

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

Contact Person(s) Jim Racchini	Email Address racchini@iup.edu
Proposing Department/Unit Health and Physical Education	Phone 724-357-2759

Check all appropriate lines and complete all information. Use a separate cover sheet for each course proposal and/or program proposal.

1. Course Proposals (check all that apply)

New Course Course Prefix Change Course Deletion
 Course Revision Course Number and/or Title Change Catalog Description Change

Current course prefix, number and full title: **HPED 175 - Prevention and Care of Injuries to the Physically Active**

Proposed course prefix, number and full title, if changing: _____

2. Liberal Studies Course Designations, as appropriate
 This course is also proposed as a Liberal Studies Course (please mark the appropriate categories below)

Learning Skills Knowledge Area Global and Multicultural Awareness Writing Across the Curriculum (W Course)
 Liberal Studies Elective (please mark the designation(s) that applies – must meet at least one)

Global Citizenship Information Literacy Oral Communication
 Quantitative Reasoning Scientific Literacy Technological Literacy

3. Other Designations, as appropriate

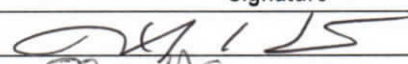

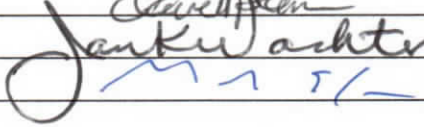


Honors College Course Other: (e.g. Women's Studies, Pan African)

4. Program Proposals

Catalog Description Change Program Revision Program Title Change New Track
 New Degree Program New Minor Program Liberal Studies Requirement Changes Other

Current program name: _____

Proposed program name, if changing: _____

5. Approvals	Signature	Date
Department Curriculum Committee Chair(s)		3/27/2014
Department Chairperson(s)		3/28/2014
College Curriculum Committee Chair		6/24/2014
College Dean		9.4.14
Director of Liberal Studies (as needed)		
Director of Honors College (as needed)		
Provost (as needed)		
Additional signature (with title) as appropriate		
UWUCC Co-Chairs		9/17/14

Received Received
 SEP 17 2014 SEP 9 2014
 Liberal Studies Liberal Studies

Part II. Description of Curriculum Change

SYLLABUS OF RECORD

I. Catalog Description

HPED 175 Prevention and Care of Injuries to the Physically Active	2 class hours 0 lab hours
Prerequisites: HPED or PESP majors, Coaching minors	2 credits
	(2c-01-2cr)

Presents general information related to the prevention, recognition, and care of both acute and chronic injuries common to participants of physical activity/fitness, and athletics. Includes prevention techniques, the classification and staging of injury conditions, and basic evaluation techniques, as well as emergency management and follow-up care procedures.

II. Course Outcomes:

Students will be able to

1. describe organizational and administrative considerations related to the field of athletic training/sportsmedicine.
2. demonstrate those factors related to injury prevention, including but not limited to training and conditioning techniques and nutritional considerations
3. explain common mechanisms and characteristics of sports trauma as well as the body's physiological response to injury.
4. identify the common signs and symptoms of common sports related trauma and illness.
5. describe management techniques for acute care of common sports related trauma and illness.
6. explain those factors related to general medical conditions associated with sports-related activity.

III. Detailed Course Outline

- A. Emergency Management & Injury Prevention (11 hours)
 1. Athletic Healthcare Team
 2. Legal Liability
 3. Emergency Action Plans
 4. Wound Care
 5. Sports Nutrition
 6. Concepts of Conditioning
 7. Psychological Aspects of Injury and Performance
 8. Exam 1
- B. General Medical Conditions and Basic Pathophysiology (8 hours)
 1. Environmental Conditions
 2. Acute and Chronic Diseases
 3. Skin Infections

4. Inflammatory Response and Interventions
 5. Exam 2
- C. Recognition and Care of Common Injuries (9 hours)
1. Sports Injury Terminology
 2. Lower Extremity Injuries
 3. Concussions and Neck Injuries
 4. Thoracic and Abdominal Injuries
 5. Upper Extremity Injuries
- D. Culminating Activity (2 hours)

IV. Evaluation Methods

The final grade will be determined as follows:

80% Exams – There will be three (3) exams during the semester. The exams will be multiple choice, true/false and matching in format.

