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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