



El Camino College
COURSE OUTLINE OF RECORD – Official

Course Acronym:	PE
Course Number:	272
Descriptive Title:	Care and Prevention of Athletic Injuries
Division:	Health Sciences and Athletics
Department:	Kinesiology/Phys Ed/First Aid/CH/Med Term
Course Disciplines:	Physical Education, Athletic Training
Catalog Description:	This course provides the future athletic trainer, as well as coach and health care professional, the concepts surrounding the profession of athletic training. Emphasis is placed on the principles, techniques, and ethics in the prevention and care of athletic injuries. Study areas include the sports medicine team, legal issues, risk management, pathology of injury, management skills, and specific sports injuries and conditions.
Prerequisite:	
Co-requisite:	
Recommended Preparation:	Eligibility for English C1000 or equivalent
Enrollment Limitation:	
Hours Lecture (per week):	3
Hours Laboratory (per week):	0
Outside Study Hours:	6
Total Course Hours:	54
Course Units:	3
Grading Method:	Letter Grade only
Credit Status:	Credit, degree applicable
Transfer CSU:	Yes
Effective Date:	Prior to July 1992
Transfer UC:	Yes
Effective Date:	Fall 2007
General Education: ECC	
Term:	
Other:	
CSU GE:	
Term:	
Other:	
IGETC:	
Term:	
Other:	

Student Learning Outcomes:	SLO #1 Bandaging and Taping Students will demonstrate appropriate bandaging and taping skills for upper and lower extremities. SLO #2 Management Techniques Students will explain and justify common management techniques for athletic injuries. SLO #3 Emergency Plan Students will design and rehearse an emergency action plan.
Course Objectives:	1. Evaluate the role of the certified athletic trainer as a health care provider. 2. Examine basic skills and knowledge concerning the roles and responsibilities of an athletic trainer. 3. Debate the legal concepts and insurance issues in athletics. 4. Analyze the need for interaction and cooperation among faculty, staff, coaches, athletes, health care professionals and parents/guardian in the implementation of effective injury and illness prevention programs. 5. Categorize the mechanisms and characteristics of athletic injuries. 6. Differentiate between key anatomical structures in the body such as muscles, ligaments and tendons. 7. Describe the importance of sound nutrition to enhancing performance and aid in the prevention of injuries. 8. Examine the proper universal bloodborne precautions established by OSHA. 9. Distinguish medical terms as they relate to athletic training. 10. Recognize the clinical signs of physiological stresses caused by excessive exposure to heat, humidity, cold, altitude, and other environmental considerations in athletics. 11. Evaluate specific nutritional and hydration recommendations as they relate to athletic competition. 12. Compare and contrast theories and applications of therapeutic modalities. 13. Differentiate between proper and improper protective gear and sports equipment. 14. Evaluate the psychological impact of athletic injuries. 15. Examine the components of a comprehensive emergency medical plan. 16. Recognize and demonstrate proper ways to splint and transport the injured athlete. 17. Choose the appropriate baselines for pre-participation physicals. 18. Examine the need for proper injury management skills in athletics. 19. Demonstrate appropriate taping skills. 20. Identify specific sports injuries and conditions in athletics. 21. Analyze proper therapeutic modalities for the care and rehabilitation of athletic injuries. 22. Choose proper treatment of various skin disorders. 23. Examine appropriate knowledge of common health conditions observed in an athletic setting.
Major Topics:	I. Overview of The Athletic Training Profession (2 hours, lecture) A. Job market B. Educational requirements

II. The Athletic Health Care Team (3 hours, lecture)

- A. The athletic trainer and the sports medicine team
- B. National Athletic Trainers Association code of ethics

III. The Law of Sports Injury (2 hours, lecture)

- A. Legal concerns and health care administration in athletic training
- B. Insurance issues in athletics

IV. Sports-Injury Prevention (4 hours, lecture)

- A. Training and conditioning techniques for the active individual
- B. Psychology of Injury
- C. Nutritional considerations in athletics

V. Pathology of Sports Injury (3 hours, lecture)

- A. Mechanisms and characteristics of sports trauma
- B. Tissue response to injury

VI. Risk Management (3 hours, lecture)

- A. Environmental considerations
- B. Protective sports equipment
- C. Guidelines and precautions for bloodborne pathogens

VII. Management Skills (9 hours, lecture)

- A. Psychosocial interventions for injuries and illnesses
- B. Acute care and emergency procedures
- C. Spinal injury management and equipment removal guidelines
- D. Off-the-field injury evaluation

