Course Title: Treatment of Sport Injuries
Semester Course Prefix and Number: PHED 1417
Old Quarter Course Prefix and Number: HLTH 1415
Submitted By: D. Lind
Approval Date: 
Revision Date: Sept 2017

Number of Credits: 3
Semester(s) Offered: 3
Number of Lecture Credits: 3
Number of Lab Credits:
Number of Lab Hours:
Number of Studio/Demonstration/Internship Credits:

Class Size:
Negotiated by AASC on: (date)

Course Purpose Code:
0 – Developmental Courses
1 – Non-transferable
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 MNTC (e.g. computer science, health, physical education)
5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements or intended for transfer.
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. 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. AASC review and the Chief Academic Officer’s approval are required.)

0. X 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)

Upon completion of this course, the student will be able to:

1. Discuss the history of athletic training and the development of the National Athletic Trainers Association (NATA).
2. Describe the responsibilities of an athletic trainer, student-athlete, coaching staff and medical staff.
3. Explain the professional liability in athletic training.
4. Identify the basic components of injury prevention.
5. Demonstrate the proper fitting of athletic equipment.
6. Describe the common injuries to each major body part, including the mechanism of injury, classification, treatment and the healing stages.
7. State modalities as well as interpret and apply basic rehabilitation procedures.
8. Demonstrate basic taping techniques.

**Student Assessment Methods:**
1. Written exams/quizzes.
2. Performance Labs of taping techniques rubric.
3. Assignments including written essays.

**Use of Instructional Technology:** (includes software, interactive video and other instructional technologies):

PowerPoint, videos

**Additional Special Information:** (special fees, directives on hazardous materials, etc.)

Additional Fee may be required 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

**Affiliated Mesabi Range College Courses and Programs:**

| Approvals: |
|---|---|---|
| **Body** | **Representative Signatures** | **Date** |
| Faculty Association | | |
| Academic Affairs Standards Committee | | |
| Chief Academic Officer | | |

**Distribution:** Original – Instructional Services

**Copies:** Transfer Specialist, Originating Faculty Member, Records

**Revised:** December 2012