

## **HHPK 213-02E – Prevention & Care of Athletic Injuries**

Fall 2015

Location: Field House 103

T, R: 9:30 – 10:45am / 3 semester hours

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**Office Hours:** MW 10-11a; 1-2p; TR 11a-12p or by appointment

### **Required Text**

Prentice, William. *Principles of Athletic Training: A Competency-Based Approach*. 15<sup>th</sup> ed. McGraw-Hill. 2014.

### **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.

Class Participation Activities/Quizzes: 200 pts	Grading Scale:
Worksheets/Assignments: 200 pts	A = 90-100%
Taping Participation: 200 pts	B = 80-89%
Exams: 4 @ 100 pts each	C = 70-79%
Total Points = 1000	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)

## **Class Participation Activities/Quizzes**

In class activities will be given often and will be **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, and will typically be online on eCollege. *Attendance IS necessary to take the quiz or complete the activity.* 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 blue scantron and pencil will be required for all exams. Some exams will be on eCollege. 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 I receive 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 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. Additionally, arriving to class more than 15 minutes late or leaving class early will result in an unexcused absence, unless the instructor receives prior notification. Remember: *Poor planning on your part is not an emergency on my part.* Students with unexcused absences beyond nine (9) must meet with the instructor to determine if they need to drop the course.

Students with zero (0) unexcused absences have the option to be exempt from the final exam if they are satisfied with their course grade up to that point. Students will be notified during the week prior to finals if they qualify for this exemption. Excused absences must meet criteria outlined above.

## **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. Class participation activities and quizzes will not be allowed for make-up. Students **MUST** be present to earn points for these activities regardless if absence is excused or unexcused.

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 class time 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.

### **eCollege**

This course will utilize your eCollege account through MyLeo. Course lecture notes, assignments, and information will be posted through this site. Some assignments, quizzes, and exams throughout this course will require using eCollege. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works. If you need assistance with eCollege, please contact: [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) or 1-866-656-5511.

### **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. Plagiarism is copying another's work as your own without proper acknowledgment. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who has knowledge of it. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors; it also includes the ideas of your fellow students. If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. (see Student's Guide Handbook).

### **Student Behavior**

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. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests 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 behavior statement: "All students enrolled at the university shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See current Student Guidebook) A&M-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Americans with Disabilities Act (ADA) Statement**

The Americans with Disabilities Act (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. If you have a disability requiring an accommodation, please contact: Office of Student Disability Resources and Services, Gee Library Rm 132; Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148; [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

**Note:** This syllabus is tentative and may be changed as the course dictates. Any changes will be posted on eCollege and sent via email to all enrolled students.

### HHPK 213 Tentative Course Schedule

			<b>Class Lecture</b>	<b>Reading Assignment</b>	<b>Assignment Due</b>
Wk 1	Tues	9/1	Intro & Syllabus		
	Thurs	9/3	Profession of Athletic Training	Ch 1	
Wk 2	Tues	9/8	Organization & Administration; Legal Concerns	Ch 2, 3	Email Assignment
	Thurs	9/10	Conditioning Techniques; Nutrition & Supplements	Ch 4, 5	
Wk 3	Tues	9/15	Environmental Conditions	Ch 6	
	Thurs	9/17	Psychosocial intervention for Sports Injuries & Illnesses	Ch 11	
Wk 4	Tues	9/22	Exam #1 (covers Ch 1, 2, 3, 4, 5, 6, 11)		
	Thurs	9/24	Equipment & Wrapping Skills (helmet/ shoulder pad fitting; spicas: hip, shoulder, ankle; spiral wraps)	Ch 7, 8	
Wk 5	Tues	9/29	Taping Skills (arch, turf toe, achilles, ankle)	Ch 7, 8	
	Thurs	10/1	Taping Skills (elbow, wrist, fingers)	Ch 7, 8	
Wk 6	Tues	10/6	Taping Skills: Final Review and practice	Ch 7, 8	
	Thurs	10/8	Mechanisms & Characteristics of Musculoskeletal & Nerve Trauma; Bloodborne Pathogens & Universal Precautions	Ch 9, 14	
Wk 7	Tues	10/13	Tissue Response to Injury	Ch 10	
	Thurs	10/15	On/Off-the-Field Acute Care & Emergency Procedures	Ch 12, 13	
Wk 8	Tues	10/20	Exam #2 (covers Ch 7, 8, 9, 10, 12, 13, 14)		
	Thurs	10/22	Basic Treatment Techniques of Athletic Injuries	Ch 15, 16	
Wk 9	Tues	10/27	Demonstration of e-stim and US		
	Thurs	10/29	Diagnosis & Management of Lower Leg, Ankle, Foot, & Toe Injuries	Ch 18, 19	
Wk 10	Tues	11/3	Diagnosis & Management of Lower Leg, Ankle, Foot, & Toe Injuries	Ch 18, 19	
	Thurs	11/5	Diagnosis & Management of Knee, Thigh, Hip, Groin, & Pelvis Injuries	Ch 20, 21	
Wk 11	Tues	11/10	Diagnosis & Management of Knee, Thigh, Hip, Groin, & Pelvis Injuries	Ch 20, 21	
	Thurs	11/12	Exam #3 (covers Ch 15, 16, 18, 19, 20, 21)		LE anatomy assignment Due
Wk 12	Tues	11/17	Diagnosis & Management of Shoulder Injuries	Ch 22	
	Thurs	11/19	Diagnosis & Management of Elbow, Wrist, & Hand Injuries	Ch 23, 24	
Wk 13	Tues	11/24	Diagnosis & Management of Spine Injuries	Ch 25	
	Thurs	11/26	Thanksgiving Break - No Class		
Wk 14	Tues	12/1	Diagnosis & Management of Head Injuries & Sports-	Ch 26	
	Thurs	12/3	Diagnosis & Management of Head Injuries & Sports-Related Concussion	Ch 26	UE anatomy assignment Due
Wk 15	Tues	12/8	Diagnosis & Management of Head Injuries & Sports-Related Concussion	Ch 26	
	Thurs	12/10	Independent Study - Review for Final Exam		
Wk 16		12/14-18	Final Exam Week - Final TBA (covers Ch 22 - 26)		