

## Course Outcomes Guide

**Course/Program Title: PED 216**

**Date: 5/19/15**

**Course/Program Team: Bernard Johnson, Thomas Burge, Shannon Cameron, Vicky Bullett**

### **Expected Learning Outcomes:**

- Design an appropriate Athletic Training Room for a given scenario, considering essential supplies and equipment and establish Rules of Operation within an athletic department for that scenario.
- Demonstrate techniques for prevention of athletic injuries, including appropriate taping methods, ability to apply compression wraps, and appropriate fitness training.
- Utilize the HOPS technique to recognize and evaluate athletic injuries, and determine proper treatment.
- Develop a progressive rehabilitation program for a specific athletic injury.
- Research various sports medicine topics and present a researched-based case study on a specific athletic related injury or illness, detailing the causes, prevention, recognition & evaluation, common treatments, and return to play guidelines for condition.

### **Assessment**

- Students will score a 70% or better on their athletic training room project.
- Students will score a 70% or better average on each of the taping practical exams, as well as demonstrating competency on in-class skills completion, as evaluated by the instructor.
- Students will demonstrate appropriate knowledge of the HOPS technique when completing their final case study projects, determined by an instructor-designed rubric.
- Students will score a 70% or better on their rehabilitation project.
- Students will score a 70% or better on their final case study research project, using appropriate citation.

### **Validation**

Department-devised scoring rubric for evaluation of injuries and knowledge of HOPS.  
Student demonstration of various taping techniques using NATA guidelines.  
MLA guidelines on all case studies and directed writings.

**Results** (What do your assessment data show? If you have not yet assessed student achievement of your learning outcomes, when is assessment planned?)

| FALL 2014 - PED-216-01                                  | <b>Students Assessed</b> | <b>Students Passed</b> | <b>Percentage</b> |
|---|--------------------------|------------------------|-------------------|
| <b>Outcome #1 (Athletic Training Room Project)</b>      | 24                       | 24                     | 100%              |
| <b>Outcome #2 &amp; #3 (Practical Exams/Case Study)</b> | 23                       | 20                     | 87%               |
| <b>Outcome #4 (Rehabilitation Project)</b>              | 22                       | 16                     | 73%               |
| <b>Outcome #5 (Final Case Study)</b>                    | 23                       | 19                     | 83%               |

**Follow-up** (How have you used or how will you use the data to improve student learning?)

According to the above data, outcome #4 was not met at a desirable percentage. For the following 2 semesters, this has been student's weakest category. I am looking to rearrange the outline for the course, so this assignment is given closer to when we cover chapter 4 (Fitness/Conditioning), in order to increase student's knowledge of the rehabilitation process. I will likely require more than one outside source (other than the textbook). I will note that several of the students who did poorly on this project were student athletes, who missed classes due to games when the assignment was given as well as when the rehabilitation chapter is covered. In the future, I will aim to work harder with those student athletes so they are clear on the requirements.

**Total Hours of Coursework:**

- To earn one academic credit at HCC, students are required to complete a minimum of 37.5 clock hours (45 fifty-minute "academic" hours) of coursework per semester. Those hours of coursework may be completed through a combination of hours within the classroom and hours outside the classroom. Certain courses may require more than the 37.5 minimum hours of coursework per credit.
- For most classes, students should expect to do at least 2 hours of coursework outside of class for each hour of in-class coursework.

**MINIMUM CLOCK HOURS REQUIRED FOR THIS COURSE**

|  | <b>DIRECT Faculty Instruction<br/>In-class<br/><br/>37.5 h required</b> | <b>Student Work Out of<br/>Classroom<br/>75 h required</b> |
|--|---|--|
| In-class instruction, including:<br>1) Practical Exams<br>2) Case Study Presentations<br>3) Final Written Exam | 37.5 h  |  |
| Directed Writing Assignments<br>and Final Case Study   |   | 30 h for research, writing, and<br>revision                |
| 3 Unit Exams   |   | 15 h   |
| Assigned Readings  |   | 25 h of reading, taking notes,<br>etc.                     |
| Group Projects & Misc.<br>Assignments  |   | 10 h   |
| <b>Total Hours</b>   | <b>37.5 h</b>   | <b>80 h</b>  |