



North Iowa Area Community College

Course Outline

Please follow the included instructions when completing this form. Direct questions to Division Chair. After Course Outline is completed, please submit to Division Chair for review, who then submits to Administrative Assistant to the Vice President for Academic Affairs for review by the Curriculum and Academic Affairs Council (CAAC).

Prepared by:	Mark Vrba
Date Approved by CAAC:	September 23, 2019
Course Title:	Care and Prevention of Athletic Injuries
Course Number:	PEC-127
Equivalent Prior Course Numbers:	60-118; PHYE-151
Academic Division/Department:	Physical Fitness & Wellness

Credits – Semester Hours (s.h.):

Contact Hours As defined by the Iowa Department of Education in consultation with Division Chair/Registrar (see attached instructions).

Lecture:	<input type="text" value="30"/>	1 s.h. = 15 contact hours
Lab:	<input type="text" value="0"/>	1 s.h. = 30 contact hours
Clinical Practice:	<input type="text" value="0"/>	1 s.h. = 45 contact hours
Work Experience:	<input type="text" value="0"/>	1 s.h. = 60, 75, 90, or 105 contact hours
Total:	<input type="text" value="30"/>	

Prerequisite(s):

None

Corequisite(s):

None

Course Description:

This course will cover injury recognition and treatment techniques, taping, and wrapping. It will also cover preventative measures to reduce injuries in physical activity/sport. This course fulfills the prevention and care of athletic injuries course requirement for a coaching authorization/endorsement in Iowa.

Required Textbook(s) and Other Required Materials:

None

Purpose of Course Check one [X] in consultation with Division Chair.

<input type="checkbox"/>	Arts and Sciences (General Education)
<input checked="" type="checkbox"/>	Arts and Sciences
<input type="checkbox"/>	Career and Technical (General Education)
<input type="checkbox"/>	Career and Technical
<input type="checkbox"/>	Developmental

If course is offered only in specific semesters, please explain below:

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Maximum number of weeks for which the course is offered:

3

[Do not edit the following section. Managed by Academic Affairs]

Is this a Core Competency Anchor Course? YES ☐ NO ☐

If “Yes,” list Core Competency Student Learning Outcome Numbers being taught and assessed in this course (2.2, 3.1, etc.)

(Example) 2.2 [Press Tab to create new rows for each SLO]

Student Learning Outcomes (SLOs):

Students who successfully complete this course will be able to:

1. Demonstrate introductory knowledge of care and prevention for injuries related to physical activity and sports.
2. Identify signs and symptoms of general medical conditions related to physical activities and sports.
3. Demonstrate proper technique when taping an ankle to support or prevent inversion and eversion ankle sprains.