

# HLTH120C : Care and Prevention of Athletic Injuries

Covers basic first aid and the principles and techniques involved in prevention and care of common athletic injuries. Weekly lab sessions will be used to demonstrate and practice special tests, taping and wrapping, and recognition of athletic injuries, and will coincide with material covered during lecture.

**Credits** 4

**Lab/Practicum/Clinical Hours** 2

**Lecture Hours** 3

**Learning Outcomes**

Upon completion of this course, students will:

1. Explain the organization of body systems, anatomical features, and functional processes in health and disease.
2. Develop first aid and emergency management techniques.
3. Describe injury evaluation and prevention methods and explain proper rehabilitation sequences.
4. Physically demonstrate treatment methods for common athletic injuries.