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Date reviewed: September 17, 2013
C&GE approved: November 13, 2013
Board approved: December 11, 2013

Physical Education (PHED) 1649 Beginning Athletic Training (3 Units) CSU:UC
[Formerly Physical Education 49]

Prerequisite: None

Total Hours: 48 hours lecture

Catalog Description: An examination of the theories of prevention, care, and rehabilitation of athletic injuries and other sport-related pathological conditions.

Type of Class/Course: Degree Credit

Text: Prentice, William. *Principles of Athletic Training: Connect Access with Loose leaf option text*. 16th ed. McGraw-Hill. 2017

Additional Instructional Materials:

1. Internet sports medicine websites
2. Medline
3. Handouts
4. Referred medical journals
5. Text website and supplemental materials

Course Objectives:

By the end of the course, a successful student will be able to:

1. relate the concept of “The Sports Medicine Team,”
2. discuss concepts of physical conditioning and nutritional concerns in an athletic setting,
3. illustrate the body’s response to injury,
4. have a basic knowledge of athletic injury including being able to understand a physician’s diagnosis and put it into lay terms for athlete understanding,
5. provide critical analysis of athletic injury through subjective and objective assessment,

Course Scope and Content:

Unit I Sports Injury Concepts:

- a. Injury Classification, Recognition, & Epidemiology
- b. The Athletic Health Care Team
- c. Sports Injury Prevention
- d. The Injury Process
- e. Injury Evaluation

- Unit II Upper Extremity:
- a. Injuries to the Shoulder
 - b. Injuries to the Arm, Wrist, and Hand
- Unit III Head, Thorax, and Pelvis:
- a. Injuries to the Head, Neck, and Face
 - b. Injuries to the Thorax and Abdomen
 - c. Injuries to the Thoracic through Coccygeal Spine
 - d. Injuries to the Hip and Pelvis
- Unit IV Lower Extremity:
- a. Injuries to the Thigh, Leg, and Knee
 - b. Injuries to the Lower Leg, and Foot
- Unit V Other Considerations:
- a. Thermal Injuries
 - b. Nutritional Considerations
 - c. Exercise Induced Asthma

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Completing written work

Methods of Instruction:

1. Lecture
2. Class discussion
3. Audiovisual presentation
4. Hands on participation

Methods of Evaluation:

1. Writing assignment
 - a. Term paper
2. Examinations, including
 - a. multiple choice items
 - b. fill in the blank items
 - c. matching items
 - d. true/false items