MOHAWK VALLEY COMMUNITY COLLEGE, UTICA-ROME, NY

Sports Medicine

COURSE OUTLINE

1. COURSE DESCRIPTION:

**AT101 Introduction to Sports Medicine**  C-2, P-2, Cr-3

This course introduces students to the basic skills involved in the care and prevention of athletic injuries. It covers the recognition of sports-related injuries from head to toe, emergency procedures, training room responsibilities, liability concerns, environmental concerns, nutrition, and eating disorders as well as rehabilitation and training techniques. Laboratory time consists of BLS-CPR certification, stretching and taping techniques, and practicing emergency procedures.

**Prerequisites:** CO232 Health Science Applied to Coaching

1. STUDENT LEARNING OUTCOMES

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

1. The student will be able to identify orthopedic injuries as they pertain to sports.
2. The student will be able to evaluate and treat knee injuries.
3. The student will be able to evaluate and treat ankle injuries.
4. The student will be able to evaluate and treat shoulder injuries.
5. The student will demonstrate advanced athletic taping skills and when to use them as they pertain to athletic injury.
6. The student will create a model of an athletic training room outfitted with proper supplies and equipment.
7. MAJOR TOPICS:
8. Introduction
9. Mechanics of Injury, Tissue Response
10. Emergency Procedures, Bloodborne Pathogens
11. Drugs in Sport
12. Training Techniques, Nutrition
13. Modalities, Rehab
14. Sports Psychology, Skin Disorders
15. Food & Ankle
16. Knee
17. Hip, Thigh, Groin & Thorax
18. Shoulder & Elbow
19. Wrist, Forearm, & Hand
20. Head & Spine Injuries