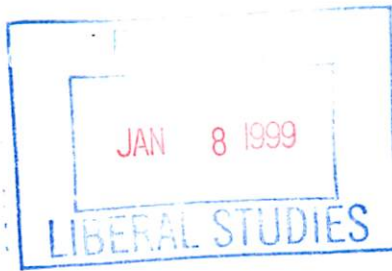


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Submission Date: 98-426
Action-Date: _____

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Mr. Ron Trenney Phone X6918
Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

COURSE Prevention and Care
Suggested 20 character title
 New Course * HP 175: Prevention and Care of Injuries to the Physically Active
Course Number and Full Title
 Course Revision _____
Course Number and Full Title
 Liberal Studies Approval + _____
for new or existing course Course Number and Full Title
 Course Deletion _____
Course Number and Full Title
 Number and/or Title Change _____
Old Number and/or Full Old Title
_____ New Number and/or Full New Title
 Course or Catalog Description Change _____
Course Number and Full Title
 PROGRAM: Major Minor Track
 New Program * _____
Program Name
 Program Revision * _____
Program Name
 Program Deletion * _____
Program Name
 Title Change _____
Old Program Name
_____ New Program Name

III. Approvals (signatures and date)

Melinda P. Barks 3-18-98
Department Curriculum Committee
Mary E. Swenick 4/19/98
College Curriculum Committee

James D. O'Neill
Department Chair
Donald E. Wingard 27 Apr 98
College Dean

+ Director of Liberal Studies (where applicable)

* Provost (where applicable)

Catalog Description

HP 175 Prevention and Care of Injuries to the Physically Active

2c-01-2sh

Prerequisites: None

General Information will be presented related to the prevention, recognition, and care of both acute and chronic injuries common to participants of physical activity/fitness, and athletics. Specific topics to be addressed include prevention techniques, the classification and staging of injury conditions, basic evaluation techniques, as well as emergency management and follow-up care procedures.

Syllabus of Record

		2 credits
I. Catalog Description		2 lecture hours
		0 lab hours

HP 175 Prevention and Care of Injuries to the Physically Active 2c-0l-2sh

Prerequisites: None

General Information will be presented related to the prevention, recognition, and care of both acute and chronic injuries common to participants of physical activity/fitness, and athletics. Specific topics to be addressed include prevention techniques, the classification and staging of injury conditions, basic evaluation techniques, as well as emergency management and follow-up care procedures.

II. Course Objectives

The student will be able to:

1. Describe the historical foundations of the athletic training profession as well as verbalize an understanding of the role and responsibility of the athletic trainer in the sports medicine team.
2. Define and describe the major injuries incurred during participation in physical activity.
3. List and describe the importance of conditioning (flexibility, strength, and cardiorespiratory endurance) as it relates to injury prevention.
4. Identify the stages of the inflammatory process and the management of this process through basic treatment techniques such as rest, ice, compression, and elevation (R.I.C.E.).
5. Develop an emergency action plan for a variety of physical endeavors with consideration given to specific athletic settings.
6. Differentiate between the concepts of a primary and secondary physical evaluation.

7. Demonstrate skills required for the management and prevention of injuries with the use of external supportive devices (tape, wraps, braces, etc.).
8. Demonstrate techniques related to the use of thermotherapy and cryotherapy for the care of the physically active.

III. Course Outline

- A. Historical review of National Athletic Trainers Association and course introduction (2 h. lec.)
 1. Historical foundations of Athletic Training
 2. The Athletic Training-Sports Medicine team
 3. Roles and responsibilities of the sports medicine team
 4. Standards of Professional Practice
- B. Classifications of physical activity and injury conditions (3h. lec.)
 1. Differentiate between non-contact and contact sports
 2. Athletic related trauma and common sports injuries
 3. Medical terminology associated with athletic injury
- C. Emergency Procedures (2h. lec.)
 1. Primary survey
 2. Secondary survey
 3. Emergency care (hemorrhage, cardiac emergency, shock, etc.)
 4. The Rest, Ice, Compression, Elevation (R.I.C.E.) procedure
- D. Evaluation Techniques (2h. lec.)
 1. Basic concepts of an orthopedic evaluation
 2. Pre-participation physical examinations
- E. The physiological response to illness and injury (3h. lec.)
 1. Injury and illness stressors
 2. Acute and chronic stages of inflammation
 3. Tissue repair and regeneration
 4. Management of inflammation and pain modulation
- F. Environmental considerations in physical activity (2h. lec.)
 1. The etiology and clinical signs of heat stress disorders
 2. The etiology and clinical signs of cold disorders
 3. Problems associated with travel and altitude adjustment