VIII. Clinical Practices in Athletic Training (8 hours, lecture)

- A. Basic guidelines for taping and wrapping techniques
- B. Guidelines for use of therapeutic modalities
- C. Guidelines for use of therapeutic exercise

	IX. Musculoskeletal Conditions (18 hours, lecture) A. Establish basis of evaluation, treatment and management of upper extremity injuries in athletics 1. Shoulder 2. Elbow 3. Forearm, wrist, hand and fingers B. Establish basis of evaluation, treatment and management of lower extremity injuries in athletics 1. Foot 2. Ankle and lower leg 3. Knee 4. Thigh, hip groin and pelvis C. Establish basis of evaluation, treatment and management of the spine X. General Medical Conditions (2 hours, lecture) A. Establish basis of evaluation, treatment and management of skin disorders B. Establish basis of evaluation, treatment and management of other health conditions in athletics
Total Lecture Hours:	54
Total Laboratory Hours:	0
Total Hours:	54
Primary Method of Evaluation:	2) Problem solving demonstrations (computational or non-computational)
Typical Assignment Using Primary Method of Evaluation:	Identify appropriate anatomical structures involved in an acute musculoskeletal injury. Implement basic assessment techniques and immediate care procedures.
Critical Thinking Assignment 1:	Compose and implement an emergency medical plan for the treatment of a concussion. Examine the signs and symptoms and devise an emergency plan. The plan should include appropriate management measures and appropriate response times.
Critical Thinking Assignment 2:	Assess an acute laceration that might occur in an athletic performance setting. Propose and implement appropriate management techniques for the care of this wound as well as provisions for dealing with bloodborne pathogens.
Other Evaluation Methods:	Class Performance, Completion, Essay Exams, Fieldwork, Matching Items, Multiple Choice, Objective Exam, Other (specify), Performance Exams, Presentation, Quizzes, Term or Other Papers, True/False, Written Homework
Instructional Methods:	Demonstration, Discussion, Group Activities, Guest Speakers, Lecture, Multimedia presentations, Role play/simulation

If other:	
Work Outside of Class:	Answer questions, Observation of or participation in an activity related to course content (such as theatre event, museum, concert, debate, meeting), Required reading, Skill practice, Study, Written work (such as essay/composition/report/analysis/research)
If Other:	
Up-To-Date Representative Texts:	William Prentice, <u>Arnheim's Principles of Athletic Training: A Competency-Based Approach</u> , 18th ed, McGraw-Hill, 2023.
Alternative Texts:	
Required Supplementary Readings:	
Other Required Materials:	Purchasing of general taping supplies.
Requisite:	
Category:	
Requisite course(s): List both prerequisites and corequisites in this box.	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	
Requisite Skill and Matching Skill(s): Bold the requisite skill(s). If applicable	
Requisite course:	
Requisite and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s).	
Requisite Skill:	Eligibility for English 1A/C1000 or equivalent
Requisite Skill and Matching skill(s): Bold the requisite skill. List the corresponding course objective under each skill(s). If applicable	Reading comprehension of a college level textbook fosters success in the class by enhancing and providing additional information that was presented in lectures. A three- to five-page essay is required and requires proper reference citing. Reading comprehension for college level textbook. Write a three- to five-page essay utilizing proper structure and grammar with citation of references.

	Apply appropriate strategies in the writing process including prewriting, composing, revising, and editing techniques. Plan, write, and revise 500-word multi-paragraph expository essays including an introduction and conclusion, exhibiting coherence and unity, avoiding major grammatical and mechanical errors that interfere with meaning, and demonstrating awareness of audience, purpose, and language choice. Utilize MLA guidelines to format a document, to cite sources in the text of an essay, and to compile a Works Cited list. Utilize comprehension and vocabulary strategies to improve reading rate. Select and employ reading strategies to interpret the content of a college-level textbook, with special focus on constructing a thesis statement and providing valid support. Identify an implied main idea (thesis), and support with major and minor details, from a longer text or novel.
Enrollment Limitations and Category:	
Enrollment Limitations Impact:	
Course Created by:	Thomas Storer
Date:	09/01/1974
Original Board Approval Date:	
Last Reviewed and/or Revised by:	Danielle Roman
Date:	09/09/2024
Last Board Approval Date:	06/26/2025
Effective Term:	FA 2026