CARE AND PREVENTION OF INJURIES
ARTICULATION

Pierce County Careers Connection
Dual Credit Articulation Agreement

Upon completion of a full year of high school or equivalent to the following competencies:

☐	Explain the various roles and responsibilities as they relate to specific areas of specialization in sports medicine.
	Describe the efficacy of proper programming for injury prevention, to include conditioning, strengthening, flexibility and core conditioning.
	Protect oneself legally and physically, to include an exposure plan, documentation, liability insurance, scope of practice, operating procedures, and confidentiality
	Describe the process of healing, inflammation and tissue repair, drawing up[on the basic anatomy and kinesiology for common sports and fitness related injuries.
	Describe the emergency action plan, principles of on-site injury assessment, primary assessment and secondary assessment.
	Define and describe the potential dangers of hyperthermia and hypothermia, high altitude, and specific safety issues related to weather conditions.
	Demonstrate basic skills of injury rehabilitation management of injuries and conditions to include development of goals and selection of exercise modalities for therapeutic exercise and taping.
	Demonstrate the standardized assessment of concussions and head injuries and discuss the key provisions of the Zachary Lystedt Law.

A student earning a “C” grade or better may earn college credit at the following college:

College	Course	Credits
Pierce College	KINS 258 (CIP Code: 31.0504)	3

Revised: 10/2020