

# Course Outcome Guide (COG)

<b>Course: HPER 207</b>	Prevention and Care of Injuries	<b>Credits:</b>	2	<b>Date changed:</b>	4/6/18
<b>Course Description:</b>	Students will have the opportunity to acquire lifelong skills and knowledge associated with athletic training. Skills and knowledge that will be covered in the class involve prevention of athletic injuries, care of athletic injuries, taping and bracing, history of athletic training, and administrative issues. Students will leave the class with a better understanding on how the athletic trainer provides health care to the athlete.				
Concepts and Issues	Process Skills	Assessment Tasks	Intended Outcomes		
			Course	General Education or Program	Institutional
<ul style="list-style-type: none"> <li>• Sports injury Management &amp; Prevention</li> <li>• Nutritional Needs and Meal Planning for athletes</li> <li>• Supplies and Equipment</li> <li>• Substance Abuse</li> <li>• Organization</li> <li>• Administration</li> </ul>	<ul style="list-style-type: none"> <li>• Identify medical specialists who make up a quality sports medicine team.</li> <li>• Realize the duties commonly expected of the dual role played by the coach/trainer.</li> <li>• Apply scientific principles in physical conditioning to a specifically designed training program.</li> <li>• Demonstrate and describe the purpose of taping techniques presented in class.</li> <li>• Identify common treatments and rehabilitation procedures for various athletic injuries.</li> <li>• Develop first aid skills and recognition skills of athletic injuries</li> </ul>	<ul style="list-style-type: none"> <li>• Study guides</li> <li>• Demonstrating mastery of the application</li> <li>• Examinations</li> </ul>	<ul style="list-style-type: none"> <li>• Identify key components of fitness and injury</li> <li>• Demonstrate knowledge of multiple strategies of working with athletes and their diverse needs</li> <li>• Demonstrate knowledge of supplies and equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Students will apply all health-related knowledge to promote physical and mental well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• Students will apply all health-related knowledge to promote physical and mental well-being.</li> </ul>