

---

## PRINCIPLES OF ATHLETIC INJURIES

---

**EXS 224****Principles of Athletic Injuries****3.0 UNITS**

This course introduces students to common athletic injuries and illnesses, prevention measures, signs and symptoms, emergency management, and common treatments. Emphasis is placed on prevention and emergency management of acute and overuse injuries common to active lifestyles. Pre-requisites: BIO-211, ENG-101.