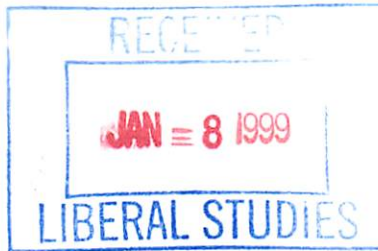


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98-429

CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Ron Trenney/Jose' Rivera Phone 357-6918/357-5507
Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

☒ COURSE	<u>Ath. Train. I</u>	Suggested 20 character title
☐ New Course *		Course Number and Full Title
☒ Course Revision	<u>HP 345 Athletic Training I</u>	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)

<u>M. P. Goff</u> 11-12-98 Department Curriculum Committee	<u>Dana Miller</u> Department Chair
<u>Mary C. Smith</u> 12/17/98 College Curriculum Committee	<u>Harold E. Wingard</u> College Dean
_____ + Director of Liberal Studies (where applicable)	_____ * Provost (where applicable)

II. DESCRIPTION OF THE CURRICULUM CHANGE

1. PROPOSED NEW CATALOG DESCRIPTION:

HP 345 Athletic Training I

3c-ol-3sh

Prerequisite: HP 221 or equivalent applied Anatomy course.

A survey of common athletic injuries with emphasis on etiology, pathophysiology, and classification. General injury assessment and management procedures will also be presented.

NEW SYLLABUS OF RECORD

I.	Catalog Description	3 credits 3 lecture hrs. 0 laboratory hrs.
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HP 345	Athletic Training I	3c-0l-3sh
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Prerequisite: HP 221 or equivalent applied Anatomy course.

A survey of common athletic injuries with emphasis on etiology, pathophysiology, and classification.

General injury assessment and management procedures will also be presented.

II. Course Objectives

At the completion of this course the student will be able to:

1. Explain the etiological factors for a variety of musculoskeletal and neuromuscular sports related injuries.
2. Outline specific signs and symptoms of common musculoskeletal and neuromuscular sports related injuries.
3. List consequential structural and functional deficiencies of common musculoskeletal and neuromuscular sports related injuries.
4. Classify common musculoskeletal and neuromuscular sports related injuries.
5. Explain the pathophysiology of injury and repair of common musculoskeletal and neuromuscular sports related injuries.
6. Outline the signs and symptoms of common illnesses and other conditions encountered in an athletic environment
7. Outline basic musculoskeletal/neuromuscular assessment procedures.
8. Select appropriate musculoskeletal/neuromuscular management procedures.
9. Select appropriate management procedures for common illnesses and other conditions encountered in an athletic environment.

III. Course Outline

A.	Pathophysiology of Injury and Repair of Various Tissues (bone, muscle, ligament, etc.)	3 hours
	1. Microtrauma, inflammation and overuse injuries.	
	2. Acute trauma and inflammatory response.	
	3. The healing process.	
B.	Assessment of Athletic Injuries	3 hours
	1. Primary Assessment	
	2. Secondary Assessment	
C.	Acute Management of Musculoskeletal Injuries	3 hours
	1. On-site management.	
	2. Follow-up treatment and referral.	
D.	Foot, Ankle and Lower Leg Injuries	3 hours
	1. Etiological factors	
	2. Pathological factors	
	3. Structural and functional limitations	
	4. Classification	

E. Knee and Thigh Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
F. Lumbar Spine, Hip and Pelvic Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
G. Chest, Abdomen, and Thoracic Spine Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
H. Head, Face, and Cervical Spine Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
I. Shoulder Girdle Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
J. Arm and Elbow Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
K. Wrist and Hand Injuries	3 hours
1. Etiological factors	
2. Pathological factors	
3. Structural and functional limitations	
4. Classification	
L. Epiphyseal Injuries	2 hours
1. Physiology of bone growth	
2. Etiological factors	
3. Pathological factors	
4. Structural and functional limitations	
5. Classification	
M. Illnesses	3 hours
1. Skin conditions	
2. Thermal conditions	
3. Systemic illnesses/infections	
4. Localized illnesses/infections	
5. Management	

N. Examinations (4)

4 hours

IV. Evaluation Methods

- A. Written Examinations.....80% of grade
- B. Written Assignments (4-8).....20% of grade
- C. Grading Scale:
 - 90-100.....A
 - 80-89.....B
 - 70-79.....C
 - 60-69.....D
 - < 60F

V. Required Textbook:

Booher, J.M. and Thibodeau, G.A. (1994). Athletic Injury Assessment (3rd Ed.) St. Louis: Mosby-Year Book, Inc.

