

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

ASU	NAU	UA
KIN 283, EXW Dept Elective	Elective Credit	PE Departmental Elective

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:

- learner identifies injuries to the abdominal the thoracic region
- learner identifies injuries to the shoulder
- 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:

- pass a written exam and evaluation test

Criteria - Performance will be satisfactory when:

- learner identifies the methodology of taping
- learner identifies the need to prevent further injury with taping
- 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 %