

**Fond du Lac Tribal and Community College  
COURSE OUTLINE FORM**

**03/19/19**

Please return this form to the college vice president of academic affairs and the chairperson of the Academic Affairs and Standards Council (AASC)

1. Prepared by: \_\_\_\_\_

2. Date submitted: \_\_\_\_\_

3. Date approved: 03/19/19 Date revised \_\_\_\_\_

4. Department/discipline: Health

5. Department(s) endorsement(s): \_\_\_\_\_  
(Signatures of the person(s) providing the endorsement are required.)

6. Course Title: Care & Prevention of Athletic Injuries  
Abbreviated course title for Transcripts (25 characters or less): \_\_\_\_\_

7. Course Designator: HLTH 8. Course Level: 1015

9. Number of Credits: Lecture 3 Lab \_\_\_\_\_

10. Control Number (on site) 24 Control Number (online) \_\_\_\_\_

11. Catalog/Course description:

This course will provide students with the basic concepts of identification, prevention and care of common athletic injuries. Students will learn skills needed by coaches to provide initial care of injured athletes. A hands-on preventative injury taping component will be included. This course, along with First Aid & CPR, meets the hour requirement for MSHSL and Minnesota Statute 122A.33 necessary for the Athletic Coaching Certificate.

12. Course prerequisite(s) or co-requisite(s): Accuplacer scores/ Other courses

Prerequisite(s):

Co-requisite:

13. **Course Materials** (Recommended course materials and resources. List all that apply, e.g. textbooks, workbooks, study guides, lab manuals, videos, guest lecturers).

William Prentice: Essentials of Athletic Injury Management.  
Mc Graw Hill Education, Boston, MA. 10<sup>th</sup> Edition 2016.  
Athletic tape and pre-wrap

14. **Course Content** (Provide an outline of major topics covered in course)

1. Athletic Health Care Team and Their Roles

- a. Emergency room staff
- b. Team physician
- c. Certified Athletic Trainer
- d. Physical Therapist
- e. Orthopedic Doctor

2. Medical Legal Issues

- a. Scope of medical practice
- b. Good Samaritan Law

3. Injury Prevention and Care
4. Protective Equipment
5. Emergency Situations
  - a. Identifying what situations need immediate care
  - b. Developing an emergency plan
6. Blood Borne Pathogens
  - a. Protective equipment
7. Injury Rehabilitation Basic Concepts
8. Recognizing Common Sports Injuries
  - a. Foot Injuries
  - b. Ankle and low leg injuries
  - c. Injuries to the knee and related structures
  - d. Shoulder Injuries
  - e. Elbow, forearm, wrist and hand
  - f. Head, face, eyes, ears, nose and throat
  - g. Abdominal injuries
  - h. Additional Health Concerns
  - i. Special Considerations for the youth athlete
9. Psychological Concerns
  - a. Depression
  - b. Anxiety
  - c. Eating disorders

**15. Learning Goals, Outcomes, and Assessment**

At FDLTCC we have 4 Competencies Across the Curriculum (CAC) areas. They are as follows:

- A. Information Literacy (the ability to use print and/or non-print tools effectively for the discovery, acquisition, and evaluation of information)
- B. Ability to Communicate (the ability to listen, read, comprehend, and/or deliver information in a variety of formats.)
- C. Problem Solving (the ability to conceptualize, apply, analyze, synthesize, and/or evaluate information to formulate and solve problems.)
- D. Culture (knowledge of Anishinaabe traditions and culture, knowledge of one’s own traditions and culture, knowledge of others’ traditions and cultures, culture of work, culture of academic disciplines and/or respect for global diversity.)

Course Learning Outcomes will fulfill the identified competencies.

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

<b>Learning Outcomes</b>	<b>Competencies (CAC)</b>	<b>Cultural Standards</b>
<b>Demonstrate how to implement an Emergency Action Plan in emergency situations.</b>	A, B, C	2
<b>Identify dangerous and unsafe playing conditions such as weather concerns</b>	A, B, C	1, 2

(lightening, hot or cold conditions)		
Identify basic sports injuries	A, B, C	6, 7
Explain how to provide basic care and when to refer to a medical professional.	A, B, C, D	1, 2, 6, 7
Recognize the signs of when an injured athlete is having a mental health crisis and needs a mental health referral.	A, B, C, D	4, 5, 6, 7
Demonstrate the ability to perform common athletic taping and strapping techniques.	C, D	

**WINHEC Cultural Standards:**

1. **GIKENDAASOWIN – *Knowing knowledge*:** To develop human beings who value knowledge, learning, and critical thinking and are able to effectively use the language, knowledge, and skills central to an Ojibwe-Anishinaabe way of knowing.
2. **GWAYAKWAADIZIWIN – *Living a balanced way*:** To develop balanced human beings who are reflective, informed learners who understand the interrelatedness of human society and the natural environment, recognize the importance of living in harmony with creation, and are able to apply a systems approach to understanding and deciding on a course of action.
3. **ZOONGIDE'EWIN – *Strong hearted*:** To increase the students' capacity to live and walk with a strong heart, humble and open to new ideas and courageous enough to confront the accepted truths of history and society.
4. **AANGWAAMIZIWIN – *Diligence and caution*:** To develop students' capacity to proceed carefully, after identifying, discussing, and reflecting on the logical and ethical dimensions of political, social, and personal life.
5. **DEBWEWIN – *Honesty and integrity*:** To increase students' capacity to think and act with honesty and integrity as they understand and face the realities of increasingly interdependent nations and people
6. **ZAAGI' IDIWIN – *Loving and Caring*:** To encourage students' acceptance of the diversity within their school, community, and environment by developing healthy, caring relationships built on respect for all.
7. **ZHAWENINDIWIN – *Compassion*:** To expand students' knowledge of the human condition and human cultures and the importance of compassion especially in relation to behavior, ideas, and values expressed in the works of human imagination and thought.

16. **Minnesota Transfer Curriculum (MnTC):** List which goal area(s) – up to two – this course fulfills.

See [www.mntransfer.org](http://www.mntransfer.org)

Goal Area(s): \_\_\_\_\_

Provide the specific learning outcomes as listed on the mntransfer.org website that pertain to this course.

17. Are there any additional licensing/certification requirements involved?  
\_\_\_\_\_Yes\_\_\_\_\_No

Provide the required documentation to show course meets required licensing/certification standards.

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