

COURSE OUTLINE
EXSC 200
Care and Prevention of Athletic Injuries
3 Semester Hours

HOWARD COMMUNITY COLLEGE

Description

This course is designed to introduce the necessary skills and competencies required for treatment of basic athletic injuries. This course will include the study of modern theories and principles of athletic training mechanisms as well as the nature and causes of the most common sports-related injuries. (3 hours weekly)

Overall Course Objectives

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

1. Identify the major and minor injuries that may occur through sports participation.
2. Evaluate sports injuries and recommend care.
3. Explain methods and techniques for injury prevention in athletics.
4. Describe the etiology of athletic injuries.
5. Demonstrate proper care and treatment for various athletic injuries.

Major Topics

1. Major and minor injuries in athletics.
2. The etiology of athletic injuries
3. Wrapping and taping techniques for injury prevention and care.
4. Treatment of athletic injuries.

Course Requirements

Grading/exams:

Grading procedures will be determined by the individual faculty member but include the following:

Attendance
Participation
Written tests
Skills evaluation
Assessment review

Writing:

This class will require writing in its assignments and personalized stress management plan.

Other Course Information