COURSE TITLE: Sports Medicine: Theory and Practice (WEX-184)

COURSE CREDITS/HOURS: 2 lectures, 1 lab; 2 credits

PREREQUISITE: None

SEMESTER & YEAR: All

COURSE NUMBER: WEX-184

MEETING TIMES & LOCATIONS: To be announced

INSTRUCTOR: All

OFFICE LOCATION: G-207

PHONE: 201-447-7899

DEPARTMENTAL SECRETARY: Betty Highkal

OFFICE HOURS: Vary

EMAIL ADDRESS: bhighkal@bergen.edu

COURSE DESCRIPTION:
Sports Medicine is designed to provide the student with concepts, knowledge and practical skills in the areas of prevention, evaluation, management, and rehabilitation of exercise induced trauma.

OUTCOMES STATEMENT:
The student will demonstrate knowledge and skills in a variety of related responsibilities relative to the field of Sports Medicine.

COURSE OBJECTIVES:
A. To analyze the development of Sports Medicine and explore the variety of professional opportunities within the field.
B. To investigate the various assessment criterion dealing with acute and chronic injury.
C. To analyze the circulatory response in a variety of treatment protocols to apply that knowledge towards selecting the appropriate therapeutic modality.
D. To develop skills necessary to provide support for a variety of musculoskeletal dysfunctions.

MEANS OF ASSESSMENT:
A. Students will identify verbally and/or in writing the related professions within Sports Medicine and describe their responsibilities.
B. Students will demonstrate the ability to apply the appropriate procedures during an assessment process both physically and in writing.
C. Students will discuss in writing and/or practice why specific therapeutic modalities should be used relative to acute and chronic injury and then describe how to use each.
D. Students will demonstrate how to support selected muscle and joint weaknesses using elastic
bandages and athletic tape.

**COURSE CONTENT:**

A. Introduction/orientation.
   1. Overview of course and requirements.
   2. Procedures, responsibilities and expectations.

B. The Sports Medicine profession.
   1. Related fields and philosophies.
   2. Areas of responsibility as an athletic trainer.

C. Musculo-skeletal trauma.
   1. Acute vs. chronic with pain, spasm, pain, significance.
   2. Strains vs. sprains - anatomic and physiologic differences.

D. Injury Assessment
   1. Subjective application - communicating with the athlete/client.
   2. Selected objective exams to assess severity.

E. Injury Management
   1. Cryotherapy choices, application and circulatory response.
   2. Contrast therapy - when to use, procedure to follow, and circulatory response.
   3. Heat therapy methods and application

F. Rehabilitation considerations:
   1. Determining exercise programs based on injury progress.
   2. Therapeutic techniques including massage therapies.

G. Supporting musculoskeletal trauma
   1. Elastic bandaging techniques for joints and muscles.
   2. Athletic taping procedures for joint support

**GRADING POLICY**

A final grade for the course is based on the student’s performance on the required work for the course (writing assignments, examinations, quizzes, class presentations, attendance, etc.) and on his mastery of the material covered in the course. A student’s participation may also be evaluated and used in the determination of a final grade.

**ATTENDANCE POLICY**

Students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of the course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

**RULES & REGULATIONS:**

At the beginning of the academic year, each student is expected to obtain a copy of the College Catalog, Student Handbook, and the Academic Calendar. The catalog contains information about the regulations and procedures essential to student life on campus. Every student is responsible for knowing the information included in the catalog and academic calendar.

**STUDENT FACILITIES:**

Students are referred to the College Catalog which contains a complete listing and description of available facilities and services including but not limited to: the Silverman Library, Office of Specialized Services, Bookstore, Graphics lab, Tutoring Center, Athletic and Exercise facilities, etc.
PROCEDURES AND METHODS
   A.  Presentations and discussion
   B.  Demonstration and participation.
   C.  Practice of supportive taping and wrapping technique.
   D  Student participation and interaction.

TEXTBOOK:

POLICIES SUBJECT TO CHANGE WITHOUT NOTICE.