SUBJECT AREA AND COURSE NUMBER: SMED 152

COURSE TITLE: REHAB. LOWER EXTREMITIES

UNITS/HOURS Units: 2

CATALOG COURSE DESCRIPTION: This course will introduce the student to the therapeutic exercise domain of athletic training. Emphasis will be placed on fundamental principles governing therapeutic exercise and introduce application of the different therapeutic exercise techniques for the lower extremities in athletic training.

OUTCOMES:
1. Explain the process for rehabilitating injuries to different areas of the body.
2. Identify major anatomical and functional features in the rehabilitation process for different body areas.
3. Identify specific exercises or methods that can be utilized for the different body areas, and discuss plans for management.
4. Demonstrate various exercises for strength and flexibility relationship to anatomical structures and specific injuries.
5. Compare the different types of general fitness programs that can be applied during recovery periods of athletic injuries.

REQUISITES: Advisories: SMED 040 or equivalent college course with "C" or better