VI. Special Resource Requirements

None required.

VII. Bibliography

Arnheim, D.D. and Prentice, W.E. (1997). Principles of Athletic Training (9th Ed.) New York: Mc Graw-Hill.

Anderson, M.K. and Hall, S.J. (1995). Sports Injury Management. Baltimore: Williams and Wilkins.

Gallaspy, J. and May, D. (1995). Signs and Symptoms of Athletic Injuries. St. Louis, MO: Mosby Year-Book, Inc.

Irvin, R., Iversen, D., Steven, R. (1998) Sports Medicine (2nd Ed.) Needham Heights, MA: Allyn & Bacon.

Magee, D. (1997) Orthopedic Physical Assessment (3rd Ed.) Philadelphia, PA: W.B. Saunders.

2. SUMMARY OF PROPOSED REVISIONS

The proposed changes for this course are:

A. Course Description:

From: Prerequisite: HP 221

Specifically designed to introduce students to the discipline of athletic training with emphasis in prevention, evaluation management, and rehabilitation in Sports Medicine.

To: Prerequisite: HP 221 or equivalent applied anatomy course

A survey of common athletic injuries with emphasis on etiology, pathophysiology, and classification. General injury assessment and management procedures will also be presented.

B. Course Objectives:

From: The student will gain a basic understanding in all the domains of athletic training including prevention, recognition and evaluation, management, treatment, rehabilitation, organization, and administration.

To: At the completion of this course the student will be able to:

1. Explain the etiological factors for a variety of musculoskeletal and neuromuscular sports' related injuries.
2. Outline specific signs and symptoms of common musculoskeletal and neuromuscular sports related injuries.
3. List consequential structural and functional deficiencies of common musculoskeletal and neuromuscular sports related injuries.
4. Classify common musculoskeletal and neuromuscular sports related injuries.
5. Explain the pathophysiology of injury and repair of common musculoskeletal and neuromuscular sports related injuries.
6. Outline the signs and symptoms of common illnesses and other conditions encountered in an athletic environment
7. Outline basic musculoskeletal/neuromuscular assessment procedures.
8. Select appropriate musculoskeletal/neuromuscular management procedures.
9. Select appropriate management procedures for common illnesses and other conditions encountered in an athletic environment.

3. JUSTIFICATION/RATIONALE:

The rationale for the prerequisite change is to specify to students that BI 150 (Human Anatomy) or equivalent transfer applied anatomy course may be taken instead. It is important to clearly delineate this option to students who may be interested in post-graduate allied health studies that may require a natural science based anatomy course for admission.

The changes in course description and objectives are an integral part of the proposed track revision and new courses' proposals attached. These changes are necessary in order to meet the essentials and guidelines for CAAHEP (Commission on Accreditation of Allied Health Education Programs) accreditation. The specific course objectives and course description changes for this course are reflective of the restructuring of didactic material to specifically meet the tasks outlined in the "Competencies in Athletic Training" document (see appendix 1).

Syllabus of Record (past)

ATHLETIC TRAINING I

HP 345
Course Syllabus
3 Credits

Course Description: Athletic Training I is designed so that each student has an opportunity to gain an appropriate depth of knowledge in prevention, evaluation, management and rehabilitation in sports medicine.

Course Objectives: The student will gain a basic understanding in all the domains of athletic training including prevention, recognition and evaluation, management, treatment, rehabilitation, organization, and administration.

GENERAL STUDENT COMPETENCIES: The student will be able to develop competencies in five different domains with specific tasks and knowledge.

DOMAIN I - PREVENTION

TASK I - Develops and implements specific programs for athletes for pre-season and off-season conditioning.

KNOWLEDGES

1. Knowledge of muscular strength and endurance training principles and techniques (e.g. isometric, isotonic, and isokinetic training).
2. Knowledges of flexibility training principles and techniques (e.g. static, dynamic, P.N.F., etc.)
3. Knowledge of cardiovascular endurance training principles (e.g. interval, circuit, distance, work, etc.).

TASK II - Assist and or supervise maintenance and upkeep of athletic equipment to insure a safe physical environment for involved athletic participants by periodic visual inspection and review of maintenance records.

