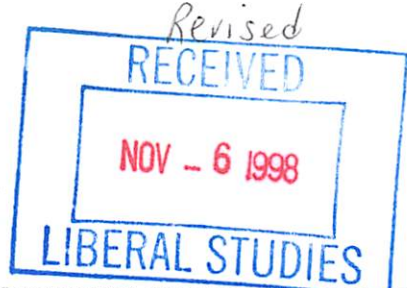


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Action-Date: \_\_\_\_\_



UWUCC USE Only  
Number: 98-22  
Submission Date: \_\_\_\_\_  
Action-Date: \_\_\_\_\_

**CURRICULUM PROPOSAL COVER SHEET** *Withdrawn 12-8-98*  
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)**

Maddi P. Raab 3-18-98  
Department Curriculum Committee  
Mary E. Suenkel 4/19/98  
College Curriculum Committee

James D. Hill  
Department Chair  
Paul E. Wenzel 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

### I. Catalog Description

2 c-01-2sh

HP 175 Prevention and Care of Injuries to the Physically Active

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** (3h. 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** (3h. lec.)
  - 1. **Basic concepts of an orthopedic evaluation**
  - 2. **Pre-participation physical examinations**
  
- E. **The physiological response to illness and injury** (3. 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** (3h. 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**
  
- H. **Superficial Modalities** (2h. lec.)
  - 1. **Thermotherapy and cryotherapy application techniques**
  - 2. **Physiological effects related to cryotherapy and thermotherapy**

- I. 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

- J. Examinations (3h.)

#### IV. Evaluation Methods

- A. Quarterly 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 Course 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 major elective course offered by the Department of Health and Physical Education. The content presented in this course will benefit students enrolled in either the Health and Physical Education or Physical Education and Sport Major Majors. This course may also be of interest to students interested in a career in Athletic Training, Physical Therapy or other Allied Health Professions.
- A2. This course necessitates no change in existing course content presently being taught in the Department of Health and Physical Education..
- 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, (examples being West Chester University, the University of Pittsburgh, and California University of Pennsylvania).
- A7. This course is recommended by the Committee for Accreditation of Allied Health Education Programs (CAAHEP) for an accredited Athletic Training Education Program. Currently IUP is not a CAAHEP accredited program. Once accreditation is achieved our department may wish to require this course for those students seeking Athletic Training Certification.

### **Section B: Interdisciplinary**

- B1. Course will be taught by member 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.

### **Section C. Implementation**

- C1. 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....
- C2. This course will not be funded by a grant.

- C3. This course will be taught each academic semester.**
- C4. One section will be offered each semester.**
- C5. Due to skill activities that are better taught in the IUP Sports Medicine Clinic it is recommended that enrollment not exceed 30 students.**
- C6. No limitations imposed by professional society.**