



Care and Prevention of Athletic Injuries

Course Syllabus

Course Description/ Purpose

This course is designed to help coaches and athletic administrators in the recognition, treatment, and ultimately prevention of common injuries associated with sport participation. It will introduce you to the basic care, prevention, evaluation, and rehabilitation of athletic injuries. Additional guidance is provided to help coaches learn basic athletic taping techniques.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in evidence-based strategies for injury prevention, recognition, and management, including environmental illness response, emergency planning, athletic taping techniques, and supporting the psychological and nutritional needs of athletes.

Training Outcomes

At the end of this course you should be able to:

1. Identify members of the sports medicine team and describe the coach's role in injury prevention.
2. Describe methods to prevent, recognize, and respond to environmental illnesses and injuries in sport.
3. Explain strategies to prevent, identify, and manage common lower-extremity sports injuries.
4. Explain strategies to prevent, identify, and manage common upper-extremity sports injuries.
5. Demonstrate knowledge of concussion signs and symptoms, and outline proper management protocols.
6. Describe how to manage asthma and skin conditions in athletes, and explain the psychological impact of injury.
7. Identify nutritional requirements of young athletes and recognize signs of possible eating disorders.
8. Develop an emergency action plan for a sport setting, including describe steps to manage cardiac emergencies.

Modules

- Module 1: Injuries and the Student-Athlete, Quiz 1



- Module 2: Environmental Injuries and Illnesses, Quiz 2
- Module 3: Injuries to the Lower Extremities, Quiz 3
- Module 4: Injuries to the Upper Extremities, Quiz 4
- Module 5: Concussion, Quiz 5
- Module 6: Special Considerations, Quiz 6
- Module 7: Nutritional Considerations, Quiz 7
- Module 8: Emergency Planning in Sport, Quiz 8

Grading:

Each quiz must be passed at an 80% or higher (three attempts allowed).

Format

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.