

Unit 6 Overview – Arms and Legs

Learning Outcomes:

<p>Skills</p> <ul style="list-style-type: none"> <input type="checkbox"/> Primary and secondary assessment for a conscious patient <input type="checkbox"/> Recognition and care of soft tissue injuries, including cuts, blisters, and burns <input type="checkbox"/> Recognition and care of bone and joint injuries <input type="checkbox"/> Describe exercises that focus on specific muscles, and ones that are contra-indicated. <input type="checkbox"/> Taping of the ankle <input type="checkbox"/> Taping of the longitudinal arch <input type="checkbox"/> Taping of the wrist & thumb <input type="checkbox"/> Tensor Application
<p>Knowledge</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify human anatomy related to the arm and leg regions <input type="checkbox"/> List key signs and symptoms for bone and joint injuries (fractures, sprains, dislocations) <input type="checkbox"/> Understand principles of healthy living <input type="checkbox"/> Know the importance of screening (par-q form) <input type="checkbox"/> Understand key concepts involved in Flexibility & Stretching <input type="checkbox"/> Understand principles of injury prevention-conditioning and training, protective sports devices <input type="checkbox"/> Understand the importance of an Emergency Action plan <input type="checkbox"/> Understand principle of rehabilitation and follow-up care
<p>Judgment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Understand the difference between acute traumatic injuries and chronic non-traumatic injuries <input type="checkbox"/> Decide when it is appropriate to apply athletic taping <input type="checkbox"/> Explain the legal issues surrounding sports injuries <input type="checkbox"/> Understand the importance of self-protection <input type="checkbox"/> Demonstrate appropriate decision-making in scenarios. <input type="checkbox"/> Demonstrate management over a situation, including direction of bystanders
<p>Application:</p> <ul style="list-style-type: none"> <input type="checkbox"/> List jobs that require injury management <input type="checkbox"/> List further training opportunities dealing with sports injuries <input type="checkbox"/> Describe what it might be like to perform these skills in real-life

Lessons:

- 6.1 Injury Assessment + Hand
- 6.2 Injury Management + Wrist
- 6.3 Joint Theory + Elbow/Shoulder
- 6.4 Vocab + Ankle/Foot
- 6.5 Stretching + Leg/Knee
- 6.6 Injury Prevention/Planning

Assessment

- 1) Participation in Taping/Wrapping/Splinting
- 2) Unit review
- 3) Ankle Taping Skill (see marking sheet)
- 4) Test