

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Treatment of Sport Injuries  
Semester Course Prefix and Number: Hlth 1415  
Old Quarter Course Prefix and Number: None

Submitted By: Tom Stackpool  
Approval Date:  
Revision Date:

Number of Credits: 3      Number of Lecture Credits: 3  
Semester(s) Offered:      Number of Lab Credits:      Number of Lab Hours: 0  
Class Size: 30      Number of Studio/Demonstration/Internship Credits:  
Negotiated by AASC on  
(Date)\_\_\_

**Course Purpose Code:**

- 0 – Developmental Courses
- 1 – Non-transferable, General Education
- 2 – Technical course related to career programs
- 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

**Catalog Description:**

This course provides students with the basic principles of treating sports injuries and first aid. Students will learn about the prevention, recognition, treatment and rehabilitation of athletic injuries and wounds. This will include the organization and administration of athletic training. Students will also learn and perform basic taping techniques.

**Prerequisites and/or recommended entry skills/knowledge:**

Course Prerequisite(s): None  
Reading Prerequisite: None  
Composition Prerequisite: None  
Mathematics Prerequisite: None

**Career Programs and Transfer Majors Accessing this Course:**

Education, Health related fields, Physical Education, Health Education, Health and Fitness Specialist

**Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable:** Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer’s approval are required).

- 0.  None
- 1.  Communications
- 2.  Critical Thinking
- 3.  Natural Sciences
- 4.  Mathematical/Logical Reasoning
- 5.  History and the Social and Behavioral Sciences
- 6.  The Humanities and Fine Arts
- 7.  Human Diversity
- 8.  Global Perspectives
- 9.  Ethical and Civic Responsibility
- 10.  People and the Environment

**Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:**

The student will:

1. Discuss the history of athletic training and the development of the NATA
2. State the general directions of first aid.
3. Identify the responsibilities of an athletic trainer.
4. Discuss the healing stages.
5. Recall the types and classification of wounds.
6. Discuss traumatic shock.
7. Explain the professional liability in athletic training.
8. Explain a respiratory emergency.
9. Illustrate the basic components of injury prevention.
10. Demonstrate the proper fitting of athletic equipment.
11. Outline the correct techniques for prevention of heat illness.
12. Identify the causes of poisoning.
13. Describe the common injuries to each major body part, including the mechanism of injury, classification and treatment.
14. Discuss the modalities and the physiological differences between heat and cold.
15. Interpret and apply basic rehabilitation procedures
16. Perform basic taping techniques.

**Student assessment methods:**

1. Written exams
2. Performance Labs of taping techniques rubric.
3. Assignments including written essays

**Outline of the major course content:**

1. History of athletic training.
2. Responsibilities of an athletic trainer.
3. Liability/prevention
4. Basic first aid
5. Healing process/wounds
6. Equipment fitting.
7. Shock/heat illness
8. Injury type
9. Modalities
10. Rehabilitation.
11. Taping techniques
12. Crutch fitting.

**Additional special information** (special fees, directives on hazardous materials, etc.)  
 \$10 for training supplies to be used during the course.

**Transfer Information:** (Please list colleges/majors that accept this course in transfer.)

Education – coaching

Fitness Specialist

**Approvals:**

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office

Copies: Curriculum Committee Chair, Learning Center, Library, Originating Faculty Member, Records, Student Services, Scheduler, Transfer Specialist

Revised February 10, 2004