

CARE AND PREVENTION OF INJURIES

Pierce County Careers Connection Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

- Discuss and define the fitness professional's role and the health care team.
- Discuss the importance of documentation, legal consideration, liability and insurance.
- Describe the process of healing, inflammation and tissue repair.
- Describe basic anatomy for specific joints and locations for common sports/fitness related injuries.
- Discuss the foundations for conditioning, strengthening, flexibility and core conditioning for injury prevention.
- Describe the emergency action plan, principles of on-site injury assessment, primary survey, and a secondary assessment.
- Recognize blood borne pathogens and the necessary universal precautions for dealing with them.
- Define and describe the potential dangers of hyperthermia and hypothermia, high altitude, and specific safety issues for weather conditions.
- Describe the basic objectives of injury rehabilitation and the philosophy, goals and selection of exercise modalities as indicated.
- Discuss the recognition and management of injuries and conditions specific to the following anatomical locations: foot, ankle and lower leg, knee, shoulder complex, elbow, spine, chest and abdomen, head, face ears, nose and throat.
- Discuss basic therapeutic exercise techniques for posture, body mechanics, and functionality.
- Observe basic athletic training preventative and rehabilitative skills in a community or school, and clinic settings and discuss the role of the athletic trainer working in these varying environments.

A student earning a "B" grade or better may earn college credit at the following college:

<u>College</u>	<u>Course</u>	<u>Credits</u>
Pierce College	KINS 258 (CIP Code:31.0504)	3

Credit Change: 2017