

**(PHED B39A Prevention and Care of Athletic Injuries)**

<b>Student Learning Outcomes or SLOs</b>	<b>Measure</b>	<b>PLOs</b>	<b>ILOs</b>	<b>GELOs</b>
<b>1.</b> The student will become familiar with common mechanisms of injury and be able to design and implement a plan for injury prevention.	-Pre-Post Test	1	1	N/A
	-Lecture Test:	2	2	
	Multiple Choice	3	3	
	Matching	4		
	Short Answer			
	Essay			
<b>2.</b> The student will be able to analyze and evaluate the effects of conditioning, stretching and strength training, on the role of injury prevention.	-Pre-Post Test	1	1	N/A
	-Lecture Test	2	2	
	Multiple Choice	3	3	
	Matching	5		
	Short Answer			
	Essay			
<b>3.</b> The student, through actual hands-on experience will be trained to recognize, classify, inspect and evaluate sports injuries.	-Pre-Post Test	1	1	N/A
	-Lecture Test:	2	2	
	Multiple Choice	4	3	
	Matching	5	4	
	Short Answer			
	Essay			
<b>4.</b> The student will identify the structural characteristics of the various tissues of the body and understand the relationship to injury susceptibility.	-Pre-Post Test	1	1	N/A
	-Lecture Test	2	2	
	Multiple Choice	3	3	
	Matching	4		
	Short Answer	5		
	Essay			

### **PLOs:**

1. Analyze the history, research and current information in Kinesiology and their current applications. **(Inquiry)**
2. Demonstrate and explain the basic anatomy and physiological principles at work in both sport performance and general fitness activities. **(Communication & Performance)**
3. Demonstrate an understanding of the value and significance of physical activity for human development, human interactions and quality of life. **(Content Knowledge & Interdisciplinary Connections)**
4. Demonstrate and describe the primary aspects of injury and trauma response as a first responder. **(Inquiry – Content Knowledge – Performance)**
5. Recognize the principles of physical fitness development and maintenance as well as the body's responses to physical activity. **(Inquiry)**

### **ILOs:**

1. Think critically and evaluate sources and information for validity and usefulness. **(Inquiry)**
2. Communicate effectively in both written and oral forms. **(Communicate & Performance)**
3. Demonstrate competency in a field of knowledge or with job-related skills. **(Content Knowledge)**
4. Engage productively in all levels of society – interpersonal, community, the state and nation, and the world. **(Interdisciplinary Connections)**

### **GELOs:**

#### **Area E - Lifelong Understanding and Self-Development**

1. Critically examine the development of the individual as an integrated physiological,

psychological, spiritual, and social being.

2. Identify, describe and explain the interactions of the internal and external influences and effects in human development and behavior over the course of the human life span.