

CATALOG INFORMATION

Dept and Nbr: PHYED 64      Title: WILDERNESS INJURIES  
Full Title: Principles of Wilderness Injuries  
Last Reviewed: 1/27/2003

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	16.00	17	Lecture Scheduled	272.00
Minimum	2.00	Lab Scheduled	30.00	1	Lab Scheduled	510.00
		Contact DHR	0		Contact DHR	0
		Contact Total	46.00		Contact Total	782.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 544.00

Total Student Learning Hours: 1326.00

Title 5 Category: AA Degree Applicable  
Grading:            Grade or P/NP  
Repeatability:    00 - Two Repeats if Grade was D, F, NC, or NP  
Also Listed As:  
Formerly:        PE 84.1

**Catalog Description:**  
The course will provide the student with a unique opportunity and exposure to study and identify wilderness injuries common to back country travel. Emphasis will be placed on management of acute injuries sustained in a wilderness environment.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: The course will provide the student a unique opportunity and exposure to study and identify wilderness injuries common to back country travel. Emphasis will be placed on management of acute injuries sustained in a wilderness environment. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:  
Limits on Enrollment:

Transfer Credit: CSU;  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Summer 1996	Inactive:	Fall 2010
<b>UC Transfer:</b>		Effective:		Inactive:	

### **CID:**

### **Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

1. The student will at the end of the semester: define terminology as applied to mountain medicine.
2. The student will at the end of the semester: recognize common environmentally induced orthopedic injuries (i.e. sprains, strains, contusions, fractures and lacerations.)
3. The student will at the end of the semester: be able to apply and demonstrate various splinting techniques.
4. The student will at the end of the semester: learn evacuation procedures for backcountry emergencies.

### **Topics and Scope:**

This course will complement the field experience needed for students who wish to transfer to a four-year college or university in the field of Athletic Training. It will also provide the general student a unique opportunity to explore the diverse field of Athletic Training. Experience will include discussion, demonstration, and hands-on experience pertaining to the following topics:

1. Environmentally induced orthopedic injuries
2. Wilderness splinting techniques
  - Plan and develop a wilderness first aid kit
3. Learn evacuation procedures
4. Students will practice fundamental problem-solving skills by demonstrating different methodologies related to wilderness pathology.

### **Assignment:**

Assist in the preparation of a wilderness experience

Demonstrate acute extremity splinting techniques  
Oral interaction on selected wilderness topics  
Participate in a four-day wilderness experience

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written homework

Writing  
10 - 30%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Quizzes

Problem solving  
10 - 40%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Field work

Skill Demonstrations  
10 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
10 - 30%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

ATTENDANCE

Other Category  
10 - 40%

### Representative Textbooks and Materials: