Eastern Illinois University
Revised Course Proposal
PED 2135, Basic Care and Prevention of Athletic Injuries

1. Catalog Description:
   a. PED 2135
   b. Basic Care and Prevention of Athletic Injuries
   c. 3-0-3
   d. Fall, Spring
   e. Athletic Injury
   f. Primary causes of injuries; analysis of preventive measures; care of injuries in relation to type of tissue involved.
   g. None
   h. Fall, 2004

2. Student Learning Objectives and Evaluation:
   a. Course Objectives: On completion of the course the student will be able to:
      • Verbally acknowledge how to develop a rapport with team physicians.
      • Demonstrate common taping techniques.
      • Recognize common injuries of the joints and musculoskeletal system.
      • Provide proper care for an injury and make physician referrals.
      • Execute basic therapeutic exercise techniques.
   b. Methods of assessing students’ achievement of learning objectives
      Labs – 20%
      Written Exams – 25%
      Oral Practical – 25%
      Class Assignments – 10%
      Final Exam – 20%
      TOTAL – 100%
   c. NA
   d. This is not graduate level
   e. Writing active

3. Outline of the Course: (three 50 minute class sessions per week for 15 weeks)
<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>a. Development of physician rapport</td>
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<td></td>
<td>1. communication skills</td>
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<td>2. parental roles</td>
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<td>2</td>
<td>b. Athletic training room design and supplies</td>
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<td></td>
<td>1. facility design</td>
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<td>2. common supplies found in athletic training rooms</td>
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<td>3</td>
<td>c. Superficial heat and cold</td>
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<td></td>
<td>1. physiology of heat</td>
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<td>2. physiology of cold</td>
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<td>4</td>
<td>d. Injury recognition</td>
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<td>1. HOPS format</td>
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<td>2. injury referral</td>
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<td>e. Pathology of injury</td>
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<td>1. Mechanism of Injury</td>
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<td>2. Environmental &amp; special surface conditions</td>
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f. Ankle & Foot
   1. ankle and foot evaluation
   2. common injuries of the ankle and foot

    g. Knee
   1. knee evaluation
   2. common injuries of the knee

    h. Shoulder
   1. shoulder evaluation
   2. common injuries of the shoulder

    i. Elbow, Forearm, Hand & Wrist
   1. common injuries to the elbow and forearm
   2. common injuries to the hand and wrist

   j. Management of common facial injuries
   1. epistaxis
   2. orbital contusions
   3. dental injuries

   k. Heat stress injuries
   1. heat cramps
   2. heat exhaustion
   3. heat stroke

   l. Sports nutrition principles
   1. proper hydration
   2. food selection

   m. Introduction to therapeutic exercise
   1. role of flexibility, strength
   2. common therapeutic exercise equipment

   n. Common taping and compression wrapping skills
   1. ankle, elbow and arch taping
   2. shoulder, knee and ankle compression wraps

4. Rationale:
   a. Purpose and need
      - PED 2135 is designed to introduce future teachers and coaches and
        prospective athletic training students to the basic care and prevention of athletic
        injuries.
   b. Justification of the Level of the Course:
      - This course is designed to be taught to 2nd semester Freshmen and
        Sophomores. The course content is more appropriate at the 2000 level.
   c. Similarity to Existing Course: PED 3130 is being renumbered to PED 2135.
   d. Impact on program: This course is required for any student interested in pursuing
      completion of a Physical Education degree with an option in Athletic Training.
      This course can also be counted as an elective in the coaching category for all
      Physical Education degrees with the option in teacher certification K-12 or 6-12.

5. Implementation:
   a. Staff member to whom course will initially be assigned
      - Cheryl Birkhead
   b. Course fee: $10.00
6. Community College Transfer:
   - Since this is a CAAHEP accredited program, no community college transfer course will be accepted.

7. Date Approved by the Department: September 12, 2003
8. Date Approved by the College or School Curriculum Committee: September 22, 2003
9. Date Approved by CAA: October 30, 2003