KNOWLEDGES

1. Knowledge of what constitutes a hazardous situation in or around athletic activity areas (that is, uneven terrain, damaged equipment, etc.).

TASK III - Discusses the components of conditioning programs in sports activities with coaches to prevent implementation of hazardous routines by a daily evaluation of planned activity.

KNOWLEDGES

1. Knowledge of hazardous routines associated with conditioning techniques (that is, full squats, spearing, and over training, etc.).

DOMAIN II - RECOGNITION AND EVALUATION

TASK I - Obtain history of injury from athlete or witnesses in order to determine the mechanism and extent of the injuries by asking questions relating to the level of consciousness, type and extent of pain, location of pain, predisposing factors and obvious pathological signs and symptoms.

KNOWLEDGES

1. Knowledge of mechanisms of athletic injuries.
2. Knowledge of functional anatomy, physiology and kinesiology relative to the mechanisms of injury.
3. Knowledge of the body's immediate and delayed physiological responses to injury (that is, swelling, discoloration, warmth, etc.).
4. Knowledge of the signs and symptoms of athletics injuries (that is, crepitus, discoloration, warmth, etc.).
5. Knowledge of medical terminology and standard nomenclature of athletic injuries.

TASK II - Knows how to inspect the injured area of the athlete in order to determine the presence and/or extent of deformity, discoloration, bleeding, effusion, and obvious pathological signs.

KNOWLEDGES

1. Knowledge of human surface anatomy specifically bony landmarks and soft tissue confirmations.
2. Knowledge of normal and abnormal structural relationships as they relate to the mechanisms of injury.

TASK III - Knows how to determine decreased range of motion and/or muscular weakness of injured athlete to establish the extent of injury, by bilateral comparison of active, passive, or resistive exercises.

KNOWLEDGES

1. Knowledge of kinesiology.
2. Knowledge of principles and techniques of manual and mechanical muscle testing.

DOMAIN III - MANAGEMENT AND TREATMENT

TASK I - Will know the proper transportation of the athlete through the use of standard approved techniques.

KNOWLEDGES

1. Knowledge of standard first aid.
2. Knowledge of basic emergency first aid equipment.

TASK II - Knows how to administer athletic training procedures to the athlete in order to facilitate recovery from an athletic injury through the use of therapeutic modalities, exercises, athletic taping/support bandaging procedures.

KNOWLEDGES

1. Knowledge of the physiological affects of therapeutic modalities.

DOMAIN IV - REHABILITATION

TASK I - Knows how to restore the athlete injured body part in order to achieve normal functional status by the use of therapeutic modalities and/or exercises.

KNOWLEDGES

1. Knowledge of functional tests and measurement techniques.
2. Knowledge of therapeutic exercise equipment, techniques, principles.

TASK II - Develops criteria for the return to activity by the athlete in order to minimize the risk of re-injury to the use of objective measurements.

KNOWLEDGES

1. Knowledge of the human anatomy; physiology, and kinesiology.
2. Knowledge of criteria for the return of sports activity.

DOMAIN V - ORGANIZATION AND ADMINISTRATION

TASK I - Learns how to maintain the athletic training records in order to document all treatments/services rendered by the health care professionals through an organized recording procedure.

KNOWLEDGES

1. Knowledge of principles in the area of data collection and processing.

TASK II - Purchases equipment and supplies for athletic training facility.

KNOWLEDGES

1. Knowledge of purchasing including the determination of needs, selection of items, bid leading and store management.

TASK III - Establishes an emergency plan for scheduled activities in order to provide delivery of emergency medical services.

KNOWLEGES

1. Knowledge of local or regional emergency support services personnel and location.

EVALUATION:

A. WRITTEN AND QUIZ GRADES

1. An "A" grade can be earned by obtaining 90% or more on given tests.
2. A "B" grade can be earned by obtaining 80 to 89% on given tests.
3. A "C" grade can be obtained by earning between 70 to 79% on given tests.
4. A "D" grade can be obtained by earning between 60 to 69% on given tests.

B. TEXTS

Arn Heim, Daniel D. Modern Principles of Athletic Training (7th ed.), St. Louis: C.V. Mosby Co., 1989.

Hoppenfeld, Stanley, M.D. Physical Examination of the Spine and Extremities (1st ed.), New York: Appleton-Century-Crofts, 1976.

