EASTERN ARIZONA COLLEGE
Introduction to Sports Medicine
Course Design
2015-2016

Course Information

Division
Health & Physical Education

Course Number
HPE 270

Title
Introduction to Sports Medicine

Credits
3

Developed by
Jim Bagnall

Lecture/Lab Ratio
3 Lecture/0 Lab

Transfer Status

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<th>ASU</th>
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<td>KIN 283, EXW Dept Elective</td>
<td>Elective Credit</td>
<td>PE Departmental Elective</td>
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Activity Course
No

CIP Code
51.0800

Assessment Mode
Pre/Post Test (20 Questions/20 Points)

Semester Taught
Fall and Spring

GE Category
None

Separate Lab
No

Awareness Course
No

Intensive Writing Course
No

Prerequisites
None

Educational Value
For students who need background for future physical education and coaching positions. This course teaches prevention, recognition, evaluation, treatment, and rehabilitation of athletic injuries, taping skills and CPR skills.

Description
Introductory course designed to provide insight into the athletic training profession: emergency care, daily training room procedures, etc. Identical to HHP 270.

Supplies
None
Competencies and Performance Standards

1. Evaluate emergency athletic injuries including head and neck

   Learning objectives
   What you will learn as you master the competency:
   a. Recognize airway, breathing, and circulation emergencies.
   b. Recognize possible spinal injuries
   c. Recognize possible head injuries
   d. Recognize the need for Emergency Medical Systems (EMS)
   e. Explain CPR skills

   Performance Standards
   Competence will be demonstrated:
   o pass a written exam and evaluation test
   Criteria - Performance will be satisfactory when:
   o learner recognizes airway, breathing, and circulation emergencies
   o learner recognizes possible spinal injuries
   o learner recognizes possible head injuries
   o learner recognizes the need for Emergency Medical Systems (EMS)

2. Evaluate lower extremity injuries

   Learning objectives
   What you will learn as you master the competency:
   a. Identify injuries to the foot and ankle
   b. Identify injuries to the lower leg and knee
   c. Identify injuries to the thigh and hip region

   Performance Standards
   Competence will be demonstrated:
   o pass a written exam and evaluation test
   Criteria - Performance will be satisfactory when:
   o learner identifies injuries to the foot and ankle
   o learner identifies injuries to the lower leg and knee
   o learner identifies injuries to the thigh and hip region

3. Evaluate upper extremity injuries

   Learning objectives
   What you will learn as you master the competency:
   a. Identify injuries to the abdominal the thoracic region
   b. Identify injuries to the shoulder
   c. Identify injuries to the elbow, wrist and hand

   Performance Standards
   Competence will be demonstrated:
   o pass a written exam and evaluation test
Criteria - Performance will be satisfactory when:
  o learner identifies injuries to the abdominal the thoracic region
  o learner identifies injuries to the shoulder
  o learner identifies injuries to the elbow, wrist and hand

4. Demonstrate individual joint taping

Learning objectives
What you will learn as you master the competency:
  a. Identify the methodology of taping
  b. Identify the need to prevent further injury with taping
  c. Identify the need to restrict motion of individual joint

Performance Standards
Competence will be demonstrated:
  o pass a written exam and evaluation test

Criteria - Performance will be satisfactory when:
  o learner identifies the methodology of taping
  o learner identifies the need to prevent further injury with taping
  o learner identifies the need to restrict motion of individual joint

Types of Instruction
Classroom presentation and demonstration

Grading Information

Grading Rationale
Final/Post Test  50%
Quizzes          40%
Evaluation Skills 10%

Grading Scale
A  90% - 100%
B  80% - 89%
C  70% - 79%
D  60% - 69%
F  Below 60 %