

# Bemidji State University

## PHED 3190: Athletic Training

### A. COURSE DESCRIPTION

Credits: 2

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

A lecture course with laboratory activity introducing the five practice domains of athletic training that include: prevention, recognition and evaluation, rehabilitation, reconditioning of athletic injuries, administration and professional development. Other topics include the theory and practice of athletic taping and risk management.

**B. COURSE EFFECTIVE DATES:** 08/16/2005 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Injury Prevention
2. Injury Rehabilitation
3. Injury Management and Treatment.
4. Upper Extremity Injuries
5. Lower Extremity Injuries

### D. LEARNING OUTCOMES (General)

1. Have awareness and understanding of the basic injury prevention, Management, and rehabilitation techniques employed in athletic training.
2. Learn applications of the various taping, bandaging, and strapping techniques.
3. Develop awareness and understanding of terms used in athletic training including types of injuries and illnesses.
4. Develop awareness and understanding of various issues related to sports medicine and athletic injuries.
5. Learn application of subject matter acquired from professional journals displayed through the writing of abstracts.

### E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

### F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

### G. SPECIAL INFORMATION

None noted