Roy, Steven, and Irvin, Richard. Sports Medicine, New Versity: Prentice-Hall, Inc., 1983.

ATHLETIC TRAINING OUTLINE

HF 345

<u>DATE</u>	<u>DAY</u>		
JAN	25	W	INTRODUCTION CHAPTER I GENERAL CONSIDERATIONS (2)
	27	F	Ch. 2 THE ATHLETIC TRAINING PROGRAM (26)
	30	M	Ch. 3 PHYSICAL CONDITIONING & TRAINING (64)
FEB	1	W	Ch. 3 PHYSICAL CONDITIONING & TRAINING (64)
	3	F	Ch. 4 NUTRITIONAL CONSIDERATIONS (112)
	6	M	Ch. 5 PROTECTIVE SPORTS DEVICES (133)
	8	W	Ch. 6 PSYCHOLOGICAL STRESSES (172)
	10	F	Ch. 7 MECHANISM, CHARACTERISTICS, & CLASSIFICATIONS OF SPORTS INJURIES (192)
	13	M	Ch. 7 MECHANISM, CHARACTERISTICS, & CLASSIFICATIONS OF SPORTS INJURIES (192)
	15	W	Ch. 8 TISSUE RESPONSE TO INJURY (230)
	17	F	Ch. 8 TISSUE RESPONSE TO INJURY (230)
	20	M	Ch. 9 EMERGENCY PROCEDURES (248)
	22	W	Ch. 9 EMERGENCY PROCEDURES (248)
	24	F	Ch. 10 GENERAL ASSESSMENT PROCEDURES (276)
	27	M	Ch. 10 GENERAL ASSESSMENT PROCEDURES (276)
MAR	1	W	Ch. 11 ENVIRONMENTAL CONSIDERATIONS (298)
	3	F	Ch. 11 ENVIRONMENTAL CONSIDERATIONS (298)
	6	M	Ch. 12 TAPING AND BANDAGING (314)
	8	W	Ch. 13 THERAPEUTIC MODALITIES (350)
	10	F	Ch. 13 THERAPEUTIC MODALITIES (350)
SPRING BREAK			
	20	M	Ch. 14 EXERCISE REHABILITATION (386)
	22	W	Ch. 15 DRUG USE AND ABUSE IN SPORTS (418)
	24	F	EXAM - CHAPTERS 1-15
	26	T	MONDAY'S CLASSES HELD
		Ch. 16	SKIN DISORDERS (456)
	29	W	Ch. 16 SKIN DISORDERS (456)
	31	F	Ch. 17 THE FOOT, ANKLE, & LOWER LEG ACUTE INJURIES (490)
APR	3	M	Ch. 17 THE FOOT, ANKLE, & LOWER LEG ACUTE INJURIES (490)
	5	W	Ch. 18 FOOT, ANKLE, & LOWER LEG CHRONIC & OVERUSE INJURIES (538)
	7	F	Ch. 18 FOOT, ANKLE, & LOWER LEG CHRONIC & OVERUSE INJURIES (538)
	10	M	Ch. 19 THE KNEE AND RELATED STRUCTURES (566)
	12	W	Ch. 19 THE KNEE AND RELATED STRUCTURES (566)
	14	F	Ch. 20 THE THIGH, HIP, & PELVIS (618)
	17	M	Ch. 20 THE THIGH, HIP, & PELVIS (618)
	19	W	Ch. 21 THE ABDOMEN, THORAX, & LOW BACK (650)
	21	F	Ch. 21 THE ABDOMEN, THORAX, & LOW BACK (650)
	24	M	Ch. 22 HEAD, THORAX, & CERVICAL SPINE (692)
	26	W	Ch. 22 HEAD, THORAX, & CERVICAL SPINE (692)
	28	F	Ch. 23 SHOULDER COMPLEX & UPPER ARM (734)
MAY	1	M	Ch. 23 SHOULDER COMPLEX & UPPER ARM (734)
	3	W	Ch. 24 ELBOW, FOREARM, WRIST, & HAND (776)
	5	F	Ch. 24 ELBOW, FOREARM, WRIST, & HAND (776)
	8	M	Ch. 25 OTHER HEALTH CONDITIONS RELATED TO SPORTS (816)
11-18			FINALS (CHAPTERS 15 - 25)