

Boone High School

Care and Prevention of Athletic Injuries

Course Syllabus

Instructor: Mr. Wheeler, MA, ATC, LAT, CSCS

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Course Description: This course introduces the knowledge, skills, and values necessary to identify, prevent, and care for injuries and illnesses that may be encountered by athletes and physically active individuals. This course also goes over basic first aid, CPR, and usage and necessity of an AED in school settings.

Required Text: Arnheim, D.D., & Prentice, W.E. (2000). Principles of Athletic Training. 8th ed.

Course Objectives: Following completion of the course Care and Prevention of Athletic Injuries the student will be able to:

1. Identify basic anatomy of body regions.
2. Use anatomical terms to describe movements, and give examples.
3. Develop a basic rehabilitation program following an injury.
4. Perform a basic evaluation of an injury.
5. Know when to refer to a Physician.
6. Perform basic taping, bandaging, and custom pad fabrication techniques.
7. Basic knowledge of medical terminology.

Grading: Tests (Weekly)
Final Exam
Practical / Lab Assignments

Attendance: Students are expected to attend all classes. This is due to the fact that each class builds on the previous class, and information will be hard to catch up.

Tests/Exam: Tests/Exams are not comprehensive. No make-ups will be issued without prior arrangement.

Observation Hours: Students are expected to do observation hours throughout the semester in order to get a better feel for athletic training and working with athletic populations. This should be around 30 hours for the semester.

Grading Scale: 93 - 100 = A

90 - 92 = A-
87 - 89 = B+
83 - 86 = B
80 - 82 = B-
77 - 79 = C+
73 - 76 = C
70 - 72 = C-
67 - 69 = D+
63 - 66 = D
60 - 62 = D-
<60 = F