



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Pediatrics 201

Sub-Title: Sports Injuries in Children

Course Description: Pediatrics 201, Sports Injuries in Children, is a 3-hour course designed as a comprehensive overview of sports medicine for the pediatric clinician. This course will review a variety of aspects related to sports medicine including the elements of injury prevention and ways to reduce risk to the childhood athlete. This course will discuss factors that increase the risk for sports-related injuries in both children with and without disabilities. A variety of sporting activities as well as sites of common injury associated with each sport will be addressed along with rehabilitation guidelines. Training programs associated with the sequence of muscular development will be reviewed. Supervision and environmental controls will also be addressed. At the end of this course, the learner will have a more comprehensive understanding regarding the management of sports injuries in children.

Target Audience: OT/OTA

Course Length: 3 hours

Course Author/Instructor: Campbell, PT, PhD / Brown, MS, OTR/L, CHT

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the conclusion of the course, participants will be able to:

- Become familiar with prevention as a key way to manage sports injuries.
- Explain and identify the 7 risk factors for injury.
- Identify different types of injuries and major sites of injury.
- Become familiar with rehabilitation protocols and methods for return to play.
- Become familiar with working with young athletes with physical disabilities.
- Understand clinical application through case study

Outline of Content:

Hour #1

PREVENTION OF INJURIES

Preparticipation Examination

Training Program

Proper Supervision

Protection

Environmental Control

RISK FACTORS FOR INJURY

Training Error

Muscle-Tendon Imbalance

Anatomic Malalignment

Improper Footwear and Playing Surface

Associated Disease States

Growth Factors

Hour #2

TYPES OF INJURIES

Fractures

Joint Injuries

Muscle-Tendon Unit Injuries

SITES OF INJURY

Brain and Cervical Injuries

Thoracic and Lumbar Spinal Injuries

Shoulder Injuries

Elbow Injuries

Wrist and Hand Injuries

Pelvis and Hip Injuries

Knee Injuries

Ankle and Foot Injuries

Hour #3

REHABILITATION AND RETURN TO PLAY

THE YOUNG ATHLETE WITH A PHYSICAL DISABILITY

Risk of Injury

Pre-participation Examination

Training Programs

SUMMARY

CASE STUDIES

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes PDF downloadable course.

See course formats for additional details.

Course Completion Requirements:

A minimum passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course, you will receive your certificate of completion and AOTA eligible

CEUs.

AOTA Classification Codes:

Category 1: Domain of OT

Category 2: Occupational Therapy Process

Category 3: Professional Issues

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left hand navigation bar.

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