



Athletic Injury Management Course

- This course is designed to provide persons involved in sport and recreation activities with an opportunity to increase theoretical and practical knowledge in the prevention and treatment of athletic injuries.
- Cost: \$110.00 per participant
- All supplies and workbooks will be supplied
- Upon completion of the course the participant will receive a Certificate of Achievement for Athletic Injury Management
- Included in the cost of the course each participant will receive a membership to the Sport Medicine Council of Alberta. This will allow them to purchase any sport medicine supplies with a 20% discount for the next year

AIM Table of Contents:	
1.	Preface – Get to know the Sport Medicine Council of Alberta
2.	The AIM Specialist <ul style="list-style-type: none"> a. Role of the AIM Specialist b. Liability Concerns c. Code of Ethics d. Risk Management e. Confidentiality f. The Sport Medicine Team
3.	Before the First Whistle <ul style="list-style-type: none"> a. Athletic Medical Forms/Medical History b. Insurance c. Facility Checklist d. Equipment e. Skill Instruction f. Warm up and cool down procedures g. Emergency Action Plan
4.	Understanding Athletic Injuries <ul style="list-style-type: none"> a. Injury Classification b. Mechanism of Injury c. Severity of Injury d. Phases of Healing e. Injury Cycle f. Injury Treatment g. Rehabilitation h. Return to play/learn
5.	When an Injury Occurs <ul style="list-style-type: none"> a. Life-Threatening Situations b. Non-Life-Threatening Situations
6.	Specific Athletic Injuries & Their Management <ul style="list-style-type: none"> a. Abrasions, Asthma, Avulsed Tooth, Blisters, Broken Nose, Bursitis, Cartilage Injuries, Concussion, Diabetic Coma & Insulin Shock, Dislocations & Subluxations, Eye Contusions, Eye Lacerations, Foreign Objects in Eye, Fractures, Frostbite, Head Injuries, Heart Attack/Angina, Hyperthermia, Hyperventilation, Hypothermia, Kidney Injuries, Lacerations, Loose/Chipped Tooth, Neck & Spine Injuries, Nosebleeds, Seizures & Convulsions, Skin Wounds, Spleen Injuries, Sprains, Strains, Stroke, Tendon Injuries, Testicular Trauma
7.	Taping Techniques <ul style="list-style-type: none"> a. When to Tape b. When not to Tape c. General Taping Principles d. 4 Taping Techniques