

MERCER COUNTY COMMUNITY COLLEGE
SCIENCE and ALLIED HEALTH

Text Book: **Essentials of Athletic Training: Daniel Arnheim, Wm Prentice 6th edition**

PE134 Prevention and Care of Athletic Injury

This course is designed to give the student the necessary background and practical experience to deal with basic injuries, their treatment, and a variety of other topics which an athletic trainer, coach, fitness instructor or physical education teacher might encounter.

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Course Description:

This course will provide the student with basic introduction to the many areas of sports medicine which is necessary for athletic health care and the safe conduct of sports. Preventative measures will be emphasized in dealing with athletes and athletic health care. Medical and safety problems, protective equipment, facilities, athletic training techniques, nutrition and diet will be covered. Management procedures and application of skills will be included through lecture and practical experience in the training room.

Objectives:

- To instruct the student in basic injury recognition, treatment and management
- To teach the student preventative measure and techniques that will include taping
- To help the student become more comfortable in dealing with injury situations
- To review basic anatomy and how it is applied to athletic injury recognition, evaluation and rehabilitation
- To increase the students knowledge of medical terminology

Grading system:

Exam 1 (100 pts)
Exam 2 (100 pts)
Exam 3 (100 pts)
Participation &
Attendance (25pts)
Assignments (25 pts)
Final Exam (150)
TOTAL 500
400-500 a, a-
300-399 b+, b, b-
200-299 c+, c
100-199 d
** all values subject to change ☺

Students are required to wear college ID. Instructor has the right to refuse admittance to class.