COURSE DESCRIPTION:
This course is designed to address the prevention and management of injuries in athletic activities. Course content includes discussion of relevant sports medicine issues, physical conditioning and training, nutritional and psychological concerns, ergogenic aids, and injury recognition. Practice is provided in the use of wrapping, taping, and therapeutic rehabilitation programs. This course is subject to a course fee. Refer to http://mc3.edu/adm-fin-aid/paying/tuition/course-fees for current rates.

REQUISITES:
Previous Course Requirements
- BIO 129 Functional Human Anatomy and Physiology with a minimum grade of “C” or BIO 131 and 132: Human Anatomy and Physiology I and II with a minimum grade of “C”

Concurrent Course Requirements
None

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<thead>
<tr>
<th>LEARNING OUTCOMES</th>
<th>LEARNING ACTIVITIES</th>
<th>EVALUATION METHODS</th>
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<td>Upon successful completion of this course, the student will be able to:</td>
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<td>1. Demonstrate a variety of sport injury assessment, management, treatment, and rehabilitation skills.</td>
<td>Assigned Readings</td>
<td>Practical Examinations</td>
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<td>Demonstration and Practice</td>
<td>Case Study</td>
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<td>2. Define the roles of individual sports injury care team members according to the specific athletic setting.</td>
<td>Assigned Readings</td>
<td>Case Study</td>
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<td>3. Apply preventative, safety, and emergency standard procedures to the development and operation of an effective sports management program.</td>
<td>Assigned Readings</td>
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<td>4. Explain the legal and ethical implications of an athletic emergency plan.</td>
<td>Assigned Readings, Case Study, Lecture/Discussion, Written Examinations, Written Assignments, Research Paper</td>
<td>Case Study, Written Examination</td>
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</table>

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that 70% of students will meet or exceed outcome criteria.

SEQUENCE OF TOPICS:

I. Introduction to Sports Medicine
   a. Historical Development of Sports Medicine
   b. Modern Sports Medicine
      i. The sports medicine team
      ii. Organization of a sports medicine program
      iii. Legal responsibilities in sports medicine
      iv. The preparticipation physical evaluation
      v. Record keeping
   c. Sustaining Sport Injuries
      i. Sports injury classification
   d. Sports injury information

II. Injury Prevention
   a. Basic Principles of Conditioning Programs
      i. Physiology of muscle contraction
      ii. Muscular strength and endurance
      iii. Cardiorespiratory endurance
      iv. Flexibility
v. Body composition
vi. Plyometric exercise
vii. Exercise prescription

b. Psychology in Sport
   i. Psychological ergogenic aids
   ii. The injured athlete

c. Drug Use and Abuse by Athletes
   i. Therapeutic medications used to treat athletes
   ii. Banned drugs and practices
   iii. Anabolic/androgenic steroids
   iv. Drug testing

d. Nutritional Considerations
   i. The role of the diet in athletics
   ii. Replacement of fluid during exercise
   iii. Vitamins and mineral supplementation
   iv. Pre- and post-event nutritional guidelines
   v. Eating disorders

e. Protective Equipment
   i. Principles and maintenance of protective equipment

III. Injury Management
   a. Topographic Anatomy
   b. Emergency Assessment of the Ill or Injured Athlete
      i. The nine diagnostic signs
      ii. Conducting a primary and secondary survey
      iii. Triage
      iv. Transportation and medical referral
   c. Primary Management and Treatment of Selected Body Regions
      i. Foot and ankle
      ii. Lower leg
      iii. Knee
      iv. Thigh and hip
      v. Other regions
   d. Basic Principles of Rehabilitation and Therapeutic Modalities
      i. Immediate care
      ii. Restoration of motion and strength
      iii. Return to play
      iv. The inflammatory response
      v. Intervention with modalities
   e. Potential Catastrophic Injuries
      i. Recognition and initial management techniques
   f. Other Health-Related Conditions
      i. Recognition and immediate care
         1. Infections
         2. Allergies
         3. Environmental
         4. Chronic illnesses
5. Abdomen and genitalia
6. Communicable diseases
7. Poisons, stings, and bites

g. Special Populations
   i. Anatomic and physiological concerns that effect athletic performance
      1. Female
      2. Pediatric
      3. Adolescent
      4. Elderly
      5. Physically impaired

LEARNING MATERIALS:

Other learning materials may be required and made available directly to the student and/or via the College’s Libraries and/or course management system.

COURSE APPROVAL:
Revised by: Dr. Dave Doyle and Dr. Anne Livezey Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr. Date: 9/11/2009

Revised by: Dr. Anne Livezey Date: 12/2012
Revised by: Amanda Wooldridge and Dr. Anne Livezey Date: 7/2014
VPAA/Provost or designee Compliance Verification:
Victoria L. Bastecki-Perez, Ed.D. Date: 12/2014

Revised by: Debbie Dalrymple Date: 12/17/2017
VPAA/Provost or designee Compliance Verification: Date: 1/9/2018

*This course is consistent with Montgomery County Community College’s mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*