

**DARTON COLLEGE**  
**DIVISION OF HEALTH AND PHYSICAL EDUCATION**  
**COMPREHENSIVE COURSE GUIDE**

**Course Number:** PHED 2210

**Course Title:** Sports Injury and Prevention

**Credit Hours:** 2 Semester Hours

**Contact Hours** 2      **Lecture Hours** 2      **Lab Hours** 2

**Pre-requisite:** None

**Course Description:** A study of the identification, prevention, treatment, and care for common sports injuries. The topics include the domains of athletic training including and the various anatomical structures injured in athletics.

**Course Objective:** To gain a basic understanding of the field of athletic training.

**Performance Based Learner Outcomes:**

1. The student will be able to explain the field of athletic training.
2. The student will be able to discuss on an exam the basic anatomy of a specific body part.
3. The student will be able to construct a diet for an athlete using proper foods and fluids.
4. The student will be able to utilize a splint correctly on a specific body part.
5. The student will be able to discuss specific injuries related to anatomical structures.