



## COURSE OUTLINE: FIT203 - PREVENTION OF INJURY

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

<b>Course Code: Title</b>	FIT203: PREVENTION AND MANAGEMENT OF INJURY
<b>Program Number: Name</b>	3040: FITNESS AND HEALTH
<b>Department:</b>	FITNESS & HEALTH PROMOTION
<b>Academic Year:</b>	2022-2023
<b>Course Description:</b>	This course explores risk factors involved with regular exercise, and sport and exercise specific injuries. Basic first aid principles will be reviewed in relation to athletic injuries as well as the physiological cause and appropriate prevention techniques to prevent reoccurrence. The role of the athletic trainer or personal trainer when considering athletic equipment, and playing surfaces. This course will have both theory and applied components so students will gain practical knowledge along with their theory base.
<b>Total Credits:</b>	3
<b>Hours/Week:</b>	3
<b>Total Hours:</b>	42
<b>Prerequisites:</b>	FIT155, FIT156, PNG121
<b>Corequisites:</b>	There are no co-requisites for this course.
<b>This course is a pre-requisite for:</b>	FIT254, FIT255
<b>Vocational Learning Outcomes (VLO's) addressed in this course:</b>	<b>3040 - FITNESS AND HEALTH</b>
<b>Please refer to program web page for a complete listing of program outcomes where applicable.</b>	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
	VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.
<b>Essential Employability Skills (EES) addressed in this course:</b>	EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
	EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
	EES 4 Apply a systematic approach to solve problems.
	EES 5 Use a variety of thinking skills to anticipate and solve problems.
	EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.



- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

**Course Evaluation:**

Passing Grade: 50%,

A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.

**Books and Required Resources:**

Sports Injuries by Peterson  
 Publisher: CRC Press LLC Edition: 4th  
 ISBN: 9781841847054

See Professor by Additional texts from year one will be used.

**Course Outcomes and Learning Objectives:**

<b>Course Outcome 1</b>	<b>Learning Objectives for Course Outcome 1</b>
1. Evaluate the risk factors involved with regular exercise, sports, and recognition of exercise specific injuries	1.1 explain and demonstrate the importance of proper technique while executing various exercises to prevent injuries. 1.2 identify systemic conditions that affect regular exercise and sports. 1.3 identify health conditions that would affect regular exercise and sports. 1.4 Identify common injuries for the Spine, Shoulder, Elbow, Wrist, Hand, Pelvis, Hip, Thigh, Knee, Foot, Ankle and Lower Leg.
<b>Course Outcome 2</b>	<b>Learning Objectives for Course Outcome 2</b>
2. Apply basic first aid knowledge.	2.1 students will identify appropriate management for various exercise related injuries within the scope of practice for a personal trainer. 2.2 apply the HOPS format in completing an onsite assessment within the scope of practice for a personal trainer. 2.3 provide immediate care within the scope of practice for a personal trainer.
<b>Course Outcome 3</b>	<b>Learning Objectives for Course Outcome 3</b>
3. Identify the causes of exercise specific injuries and implement preventative measures to reduce exercise specific injuries.	3.1 describe the mechanism of common exercise related injuries. 3.2 describe how the basic principles of training can be used to reduce exercise specific injuries. 3.3 identify contraindications and modify common exercises for various exercise-related injuries.
<b>Course Outcome 4</b>	<b>Learning Objectives for Course Outcome 4</b>
4. Appraise the roles of a personal trainer when considering appropriate	4.1 identify responsibilities of the personal trainer in injury prevention and management. 4.2 identify responsibilities of physically active individuals in



	exercise and restoration of function.	injury prevention and management. 4.3 describe measures that can reduce the risk of litigation.								
<b>Evaluation Process and Grading System:</b>	<table border="1"> <thead> <tr> <th>Evaluation Type</th> <th>Evaluation Weight</th> </tr> </thead> <tbody> <tr> <td>Assignments</td> <td>40%</td> </tr> <tr> <td>Participation</td> <td>10%</td> </tr> <tr> <td>Tests</td> <td>50%</td> </tr> </tbody> </table>		Evaluation Type	Evaluation Weight	Assignments	40%	Participation	10%	Tests	50%
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<b>Date:</b>	September 7, 2022									
<b>Addendum:</b>	Please refer to the course outline addendum on the Learning Management System for further information.									