20% Quizzes – Students will be asked to complete an online and/or in-class quiz for each textbook chapter covered in the course outline.

V. Example Grading Scale

Grading Scale: A: $\geq 90\%$ B: 80-89% C: 70-79% D: 60-69% F: $< 60\%$

VI. Undergraduate Course Attendance Policy

The course attendance policy will be consistent with the university undergraduate attendance policy included in the Undergraduate Catalog.

VII. Required textbooks, supplemental books and readings

Prentice, W.E. (2013). *Essentials of Athletic Injury Management (9th ed.)*. New York, NY: McGraw Hill.

VIII. Special Resource Requirements

None.

IX. Bibliography

Anderson, M.K., Parr, G.P. & Hall, S.J. (2009). *Foundations of Athletic Training: Prevention, Assessment, and Management (4th ed.)*. Baltimore, MD: Lippincott Williams & Wilkins.

Anderson, M.K. & Parr, G.P. (2011). *Fundamentals of Sports Injury Management (3rd ed.)*. Baltimore, MD: Lippincott Williams & Wilkins.

Diaz, G.D. (2014). *Survey of Athletic Injuries for Exercise Science*. Burlington, MA; Jones & Bartlett.

Flegel, M.J. (2014). *Sports First Aid (5th ed.)*. Champaign, IL: Human Kinetics.

Pfeiffer, R.P. & Mangus, B.C. (2012). *Concepts of Athletic Training (6th ed.)*. Burlington, MA; Jones & Bartlett.

2. Summary of Proposed Revision

HPED 175 Prevention and Care of Injuries to the Physically Active	2 class hours 0 lab hours
Prerequisites: HPED or PESP majors, Coaching minors	2 credits (2c-0l-2cr)

Presents general information related to the prevention, recognition, and care of both acute and chronic injuries common to participants of physical activity/fitness, and athletics. Topics include prevention techniques, the classification and staging of injury conditions, and basic evaluation techniques, as well as emergency management and follow-up care procedures.

HPED 175 Prevention and Care of Injuries to the Physically Active	2 class hours 0 lab hours
Prerequisites: HPED, PESP or ATHL majors	2 credits (2c-0l-2cr)

Presents general information related to the prevention, recognition, and care of both acute and chronic injuries common to participants of physical activity/fitness, and athletics. Topics include prevention techniques, the classification and staging of injury conditions, and basic evaluation techniques, as well as emergency management and follow-up care procedures.

3. Justification/Rationale for Revision

Due to changes in athletic training curriculum, skills and competencies that were originally taught in this course have been placed in other upper-level courses in the athletic training curriculum. This course revision represents the content of the course as it has evolved in order to meet the needs of HPED and PESP majors as well as Coaching minors.

The specific changes include the following:

- Prerequisite changes – Removed ATHL majors because course is being replaced in curriculum with HPED 185. Adding Coaching minor because course will be required in the new minor.
- Objective changes – The changes in course objectives more accurately reflect the content needed by HPED and PESP majors and Coaching minors. When the course was first developed in 1998, Athletic Training was a track within PESP. Athletic Training is now a stand-alone major and the course as originally developed contains content that is now being taught in upper-level athletic training courses and it not appropriate for an entry-level course for current PESP and HPED majors or Coaching minors.

4. Old Syllabus of Record

Syllabus of Record

I. Catalog Description	2 credits 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 <ol style="list-style-type: none"> 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 | (2 h. lec.) |
| B. | Classifications of physical activity and injury conditions <ol style="list-style-type: none"> 1. Differentiate between non-contact and contact sports 2. Athletic related trauma and common sports injuries 3. Medical terminology associated with athletic injury | (3h. lec.) |
| C. | Emergency Procedures <ol style="list-style-type: none"> 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 | (2h. lec.) |
| D. | Evaluation Techniques <ol style="list-style-type: none"> 1. Basic concepts of an orthopedic evaluation 2. Pre-participation physical examinations | (2h. lec.) |
| E. | The physiological response to illness and injury <ol style="list-style-type: none"> 1. Injury and illness stressors 2. Acute and chronic stages of inflammation 3. Tissue repair and regeneration 4. Management of inflammation and pain modulation | (3h. lec.) |
| F. | Environmental considerations in physical activity <ol style="list-style-type: none"> 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 | (2h. lec.) |

- 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.