Montgomery County Community College ESW 215 Prevention and Care of Athletic Injury 3-2-1

COURSE DESCRIPTION:

This course is designed to address the prevention and management of injuries in athletic activities. Course content includes discussion of relevant sports medicine issues, physical conditioning and training, nutritional and psychological concerns, ergogenic aids, and injury recognition. Practice is provided in the use of wrapping, taping, and therapeutic rehabilitation programs. This course is subject to a course fee. Refer to http://mc3.edu/adm-fin-aid/paying/tuition/course-fees for current rates.

REQUISITES:

| LEARNING OUTCOMES | LEARNING ACTIVITIES | EVALUATION METHODS |
|-----------------------------|-----------------------|---------------------|
| 4. Explain the legal and | Assigned Readings | Case Study |
| ethical implications of an | Case Study | Written Examination |
| athletic emergency plan. | Lecture/Discussion | |
| | Written Examinations | |
| | Written Assignments | |
| | Research Paper | |
| 5. Describe the effects of | Assigned Readings | Case Study |
| legal and banned | Case Study | Written Examination |
| substances on an | Lecture/Discussion | Presentations |
| athletic performance. | Student Presentations | Research Paper |
| | Written Examinations | |
| | Written Assignments | |
| | Research Paper | |
| 6. Explain athletic dietary | Assigned Readings | Case Study |
| requirements necessary | Case Study | Written Examination |
| for performance and/or | Lecture/Discussion | Presentations |
| weight control. | Student Presentations | Research Paper |
| | Written Examinations | |
| | Written Assignments | |
| | Research Paper | |

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that 70% of students will meet or exceed outcome criteria.

SEQUENCE OF TOPICS:

- I. Introduction to Sports Medicine
 - a. Historical Development of Sports Medicine
 - b. Modern Sports Medicine
 - i. The sports medicine team
 - ii. Organization of a sports medicine program
 - iii. Legal responsibilities in sports medicine
 - iv. The preparticipation physical evaluation
 - v. Record keeping
 - c. Sustaining Sport Injuries
 - i. Sports injury classification
 - d. Sports injury information
- II. Injury Prevention
 - a. Basic Principles of Conditioning Programs
 - i. Physiology of muscle contraction
 - ii. Muscular strength and endurance
 - iii. Cardiorespiratory endurance
 - iv. Flexibility

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