



PE 2600

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 2600

Title: Introduction to Sports Medicine

Catalog Description:

This course provides a basic introduction to the theory and practice of sports medicine for future athletic trainers, coaches, physical education majors, and pre-physical therapy majors. Sports medicine will be approached systematically through a combination of lectures and hands-on labs stressing injury evaluation and preventative taping methods. Injury rehabilitation and prevention will also be discussed.

General Education Requirements: N/A

Semesters Offered: Fall, Spring

Credit/Time Requirement: Credit: 3; Lecture: 2; Lab: 1

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Justification:

This course transfers to other institutions. (for example PE 3080 to SUU, PEP 2020 to USU and PE 2175 to Weber State)

Student Learning Outcomes:

Students completing this course will have developed basic knowledge and skills required by beginning-level athletic trainers, pre-physical therapy majors, and coaches. Students will have learned to recognize athletic injuries, become acquainted with the day-to-day responsibilities of an athletic trainer, learn rehabilitation procedures, and learn to care for and prevent athletic injuries.

Content:

Lectures, discussions, and practice sessions for skill competency will be used to provide instruction in the following areas:

- The anatomy and function of body systems
- Patient assessment
- Injuries to bones, muscles, joints and internal organs
- How to handle emergency situations

General Education Outcomes:

- 1) Students will acquire entry-level skills specific to and appropriate for employment in their chosen field of study. The student will understand the day-to-day responsibilities of an athletic trainer, some rehabilitation procedures, and the care and prevention of athletic injuries in order to prepare for a career in physical education or athletic training. Students will illustrate competency through written exams and laboratory demonstration.

Key Performance Indicators:

The student will be graded on the following approximate values: Attendance (daily quizzes) about 20%, Taping lab about 30%, Written tests about 50%.

Representative Text and/or Supplies:

Concepts of Athletic Training. Jones and Bartlett. Current Edition.

Optimum Class Size: 25

Maximum Class Size: 30

Signatures:

I hereby submit this course syllabus:

Virgil Ash, M.A., Associate Professor

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)