

HHPK 213 – Prevention & Care of Athletic Injuries

Spring 2013

Location: Field House 101

M,W 11am-12:15pm / 3 semester hours

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Office Hours: MW 9:00 – 11:00am & TR 1:00 – 4:00pm; other times by appointment

Required Text

Prentice, W. Principles of Athletic Training. 2011. 14th Edition. Mc Graw-Hill. ISBN:978-0-07-352373-6

Course Description

A course designed to provide entry level knowledge in the field of sport related injuries. This course includes units dealing with the history of athletic training, basic anatomy of common injuries, evaluation techniques, preventive measures to reduce the incidences of injuries and a knowledge of basic treatment procedures to be used after injuries occur. Legal and ethical issues will also be discussed. Prerequisite HHPH/HHPK 172 or anatomy course or consent of instructor.

Course Objectives

- To develop an understanding of the profession of athletic training.
- To develop an understanding of the legal and ethical issues associated with athletic injuries, including documentation, policies, and procedures.
- To identify the functional anatomy of the body and how it relates to injuries.
- To develop knowledge and understanding in order to recognize, prevent, and provide care for various athletic injuries, including but not limited to signs, symptoms, and mechanisms of injuries.
- To develop knowledge and skills in prevention of athletic injuries, including taping, wrapping, and bracing techniques.

Course Evaluation

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: $850/1000 = 85\%$ “B”). Grades will be assigned based upon the percentages below.

Quizzes: 10 @10 pts each

Worksheets/Assignments: 300 pts

Taping Participation: 200 pts

Exams: 4 @ 100 pts each

Grading Scale:

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner. Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor’s attention immediately (i.e. Do not wait until the end of the semester)

Quizzes

Quizzes will be given periodically and **unannounced** throughout the semester over the reading assignments or material covered in previous lectures. Quizzes may be short answer, multiple choice, true/false, listing, etc. *Attendance IS necessary to take the quiz. See Missed Work & Late Work section for more information on make-ups.*

Exams

Four written exams will be given. The format shall include any of the following: short answer, essay, fill in the blank, multiple choice, true/false, and/or listing type questions. A green scantron and pencil will be required for all exams. See *Missed Work & Late Work* section for more information on make-ups.

Taping Participation

Class times will be scheduled for learning, practicing, and evaluating taping and wrapping skills. Attendance and participation on these days is mandatory and make-ups will be allowed only if absence is excused. Failure to actively participate each day will result in a deduction in points earned by the student. See *Missed Work & Late Work* section for more information on make-ups. More information will be given as those sections of the course are covered.

Worksheets/Assignments

These assignments will be given periodically during the course as appropriate. More information will be given when assignments are made. All assignments are due at the beginning of the assigned class time to receive full credit; this includes assignments that are due when a student misses class. See *Missed Work & Late Work* section for more information.

Attendance

Class attendance is **required**. Excused absences include university approved absences or those that the instructor receives appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via **phone call** or **email** (sending a text is not considered professional and is not an acceptable means of notification) explaining the circumstances. Prompt notification is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: *Poor planning on your part is not an emergency on my part.* Unexcused absences beyond **three (3)** will automatically drop your **final** grade by 5% (i.e. if your final grade = 83 with 3 or fewer absences, the 83 stands; but drops to a 78 with 4 absences; 73 with 5 absences, etc.). A student who misses 5 or more classes must meet with the instructor to determine if they need to drop the course.

Tardiness WILL NOT be tolerated. Classroom doors will be locked at the beginning of class. If a student cannot attend class because the door is locked it will be considered an unexcused absence.

Missed Work & Late Work

Exams must be taken on the designated date and time. No make-up exams will be allowed unless prior arrangements have been made with the instructor. Under certain circumstances (situations out of your control), make-ups will be allowed at the instructor's discretion. Student's are required to contact the instructor ASAP if they happen to miss an exam and may be required to provide written documentation for the absence if a make-up is allowed.

Quizzes and in-class activities will not be allowed for make-up unless prior arrangements have been made, the absence/tardy is deemed to be excused by the instructor, and the nature of the activity allows for it to be made up.

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. This includes assignments that are due when you have an absence. Assignments turned in beyond 5pm on the due date will receive zero (0) points. It is the student's responsibility to be aware of assignment due dates as the dates are included on the course schedule and posted on eCollege. Technical and computer problems associated with email and/or eCollege is not a valid excuse for turning in an assignment late.

Academic Dishonesty

It is the philosophy of Texas A&M - Commerce that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

Classroom/Student Expectations

THIS IS NOT AN ONLINE CLASS! Be professional, come to class. Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. Forming study groups to prepare for class will also greatly benefit students throughout the semester.

Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook, Policies and Procedure, Conduct).

Americans with Disabilities Act (ADA) Statement

The ADA is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. Students requesting accommodations for disabilities must go through the Office of Student Disability Resources and Services. For more information, please contact SDRS at Gee Library - Rm. 132; (903)886-5150 or (903)886-5835; StudentDisabilityServices@tamuc.edu

Note: This syllabus is tentative and may be changed as the course dictates.

HHPK 213 Tentative Course Schedule

		HHPK 213	
		Class Lecture	Reading Assignment
Mon	1/14	Intro & Syllabus	Ch 1
Wed	1/16	Ch 1: Athletic Trainer as a Health Care Provider	Ch 5
Mon	1/21	MLK Holiday	Ch 6
Wed	1/23	Ch 5: Nutrition and Supplements	Ch 7
Mon	1/28	Ch 6: Environmental Considerations	Chapter 8
Wed	1/30	Ch 7: Protective Equipment	Practice!
Mon	2/4	Ch 8: Taping and Wrapping	Review!
Wed	2/6	Ch 8: Taping and Wrapping	Study!
Mon	2/11	Exam #1	Ch 9
Wed	2/13	Ch 9: Mechanisms and Characteristics of Trauma	Ch 10
Mon	2/18	Ch 10: Tissue Response to Injury	Ch 11
Wed	2/20	Ch 11 Psychosocial Intervention For Sports Injuries	Ch 12
Mon	2/25	Ch 12: On-the-Field Acute Care and Emergency Procedures	Ch 14
Wed	2/27	Ch 14: Infectious Diseases	Review!
Mon	3/4	Review Topics	Study!
Wed	3/6	Exam #2	
Mon	3/11	Spring Break	
Wed	3/13		Ch 18/19
Mon	3/18	Ch 18/ 19: The Foot, Ankle, and Lower Leg	Ch 20
Wed	3/20	Ch 20: The Knee	
Mon	3/25		Ch 21
Wed	3/27	Ch 21: Pelvic, Hip, and Thigh Conditions	Ch 22
Mon	4/1	Ch 22: The Shoulder	Ch 23
Wed	4/3	Ch 23/24: Upper Arm, Elbow, and Forearm Conditions	Review!
Mon	4/8	Review Topics	Study!
Wed	4/10	Exam #3	Ch 26
Mon	4/15	Ch 26: Head and Face	Ch 27
Wed	4/17	Ch 27: Thorax and Abdomen	Ch 28/29
Mon	4/22	Ch 28 & 29: Skin Disorders and General Medical Conditions	
Wed	4/24		Review!
Mon	4/29	Review Topics	Study!
Wed	5/1	Review Topics	Study More!
Mon	5/6	Final Exam Week-See Final Exam Schedule	