I. Catalog Information
P E 85M  Introduction to Athletic Injuries  2 Unit(s)

Advisory: English Writing 100 and Reading 100 or Language Art 100, or English as a Second Language 172 and 173.

One hour lecture, three hours laboratory.

Introduction to basic taping and wrapping techniques for various athletic injuries. A general awareness of common injuries associated with athletics and the appropriate first aid.

II. Course Objectives
A. Understand common mechanisms of injuries sustained in sports.
B. Develop a basic knowledge to determine severity of injuries.
C. Apply appropriate first aid to athletic injuries.
D. Develop and demonstrate good taping and wrapping techniques.

III. Essential Student Materials
None

IV. Essential College Facilities
None

V. Expanded Description: Content and Form
A. Understand common mechanisms of injuries sustained in sports.
   1. Ankle
   2. Knee
   3. Hip
   4. Shoulder
   5. Elbow and hand
B. Develop a basic knowledge to determine severity of injuries.
   1. Swelling
   2. Discoloration
   3. Heat
   4. Joint laxity
   5. Weakness
C. Apply appropriate first aid to athletic injuries.
   1. R.I.C.E.
      a. Rest
      b. Ice
      c. Compression
D. Develop and demonstrate good taping and wrapping techniques.
   1. Varieties
      a. Elastic
b. Cloth

2. Tearing technique

3. Skin preparation
   a. Adherent application
   b. Pre-wrap application
   c. Body part positioning

4. Tape application
   a. Appropriate angles
   b. Proper tension

5. Ankle support

6. Arch support

7. Knee wrap

8. Hip

9. Shoulder

10. Elbow hyperextension

11. Wrist support

VI. Assignments
   A. Reading: Text assignments
   B. Writing: Review and analysis of research articles
   C. Other: View and analyze various sporting events for the type of injuries that could occur

VII. Methods of Instruction

   Lecture & visual aids
   Quiz & examination review performed in class
   Homework & extended projects
   Discussion of assigned reading
   Hands on practice
   Discussion & problem solving performed in class
   Collaborative learning & small group exercises
   Instructor led demonstrations

VIII. Methods of Evaluating Objectives

   A. Lecture attendance
   B. Lab participation
   C. Practical skills test
   D. Review of research papers
   E. Written midterm and final examinations

IX. Texts and Supporting References

   A. Examples of Primary Texts and References

   B. Examples of Supporting Texts and References

X. Lab Topics

   A. Lecture & visual aids
   B. Quiz & examination review performed in class
   C. Homework & extended projects
D. Discussion of assigned reading
E. Hands on practice
F. Discussion & problem solving performed in class
G. Collaborative learning & small group exercises
H. Instructor led demonstrations