapy, coaching, physical education, or recreation.

#### Credits

3

#### Prerequisite

None

#### Corequisite

None

#### Topics to be Covered

1. Terminology, injury prevention; and the causes; symptoms; and care of common sports injuries.
2. Legal liability; emergency action plans; sports nutrition; and the psychological aspects of injury and performance.

#### Learning Outcomes

1. Identify the wounds commonly encountered in athletics and demonstrate their proper management.
2. Demonstrate the common taping; wrapping; and padding required for injury prevention and care.
3. Demonstrate the stabilization of extremity injuries and transportation from the field of play.
4. Develop and demonstrate the emergency action plan for critical life-threatening injuries and illnesses.
5. Identify different fractures and the mechanism of injury causing them.
6. Adapt the current training room into a better-functioning area.
7. Demonstrate proper taping and strapping techniques.

#### Credit Details

Lecture: 3

Lab: 0

OJT: 0

MnTC Goal Area(s): None