

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY
CANTON, NEW YORK**



COURSE OUTLINE

HEFI 310 – Advanced Care and Prevention of Athletic Injuries

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SCHOOL OF SCIENCE, HEALTH, AND CRIMINAL JUSTICE
Health and Fitness Promotion
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HEFI 310 – Advanced Care and Prevention of Athletic Injuries

- A. TITLE: Advanced Care and Prevention of Athletic Injuries**
- B. COURSE NUMBER: HEFI 310**
- C. CREDIT HOURS: 3**
- D. WRITING INTENSIVE COURSE: No**
- E. COURSE LENGTH: 15 weeks**
- F. SEMESTER(S) OFFERED: Fall/Spring**
- G. HOURS OF LECTURE, LABORATORY, RECITATION, TUTORIAL, ACTIVITY:
Three hours of lecture per week.**
- H. CATALOG DESCRIPTION: This course is designed to further reinforce the knowledge and skills necessary for recognition and assessment of sport related injuries. The management and prevention of sport related injuries is discussed, as well as specific taping techniques.**
- I. PRE-REQUISITES/CO-COURSES: Pre-requisite: BIO 217 & 218 and Junior level status, or permission of instructor.**
- J. GOALS (STUDENT LEARNING OUTCOMES):
By the end of this course, the student will be able to:**

<i><u>Course Objective</u></i>	<i><u>Institutional SLO</u></i>
a. Differentiate between the mechanisms and characteristics of sport trauma as it pertains to mechanical injury, soft tissue, skin, skeletal, muscle, bone, nerve, and joint injury.	2. Crit. Thinking 3. Prof. Competence
b. Identify and describe anatomical structures involved with musculoskeletal injuries, etiological factors that contribute to musculoskeletal injuries, and common practices associated with the prevention, evaluation, and treatment of these injuries.	2. Crit. Thinking 3. Prof. Competence
c. Describe and explain common injuries to the various body parts and the common practices associated with prevention, evaluation, and treatment of these injuries.	2. Crit. Thinking 3. Prof. Competence
d. Explain the need for and demonstrate the proper application of bandaging, wound care management, skin site preparation, and removal of bandaging for sport related injuries.	3. Prof. Competence
e. Explain the need for and demonstrate the basic skill in the use of taping in sports for the various body parts.	3. Prof. Competence

- K. TEXTS: Arnheim, D.D. & Prentice, W. E. Arnheim's Principals of Athletic Training: A Competency Based Approach 13th Edition. The McGraw Hill Companies. 2008.**
- L. REFERENCES:
Cartwright, L.A. & Pitney, W.A. Fundamentals of Athletic Training Second Edition. Champaign, IL: Human Kinetics. 2005**

Behnke, Robert S. Kinetic Anatomy. Champaign, IL: Human Kinetics. 2001

Hillman, Susan K. Introduction to Athletic Training. Champaign, IL: Human Kinetics. 2000

Hoppenfeld, Stanley. Physical Examination of the Spine and Extremities. Norwalk, Connecticut: Appleton & Lange. 1976

M. EQUIPMENT: Technology enhanced classroom. Occasional use of treatment tables for demonstration and practice of taping techniques.

N. GRADING METHOD: A – F

O. MEASUREMENT CRITERIA/METHODS:

Tests

Lab exams

Written homework

P. DETAILED COURSE OUTLINE:

I. Risk Management

A. Training and Conditioning Techniques

B. Nutritional Considerations

C. Environmental Considerations

D. Protective Gear and Sports Equipment

E. Legal Considerations

II. Pathology of Sports Injury

A. Mechanisms and Characteristics of Sports Trauma

B. Tissue Response to Injury

III. Management Skills

A. On Site Acute Care and Emergency Procedures

B. Off Site Injury Evaluation Process

C. Chronic Injury Care

D. Use of Therapeutic Modalities

E. Taping techniques

F. Documentation

IV. Musculoskeletal Conditions

A. The Foot

B. The Ankle and Lower Leg

C. The Knee and Related Structures

D. Thigh, Hip, Groin, and Pelvis

E. The Shoulder Complex

F. The Elbow

G. The Forearm, Wrist, Hand, and Fingers

IV. General Medical Considerations

A. The Head, Face, Eyes, Ears, Nose, and Throat

B. Skin Disorders

C. Medical Conditions (i.e., diabetes, respiratory conditions, seizure disorders, etc.)