

## LABETTE COMMUNITY COLLEGE BRIEF SYLLABUS

### **SPECIAL NOTE:**

This brief syllabus is not intended to be a legal contract. A full syllabus will be distributed to students at the first class session.

### **TEXT AND SUPPLEMENTARY MATERIALS USED IN THE COURSE (if any):**

Please check with the LCC bookstore <http://www.labette.edu/bookstore> for the required texts for this class.

**COURSE NUMBER:** PED 103

**COURSE TITLE:** CARE AND PREVENTION OF ATHLETIC INJURIES

**SEMESTER CREDIT HOURS:** 3

**DEPARTMENT:** Physical Education

**DIVISION:** General Education

**PREREQUISITE:** None

### **COURSE DESCRIPTION:**

The study and application of the methods used in athletic training to prevent and to care for injuries specific to athletic participation.

### **COURSE OUTCOMES AND COMPETENCIES:**

**Students who successfully complete this course will be able to:**

1. Understand the introductory concepts of athletic training.

- Know the historical significance of athletic training.
- Know the origin and administration of the National Athletic Trainer's Association.
- Know the Board of Certification policies.

2. Understand and properly use equipment and supplies needed for an athletic training program.

- Understand how to complete a proper inventory.
- Demonstrate how to properly store athletic training supplies.
- Demonstrate the proper sequence when dealing with blood borne pathogens.

3. Identify the basic causes of athletic related injuries.

- Differentiate between acute injuries in various sports.
- Distinguish the varying causes that lead to sports trauma.
- Show a familiarity with the biomechanical aspects of chronic sports injuries.