

SCHOOL OF HEALTH AND SCIENCES

SYLLABUS

TITLE:	Injury Prevention and First Aid
CODE:	CFI 202
PREREQUISITE:	N/A
CREDITS:	2 credits 30 contact hours 1 term

DESCRIPTION

Physical activity and sports training are factors that favor multiple beneficial and healthy effects on the individual. Every day there are more populations that participate regularly in sports and physical activities, but we must bear in mind that physical activity and sports training are not exempt from injury risks. Thus, sports injuries are on the rise and cause the consultation of professionals related to the field of sports training: physical trainers, athletic therapists, physical therapists, and kinesiologists, among others. This course has as its main objective to provide a broad knowledge in valid interventions to meet the needs that arise in daily practice, related to the prevention of injuries during sports training and physical activity.

JUSTIFICATION

The very nature of sporting activity can lead to injury. Various situations, whether in competition or during training, require a series of efforts that can directly or indirectly generate some injuries. It is therefore necessary for the exercise science student to know the procedures for intervening these possible injuries and how to prevent them in order to achieve better physical performance during all stages of life. The prevention of injuries from the area of exercise sciences requires a multidisciplinary intervention that is rarely addressed in university degrees. Also, the student must know how to handle these situations judiciously but responsibly.

COMPETENCES

The course develops the following competences in students:

- **Critical questioning**
- **Research and exploration**

OBJECTIVES

After completion of the course, students will be able to:

1. List the possible injuries in the different sports disciplines and identify the parts of the body.
2. Identify the causes of injuries and how they affect physical performance.
3. Describe the most effective ways to prevent injuries.
4. Implement an injury prevention program.
5. Develop a sports injury first aid plan.
6. Intervene in cases of cardiopulmonary resuscitation (CPR).
7. Know the procedure for applying athletic bandages

CONTENTS

- I. Athletic Injuries
 - A. Description of anatomical structure
 - B. Lower extremity
 - C. Upper extremity
 - D. Trunk [torso and back]
 - E. Neck
 - F. Head
- II. Clinical correlation
 - A. Evaluation of different injuries and clinical correlation of fractures, tears, dislocation, sprains, bursitis, burns, shock, wounds, contusion, cramps, spasms, tendonitis, others
 1. Foot
 2. Ankle
 3. Leg
 4. Knee
 5. Hip & thigh
 6. Shoulder
 7. Elbow

- 8. Arm & forearm
- 9. Hand & wrist
- 10. Trunk [torso and back]
- 11. Head
- III. Cardiopulmonary Resuscitation – Definition, Procedure and Practice
- IV. Bandages
 - A. Definition
 - B. Procedure
 - C. Practice

METHODOLOGY

The following strategies from the active learning methodology are recommended:

- Service based learning
- Immersion experiences
- External practices
- Discussion
- Problem based learning (Workshop: Bandages & Injury Assessment)

EVALUATION

Partial assignments	40%
Immersion experiences	25%
Final project or exam	25%
CPR License (course requirement)	10%
Total	100%

LEARNING ASSESSMENT

The institutional assessment rubric is applied to the course's core activity.

BIBLIOGRAPHY

TEXTBOOK

Joyce, D., Lewindon, D. (Eds.) (2016). *Sport Injury Prevention and Rehabilitation*.
Routledge.

REFERENCES

- American College Sports Medicine. (2020). *ACSM's Guideline for Exercise Testing and Prescription*. (10th ed.). Wolters Kluwer.
- Confort, P., Abrahamson, E. (Eds.). (2010). *Sport Rehabilitation and Injury Prevention*. Wiley – Blackwell.
- Doral, M.N., Karlsson, J. (Eds.). (2015). *Sports Injuries: Prevention, Diagnosis, Treatment, and Rehabilitation*. Springer.
- Mayr, M.O., Zaffagnini, S. (Eds.). (2016). *Prevention of Injuries and Overuse in Sports*. Springer.
- Milner, C.E. (2019). *Functional Anatomy for Sport and Exercise*. (2nd ed.). Routledge.
- Noris, C. M. (2018). *Sports and Soft Tissue Injuries. A guide for Students and Therapists*. (5th ed.). Routledge.
- Shamus, E., Shamus, J. (2017). *Sports Injuries Prevention and Rehabilitation*. (2nd ed.). McGraw Hill.
- Sapstead, G. (2019). *Every sports Injuries: The Essential Step-by Step Guide to Prevention, diagnosis, and Treatment*. DK Publishing.
- Walker, B. (2018). *The Anatomy of Sports Injuries*. (2nd ed.). North Atlantic Books.

For more information resources related to the course's topics, access the library's webpage <http://biblioteca.sagrado.edu/>

REASONABLE ACCOMMODATION

For detailed information on the process and required documentation you should visit the corresponding office. To ensure equal conditions, in compliance with the ADA Act (1990)

and the Rehabilitation Act (1973), as amended, any student in need of reasonable accommodation or special assistance must complete the process established by the Vice Presidency for Academic Affairs.

ACADEMIC INTEGRITY

This policy applies to all students enrolled at Universidad del Sagrado Corazón to take courses with or without academic credit. A lack of academic integrity is any act or omission that does not demonstrate the honesty, transparency, and responsibility that should characterize all academic activity. Any student who fails to comply with the Honesty, Fraud, and Plagiarism Policy is exposed to the following sanctions: receive a grade of zero in the evaluation and / or repetition of the assignment in the seminar, a grade of F (*) in the seminar, suspension, or expulsion as established in the Academic Integrity Policy effective in November 2022.

All rights reserved | Sagrado | November 2022 | Translated November 2023