JAMESTOWN COMMUNITY COLLEGE
State University of New York

INSTITUTIONAL COURSE SYLLABUS

Course Title: Care/Prevent Athletic Injuries

Course Abbreviation and Number: PHE 2500 **Credit Hours:** 3 **Course Type:** Lecture

Course Description: Students will be introduced to methods of conditioning, prevention, recognition, treatment, and rehabilitation of athletic injuries, administrative procedures, and other major concerns conducted in an athletic training setting. The application of skills and knowledge in the clinical experience in the athletic training room will be emphasized.

Prerequisite/Corequisite: BIO 2510.

Student Learning Outcomes:
Students who demonstrate understanding can:
1. Demonstrate an understanding of how to care for various athletic injuries.
2. Describe legal liability issues related to athletic injuries.
3. Describe preventative measures to reduce athletic injuries.

Topics Covered:
- Introduction
- Organization, Legal Liability
- Injury Prevention
- Protective Equipment
- Environmental Emergencies
- Injury recognition, treatment
- Lower leg, ankle and foot
- Taping
- Knee
- Thigh, hip and pelvis
- Psychological aspects
- Head and face
- Nutrition
- Skin Disorders, Blood borne pathogens
- Shoulder and arm
- Elbow, forearm, wrist and hand
- Thorax and abdomen
- Spine
- Basic rehabilitation techniques
- Additional health concerns

Information for Students
- Expectations of Students
    - Civility Statement
    - Student Responsibility Statement
    - Academic Integrity Statement
- Accessibility Services
  Students who require accommodations to complete the requirements and expectations of this course because of a disability must make their accommodation requests to the Accessibility Services Coordinator.
- Get Help: JCC & Community Resources
- Emergency Closing Procedures
- Course grade is determined by the instructor based on a combination of factors, including but not limited to, homework, quizzes, exams, projects, and participation. Final course grade can be translated into a grade point value according to the following:

A=4.0	B+=3.5	B=3	C+=2.5	C=2	D+=1.5	D=1	F=0

- Veterans and active duty military personnel with special circumstances (e.g., upcoming deployments, drill requirements, VA appointments) are welcome and encouraged to communicate these to the instructor.

Effective Date: Fall 2021