Eastern Illinois University  
New Course Proposal  
KSS 3180, General Medical Conditions in the Athlete

1. Catalog Description
   a. Course Number: KSS 3180
   b. Title: General Medical Conditions in the Athlete
   c. Meeting times and credit: 2-0-2
   d. Term to be offered: Spring Semester
   e. Short Title: GEN MED/ATH
   f. Course Description: A study of general medical conditions and disabilities, 
      wound care and management techniques and environmental related 
      conditions found in athletes.
   g. Prerequisites: KSS 2130, KSS 2135, KSS 2136
   h. Initial term of course offering: Spring 2007

2. Student Learning Objectives and Evaluation:
   a. Course Objectives: by the end of the semester the student will be able to:
      1. Discuss the immune system and how it can be either strengthened 
         or compromised in the athletic population (quiz, written exam, 
         final exam)
      2. Identify and assess the following general medical conditions and 
         disabilities found in athletes:
         - Respiratory and viral infections
         - Blood and lymph disorders
         - Diabetes mellitus and treatment in diabetic athletes
         - Cardiac related conditions
         - Ocular injuries and emergency conditions related to the 
         eye
         - Dental injuries and emergency conditions related to the 
         mouth
         - Ear, nose, and throat injuries and related emergency 
         conditions
         - Thorax/abdominal injuries and conditions
         (quizzes, written exams, class assignments, final exams)
      3. Identify and treat general medical conditions and disabilities that 
         have wounds associated with them and the management techniques 
         utilized in the treatment of those wounds (oral practical, quiz, final 
         exam)
      4. Identify, diagnose and provide treatment for environmentally 
         induced medical conditions (quiz, written exam, final exam)
      5. Appropriately use the following medical equipment: otoscope, 
         Snellen eye chart, litmus testing strips, Regent testing strips, 
         stethoscope for heart and lung sounds, stethoscope for abdominal 
         sounds, thermometer for assessment of core body temperature, 
         reflectometer, peak-flow meter and blood glucose testing 
         equipment (oral practical, class assignment)
b. Methods of assessing students’ achievement of stated objectives
   Quizzes – 20%
   Written Exams – 25%
   Oral Practical – 25%
   Class Assignments – 10%
   Final Exam – 20%
   TOTAL – 100%

c. NA

d. This is not a graduate level course

e. NA

3. Outline of the Course (thirty 50-minute class periods for 15 weeks)

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
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<tbody>
<tr>
<td>1</td>
<td>a.  The immune system in the athlete</td>
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<td></td>
<td>1. the immune system in the athlete</td>
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<td>2. athletic population – how it is affected</td>
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<td>2</td>
<td>b.  Respiratory and viral infections in the athlete</td>
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<tr>
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<td>1. pneumonia, bronchitis, upper respiratory infection</td>
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<td>2. asthma</td>
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<td>3. common cold, influenza, allergic rhinitis</td>
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<td>4. sinusitis, pleurisy</td>
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<td>5. peak-flow meters, lung sounds</td>
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<td>c. Blood and lymph disorders in the athlete</td>
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<td>1. HIV, Hepatitis</td>
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<td>2. cellulitis, lymphangitis, lymphadenitis</td>
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<td>4</td>
<td>d. Diabetes Mellitus in the athlete</td>
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<td>1. etiology, signs, symptoms</td>
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<td>2. management</td>
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<td>3. blood glucose testing equipment</td>
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<td>5,6</td>
<td>e. Cardiac related conditions in the athlete</td>
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<td>1. sudden death syndrome</td>
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<td>2. commito cordis</td>
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<td>3. history, signs and symptoms related to cardiopulmonary conditions</td>
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<td>4. coronary artery disease</td>
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<td>5. hypertrophic cardiomyopathy</td>
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<td>6. heart murmurs</td>
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<td>7. mitral valve prolapse</td>
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<td>8. congenital heart conditions</td>
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<td>9. heart sounds</td>
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<td>f. Environmentally induced medical conditions in the athlete</td>
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<td>1. heat related conditions</td>
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<td>2. cold related conditions</td>
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<td>3. core body temperature</td>
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g. Occular conditions in the athlete
   1. conjunctivitis, hyphema
   2. corneal injury, scleral trauma
   3. Snellen eye chart
   4. ophthalmoscope
   5. litmus testing strips

h. Dental conditions in the athlete
   1. fractures
   2. dislocations
   3. gingivitis
   4. mouthpieces, braces

i. Injuries to the ear, nose and throat in the athlete
   1. otitis, ruptured tympanic membrane
   2. epistaxis, fracture
   3. deviated septum
   4. sinus, oropharynx, nasopharynx
   5. otoscope

j. Dermatological conditions in the athlete
   1. skin lesions
   2. skin infections (bacterial, fungal, viral)
   3. skin disorders (dermatitis, eczema, folliculitis)

k. Thorax/Abdominal injuries and conditions in the athlete
   1. gastrointestinal tract disorders
   2. urinary tract, kidneys, bladder disorders/injuries
   3. male and female reproductive system injuries
   4. Regent strips, reflectometer
   5. bowel sounds
   6. breast injuries
   7. menstrual irregularities
   8. abdominal quadrants/palpation
   9. liver, gallbladder, pancreas conditions

l. Muscular and nervous system disorders in the athlete
   1. epiphysitis, apophysitis, aseptic necrosis
   2. arthritis, gout, felon
   3. myositis, rhabdomyolysis
   4. convulsive disorders
   5. postconcussion syndrome
   6. cerebral lesions

4. Rationale:
   a. Purpose and need:
      KSS 3180 is a mandatory core course for Kinesiology and Sports Studies majors in the Athletic Training option pursuing a national certification as an Athletic Trainer.

   b. Justification of the level of the course:
      This course is appropriate for sophomore level and above.
c. **Similarity to existing course:** HST 2900 (Human Diseases) studies the occurrence and process of human infectious and chronic diseases. KSS 3180 also addresses diabetes and cardiac related conditions but focuses specifically on the athlete. These topics are similar; however, all other areas pertain to general medical conditions and disabilities found in the athlete.

d. **Impact on Program:** This course would be a required course for any student pursuing completion of a Kinesiology and Sports Studies degree with an option in athletic training. Students wishing to obtain certification as an athletic trainer must pass this course.

5. **Implementation:**
   a. **Staff member to whom course will initially be assigned:**
      • Ryan Collins, MS, ATC
   b. **No additional cost to student at this time**
   c. **Text and Supplementary Materials:**
      • Text: General Medical Conditions in the Athlete
      • Authors: Micki Cuppett and Katie M. Walsh
      • Publisher: Elsevier Mosby, 2005

6. **Community College Transfer**
   Since this is a CAAHEP accredited athletic training education program, no community college transfer will be accepted.

7. **Date Approved by the Department** __October 14, 2005___________________

8. **Date approved by the College Curriculum Committee** __October 24, 2005__

9. **Date approved by CAA** __November 10, 2005__