- G. **Conditioning and physical activity** (2h. lec.)
 - 1. The role of cardiovascular conditioning in the prevention of illness and injury
 - 2. The role of strength and flexibility development in the prevention of illness and injury

- I. **Superficial Modalities** (2h. lec.)
 - 1. Thermotherapy and cryotherapy application techniques
 - 2. Physiological effects related to cryotherapy and thermotherapy

- J. **Bandaging and Taping** (4h. lec.)
 - 1. Taping and strapping of the lower extremity
 - 2. Taping and strapping of the upper extremity
 - 3. Wrapping for acute injury care

- Q. **Examinations** (6h.)

IV. Evaluation Methods

- A. **Written Examinations**.....50% of total grade
- B. **Quizzes and Written Assignments**.....25% of total grade
- C. **Oral and Practical Examinations**.....25% of total grade

Written examinations and quizzes are intended to assess the student's awareness and understanding of the concepts presented in class and through related readings. Items on these examinations will be derived from texts, daily lectures, and course handouts. The content of each examination will usually mirror the content of those units most recently presented in class. Examination methodology may include multiple choice, true and false, matching, and short answer / essay format. With regard to the oral / practical examination, hands on skills will be assessed as these skills relate to the prevention, evaluation and care of the physically active.

V. Grading

Grading Scale	
90-100.....	A
80-89.....	B
70-79.....	C
60-69.....	D
59 and below.....	F

VI. Required Textbooks and References

1. Arnheim, D. D., Prentice, W. E. (1997). Principles of Athletic Training (9th ed.). New York, NY: McGraw-Hill.
2. Class Handouts

VII. Special Resource Requirements

None required.

VII. Bibliography

- Anderson, M. K., Hall, S. J. (1995). Sports Injury Management. Baltimore, MD: Williams and Wilkins.
- Arnheim, D., D. (1995). Essentials of Athletic Training. (3rd ed.). St. Louis, MO: Mosby.
- Fu, F., Stone, D. (1994). Sports Injuries: Mechanism, Prevention and Treatment. (2nd ed.). Baltimore, MD. Williams and Wilkins.
- Gallaspy, J., May, D. (1995). Signs and Symptoms of Athletic Injuries. (1st ed.). St. Louis, MO: Mosby.
- Mangus, B. C., Pfeiffer, R. P. (1998). Concepts of Athletic Training. (2nd ed.). Sudbury, MA: Jones and Bartlett.
- Meuller, F. , Ryan, A. (1991). Prevention of Athletic Injuries: The Role of the Sports Medicine Team. (1st ed.). Philadelphia, PA: F. A. Davis.
- Renstrom, P.A.F.H. (1994). Sports Injuries: Basic Principles of Prevention and Care. (1st ed.). Champaign, IL: Human Kinetics.

COURSE ANALYSIS QUESTIONNAIRE

Section A: Details of the Course

- A1. This course will serve as a Sports Science requirement offered in the Department of Health and Physical Education. This course will serve as an introduction course to the skills necessary in treating common injuries to the physically active.
- A2. This course necessitates slight changes in course content for HP 345, Athletic Training I. (course revision is enclosed within this document).
- A3. This course has not been offered to date.
- A4. It is not intended to be dual level course.
- A5. It will not be taken for variable credit.
- A6. Similar courses are offered at most universities offering a Health and Physical Education or Athletic Training education program.
- A7. This course is recommended by the Committee for Accreditation of Allied Health Education Programs (CAAHEP) for an accredited Athletic Training Education Program.

Section B: Interdisciplinary

- B1. Course will be taught by one of the two members of the Health and Physical Education faculty holding National Athletic Trainers Association, Board of Certification Credentials.
- B2. There is no relationship between the content of this course and the content of courses offered by other departments.
- B3. Yes. Since this course will serve as an introduction course to the profession of Athletic Training, and will teach basic skills beneficial to all that work with the physically active it will be appropriate for others outside of our department.

Section C. Implementation

- C1. Yes, this course will be taught by existing department faculty.**
- C2. All resources necessary to teach this course are currently available through the IUP Sport Medicine and Health and Physical Education Departments, ie. anatomical models, taping supplies....**
- C3. This course will not be funded by a grant.**
- C4. This course will be taught each academic semester.**
- C5. One section will be offered each semester.**
- C6. Due to skill activities that are better taught in the IUP Sports Medicine Clinic it is recommended that enrollment not exceed 30 students.**
- C7. No limitations imposed by professional society.**