

# **RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE**

## **EXSC 123 Prevention & Care of Athletic Injuries**

### **I. Basic Course Information**

A. Course Number and Title: EXSC 123 Prevention & Care of Athletic Injuries

B. New or Modified Course: **MODIFIED**

C. Date of Proposal: Semester: **FALL** Year: **2024**

**D. Effective Term: Fall 2025**

E. Sponsoring Department: **Health Science Education**

F. Semester Credit Hours: **3**

G. Weekly Contact Hours: **4**                      Lecture: 2  
Laboratory: 2  
Out of class student work per week: 5

H. ☐ Prerequisite (s): NONE  
☐ Corequisite (s): NONE

I. Additional Fees: NONE

### **II. Catalog Description**

This course is designed to introduce the student to the professional practice of the sports medicine professional, while examining their role in the prevention, assessment, treatment, documentation and rehabilitation of sports related injuries. Students will learn proper on the field and off the field assessment of both life threatening and non-life-threatening injuries, and be introduced to the standards of professional practice within sports medicine. Review of major muscles, joint structure, joint actions, types of forces and their effect on the tissues of the body, therapeutic modalities, therapeutic exercise, and the healing process will be conducted in this course.

### **III. Statement of Course Need**

- A. This course is designed to introduce the student to the field of sports medicine and the basic competencies required in the field. Students will gain proficiency of beginner skills in the identification, treatment, and prevention of basic injuries. Emphasis is placed on learning musculoskeletal anatomy and recognizing the common signs and symptoms of injuries, illnesses, and disorders commonly seen in the physically active population.
- B. In the laboratory portion of the course, the content focuses on the clinical proficiencies and psychomotor competencies needed for the sports medicine professional. Students learn and practice identifying stages of healing, structuring a pre-participation examination as well as a basic injury assessment, performing appropriate documentation, teaching therapeutic exercises, and designing injury prevention programs.
- C. This course generally transfers as an Exercise Science/Sports Medicine program requirement dependent on the transfer institution. This course generally transfers as a Health Science program elective dependent on the transfer institution.

#### **IV. Place of Course in College Curriculum**

- A. Free Elective (This applies automatically to all college level credit courses in the College.)
- B. This course meets a program requirement for the Associate Degree in Exercise Science, Associate Degree in Exercise Science Option in Sports Management
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

#### **V. Outline of Course Content**

- A. Overview of the Sports Medicine Profession and Evidenced-Based Practice
- B. Pre-participation Examination
- C. Protective Equipment
- D. Taping and Wrapping Procedures
- E. Tissue Healing & Wound Care
  - 1. Injury Mechanisms
  - 2. Soft Tissue Injuries and Management
  - 3. Bone Injuries and Management
- F. Therapeutic Modalities
  - 1. Cryotherapy
  - 2. Thermotherapy
  - 3. Ultrasound
  - 4. Electrotherapy
- G. Therapeutic Exercise Program
  - 1. Development
    - a. Phase 1-4

- H. Psychology of Injury, and Psychological Disorders
  - 1. Role of the Sports Medicine Professional
- I. Environmental Conditions
  - 1. Heat Related
  - 2. Cold Related
  - 3. Thunderstorms
- J. Injury Assessment
  - 1. Emergency Medical Service
  - 2. HOPS
    - a. History of Injury
    - b. Observation & Inspection
    - c. Palpation
    - d. Physical Examination Tests
  - 3. SOAP notes
    - a. Subjective
    - b. Objective
    - c. Assessment
    - d. Plan
- K. Head Injury
  - 1. Concussions
    - a. Anatomy
    - b. Etiology
    - c. Signs and Symptoms
    - d. Assessment
    - e. Management
    - f. Prevention/Managing Risk of Injury
- L. Spinal Injuries
  - 1. Cervical/Thoracic/Lumbar
    - a. Anatomy
    - b. Etiology
    - c. Signs and Symptoms
    - d. Management
    - e. Prevention/Managing Risk of Injury
- M. Upper Extremities
  - 1. Shoulder/Arm/Wrist/Hand
    - a. Anatomy
    - b. Etiology
    - c. Signs and Symptoms
    - d. Management
    - e. Prevention/Managing Risk of Injury
- N. Lower Extremities
  - 1. Pelvis/Hip/Knee/Ankle/Foot
    - a. Anatomy
    - b. Etiology
    - c. Signs and Symptoms
    - d. Management

e. Prevention/Managing Risk of Injury

O. Special Populations

1. Injury and the Female Athlete
2. Injury and the Senior Athlete
3. Disabled Athletes

**VI. A. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Identify and explain the nature and extent of an injury and the proper on-site assessment and treatment of the injury. (GE-1)\*
2. Review case studies and present an accurate analysis demonstrating a knowledge of evidence-based practice. (GE-1)\*
3. Use scholarly sources to write a paper describing the effect of injury findings on changes in rules and practices in sports and activities. (GE-1, IL)\*
4. Identify and explain the importance of screening procedures including disqualifying conditions for athletic participation. (GE-1)\*
5. Identify and explain the psychological impact of athletic and fitness related injuries. (GE-1)\*
6. Identify and explain the anatomical structure and function of different regions of the body, problematic biomechanics, various mechanisms of injury, the inflammatory and healing process of injuries and demonstrate the basics of the rehabilitation process. (GE-1,)\*

**\*Embedded Critical Thinking**

**B. Assessment Instruments**

1. laboratory products
2. research papers
3. practical skills demonstrations
4. Tests and Quizzes

**VII. Grade Determinants**

- A. Lecture and lab participation
- B. Research Papers
- C. Homework Assignments

#### D. Tests/Quizzes

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture/discussion
- B. small-group work
- C. laboratory
- D. simulation/role playing
- E. homework assignments

### VIII. Texts and Materials

- A. Arnheim's Principles of Athletic Training: A Competency Based Approach -17th ed., William E. Prentice, McGraw Hill 2021

*(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)*

### IX. Resources

- A. RVCC Library
- B. Exercise Science Performance Lab

X. Check One: ☐ Honors Course ☐ Honors Options ☒ N/A