



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

v.

