



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.

Course Objectives

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

1. Identify members of the sports medicine team and understand the role coaches play in preventing injuries to athletes.
2. Understand how to prevent, identify and manage environmental illnesses and injuries in sport.
3. Understand how to prevent, identify and manage common sports injuries to the lower extremities.
4. Understand how to prevent, identify and manage common sports injuries to the upper extremities.
5. Understand how to prevent, identify and manage concussion in sport.
6. Understand how to manage asthma and skin diseases in the sport setting, and understand how injury affects athletes psychologically.
7. Understand key nutritional needs of young athletes and how to prevent and recognize possible eating disorders in athletes.
8. Understand how to plan for emergencies in sport, including how 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.