Care and Prevention of Athletic Injuries (1502490)

**Course Description:** This course meets an elective requirement for Physical Education. The purpose of this course is to enable students to develop knowledge of the anatomy and physiology related to athletic injuries and skills related to the nature, prevention, care, and rehabilitation of athletic injuries. Appropriate instructional practices and assessments are used to elicit evidence of student understanding and proficiency of course specific benchmarks related to **Cognitive Ability, Movement Competency, Lifetime Fitness, and Responsible Behavior and Values** as outlined by the Next Generation Sunshine State Standards for Physical Education and the Common Core State Standards.

Topics include but are not limited to:
- Injury Prevention
- Anatomy and Physiology Related to Athletic Injuries
- Conditioning Methods
- Identification, Management, and Rehabilitation
- Athletic Training
- Career Opportunities
- Benefits of Participation