

## **Emergency Response for the Physical Therapist Home Study Course- Course Objectives:**

### **Chapter 1 – Athlete Assessment Chapter Objectives:**

1. Describe methods used for the initial evaluation of an injured athlete.
2. Explain the importance of the proper assessment of an injured athlete's vital signs.
3. Explain the components of the physical exam.
4. Explain the components of the SAMPLE history.
5. Describe how to assess the level of consciousness of an injured athlete.

### **Chapter 2 - Bleeding and Shock Chapter Objectives:**

1. Understand the role of the circulatory system in daily activities as well as in athletics.
2. Recognize signs and symptoms of external bleeding and shock.
3. Understand the mechanisms for control of external bleeding.
4. Recognize the signs and symptoms of internal bleeding.
5. Know proper procedures to follow in the event an athlete is suffering from shock.

### **Chapter 3 – Fractures Chapter Objectives:**

1. To review the physiological aspects of bone growth and healing.
2. To identify stresses placed on bone.
3. To identify fracture type related to the stresses applied.
4. To identify signs and symptoms of a fracture.
5. To determine if diagnostic testing is necessary to rule out a fracture.
6. To understand techniques utilized for fracture management.
7. To identify specific types of fractures that may occur as a result of participation in sports.

### **Chapter 4 – Head Injuries Chapter Objectives:**

1. Describe the physiological and physical changes of the metabolic cascade, that occur on the body and brain following a concussion
2. List the uniformly accepted guidelines of Return to Play (RTP) for an athlete who has sustained a concussion
2. Describe the controversy that exists when using Loss of Consciousness (LOC) as a determinant in grading concussions and RTP guidelines
3. Be able to perform the Standardized Assessment of Concussion (SAC) on an athlete with a concussion

4. Compare and contrast the benefits of using neuropsychological testing, Balance Error Scoring system (BESS), and the Standardized Assessment of Concussion (SAC) in evaluating an athlete with a concussion

### **Chapter 5 - Spinal Injuries Chapter Objectives:**

1. Recognize the signs and symptoms of an athlete with possible spinal injuries.
2. Understand the mechanism of spinal injuries in athletics
3. Know how to perform primary and secondary survey on athletes with suspected spinal injuries.
4. Understand the mechanisms by which the athlete with the suspected spine injury is immobilized for transport.
5. Understand the relationship between the closed head injury and the spinal Injury in athletics.

### **Chapter 6- Environmental Considerations Chapter Objectives:**

1. Obtain a full understanding of exertional heat illnesses including predisposing factors, non-environmental risk factors, recognition/evaluation and treatment of the different types including heat cramps, heat syncope, exertional heat exhaustion, exertional heat stroke, and exertional hyponatremia.
2. Apply knowledge of exertional heat illnesses to develop a strategy for prevention and management in a sport setting.
3. Attain an understanding of thermoregulation and physiological responses to heat, and apply this knowledge to prevention and Treatment strategies of heat related illness.
4. Understand the necessity of proper hydration in the sport setting and its relationship to prevention of exertional heat illnesses.
5. Obtain a full understanding of cold injuries including predisposing factors, recognition/evaluation and treatment of chilblains, frostbite, and hypothermia.
6. Attain an understanding of thermoregulation and physiological responses to cold, and apply this knowledge to prevention and treatment strategies of cold injury.

7. Understand the implications of wind-chill factor in the predisposing and acceleration of cold injury.
8. Understand the necessity of proper clothing for prevention of both heat and cold related illness in sporting arena.