

Department of: Health and Leisure

Course Title: HL 263 – Sports Injury Management

Credit Hours: 3

I. Catalog Description: An overview of prevention, assessment, and rehabilitation of the most common conditions found in an athletic training environment.

II. Prerequisites: HL 251, HL 280

III. Course Objectives

- A. Identify members of the primary sports medicine team and describe their roles and responsibilities in sports injury management.
- B. Explain the basic parameters of professional practice for athletic trainers.
- C. Explain the standard of care and what factors must be proven to show a legal breach of duty.
- D. Employ a preparticipation examination.
- E. Identify specific conditions that could exclude an athlete from participating in physical activity or sport.
- F. Identify the factors in the selection, fitting, and regulation of protective devices and, in addition, be aware of the governing agencies (National Operating Committee on Standards for Athletic Equipment).
- G. Describe what information should be documented to support the organization's legal duty to provide safe equipment.
- H. Demonstrate standard and emergency evaluations for conscious/unconscious athletes, and for injuries evaluated on the sideline/in the training room that pertain to the axial region and extremities.
- I. Demonstrate steps in the initial assessment of an athlete with an illness or infection.

IV. Expectations of the Student

- A. Each student will complete all examinations and assignments.
- B. Each student will complete a research project on a topic approved by the instructor, examining current research pertinent to athletic training.
- C. Each student will present his or her project to the class.
- D. Each student will complete an abstract on an approved topic related to athletic training.

V. Course Content

- A. Foundations of Sports Injury Management
 - 1. Sports injury management and the athletic trainer
 - a. primary sports medicine team
 - b. standards of professional practice
 - c. legal liability
 - 2. Preparticipation examination
 - a. medical history
 - b. physical examination
 - c. physical fitness profile
 - d. clearance for participation

Hours
3

3. Protective Equipment	
a. head and face	
b. upper body	
c. lower body	
d. liability and equipment standards	
B. Injury Assessment and Rehabilitation	8
1. Sport injury assessment	
a. injury evaluation process	
b. emergency injury assessment	
2. Tissue healing and wound care	
3. Therapeutic modalities	
4. Therapeutic exercise	
C. Axial Region	5
1. Head and facial conditions	
2. Spinal conditions	
3. Throat, thorax, and visceral conditions	
D. Upper Extremity	7
1. Shoulder conditions	
2. Upper arm, elbow, and forearm conditions	
3. Wrist and hand conditions	
E. Lower Extremity	7
1. Pelvis, hip, and thigh conditions	
2. Knee conditions	
3. Lower leg, ankle, and foot conditions	
F. Special Considerations	15
1. Environmental conditions	
2. Respiratory tract conditions	
3. Gastrointestinal conditions	
4. The diabetic athlete	
5. Common infectious diseases	
6. Seizure disorders	
7. Blood pressure disorders	
8. Sudden death	
9. Conditions of the female athlete, disabled athlete, and senior athlete	
10. Pharmacology	
11. Dermatology	

Total 45

VI. Textbook

- A. Anderson MK, Hall SJ, Martin M. *Sports Injury Management*. Philadelphia: Williams and Wilkins, 2000.
- B. Role Delineation Study. 4th ed., The National Athletic Trainers' Association Board of Certification, Inc., 1999. www.nataboc.org

VII. Basis for Student Evaluation	%
Examinations (4)	75
Class Project	20
Abstract	<u>5</u>
	100