

Colorado State University - Pueblo
Department of Exercise Science, Health Promotion and Recreation
Athletic Training Education Program

Care & Prevention of Athletic Injuries
EXHP 260
Fall 2008

Instructor: Colleen Conroy ATC
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Office Hours: MW 10:00 – 12:00
F 10:00 – 11:00
Or by appointment

Class Meeting: MW 12:00 – 12:50 Lecture - PE 240
F 12:00 – 12:50 Lab - PE 272
or 11:00 – 11:50

Required Textbooks:

Pfeiffer, R and Mangus, B. *Concept of Athletic Training 5th Edition*. Jones and Bartlett: Boston, MA., 2008.

Recommended:

Perrin, D. *Athletic Taping and Bracing*. Human Kinetic: Champaign, IL., 1995.

Course Description:

Procedures in the prevention, care and treatment of injuries sustained during activity and athletic participation.

Blackboard:

Blackboard will be used extensively in this course. The course syllabus, lectures, and other course materials will be available on Blackboard. If you require assistance on using Blackboard please contact the instructor for assistance.

Course Objectives:

****ATEP Students refer to the CSU-Pueblo Athletic Training Education Program's Competency and Proficiency Matrix.**

The student will be able to:

1. Discuss common medical terminology and literature related to athletic training and sports medicine. (*Information Retrieval*)
2. Describe the human anatomy as related to human performance and athletic injuries. (*Conceptual Understanding*)

3. Identify common athletic injuries and their prevention, etiology, pathology, signs and symptoms and initial management. (*Information Retrieval; Conceptual Understanding; Information Analysis/Synthesis*)
4. Demonstrate location and palpation of "key" anatomical structures commonly involved in injury pathology including bony landmarks, ligamentous/capsular tissues, musculotendinous structures, abdominal regions, etc. (*Informational Retrieval*)
5. Describe and demonstrate basic practices and procedures for application of R.I.C.E. for the immediate care of athletic injuries. (*Conceptual Understanding; Development of Relevant Skills*)
6. Demonstrate the selection and application of common athletic tapings/wrappings of common athletic injuries. . (*Informational Retrieval; Conceptual Understanding; Development of Relevant Skills*)
7. Demonstrate measurement and fitting of contemporary ambulation aids and the proper ambulation techniques. . (*Informational Retrieval; Conceptual Understanding; Development of Relevant Skills*)
8. Discuss and identify the members of the Sports Medicine Team. (*Informational Retrieval; Conceptual Understanding*)

Course Requirements

Written Exams:

There will be two exams and a final exam in this course. The final exam will be comprehensive. The format for all exams may be multiple choice, matching, true/false, short answer and labeling of diagrams. The final exam will be given during finals week at the assigned time for the course.

Practical Exams:

Students will be evaluated on the athletic training skills covered in lab. The midterm practical will be worth 50 points and the final practical will be worth 100 points. Students will sign-up with their partner and instructor during the assigned exam times in order to complete the practical exams. Both students must be dressed appropriately prior to start of exam.

Quizzes:

Weekly quizzes will be posted on Blackboard over the material covered during the previous week. The student will have one week to complete the quiz. Students will have only fifteen minutes to complete the quiz and will only be able to login to the quiz one time. Each quiz will be worth 10 points for a total of 100 quiz points.

Evaluation and Grading:

Written Exams (100 Pt Ea)	200
Midterm Practical Exam	50
Final Written Exam	200
Final Practical Exams	100
<u>Blackboard Quizzes</u>	<u>100</u>
Total	650

Grading Scale:

Final grades are based on the total number of points earned by the student during the course.

A	100-90%
B	89-80%
C	79-70%
D	69-60%
F	59% and below

Attendance:

Your attendance or lack of attendance will directly impact your grade in this course. Class discussion and labs that make-up the structure of this course requires you to be present and participate in class in order to be successful in this course.

Labs:

All students must be dressed appropriately (i.e. shorts/t-shirts) for all labs (Fridays). Topics for labs are indicated on the course schedule. Class time will not be taken in order for you to change clothes. All students must participate in labs. Ten (10) points will be deducted from your grade per lab, if you are not prepared for lab or do not participate. Professional conduct is expected during all labs and practical examinations.

Make-Ups:

There will be no make-up exams, quizzes, etc. in this course. Arrangements may be made with the instructor prior to the missed work, but only if the request is acceptable to the instructor.

Cell Phones:

No cell phone use will be allowed in the classroom during class time. Cell phones must be turned off or placed on vibrate during class. If you find the need to use your cell phone during class, you are required to leave the classroom to do so. If the instructor becomes aware of you using your cell phone during class time, you will be asked to leave the class. If the instructor becomes aware of you using your cell phone during an exam, you will be required to turn in the exam and will receive an "O" on the exam.

ADA Statement:

This University abides by the Americans with Disability Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education “solely by reason of a handicap.” If you have a documented disability that may impact your work in this class and for which you may require accommodations, please see the Disability Resource Coordinator as soon as possible to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability to: the Disability Resource Office, which is located in the Psychology Building, Suite 232.

Academic Conduct:

Any form of academic dishonesty such as cheating and plagiarism will not be tolerated. If a student is found to be involved in such behavior, they will receive a “0” on the assignment, exam, etc. The university’s policy for Academic Dishonesty will be followed.

***In order to be successful in this course you will need to put time into this course outside of the regular class meetings. Athletic training education requires a lot of “hands-on” learning, mastery of taping and wrapping skills requires a lot of repetition/practice. Athletic training students must be comfortable with the touching (professional) of others’ bodies and having your own body touched by your classmates.*

EXHP 260
Fall 2008
Tentative Schedule

August	25	Introduction	
	28	Chap. #1 Sports Injury	
	30	Lab: Basics of taping/Compression Wraps	
September	1	Cont. Sports Injury	
	3	Chap. #2 Athletic Health Care Team	
	5	Lab: Closed basketweave-ankle	
	8	Cont. Chap. #2 and Employment Opportunities in AT	
	10	Chap. #3 Law of Sports Injury	
	12	Lab: Closed basketweave-ankle	
	15	Chap. #4 Sports Injury Prevention	
	17	Cont. Chap. #4	
	19	Lab: Medial longitudinal arch	
	22	Chap. #7 Emergency Plan and Injury Evaluation	
	24	Cont. Chap. #7	
	26	Lab: Turf-toe/ Achilles tendon	
	October	29	Chap. #8 Injury Process
		1	Cont. Chap. #8 and RICE
		3	Lab: Open basketweave-ankle
6		Exam #1	
8		Chap. #16 Injuries to Lower Leg, Ankle and Foot	
10		Lab: Practice	
13		Cont. Chap. #16	
15		Chap. #15 Injuries to Thigh, Leg and Knee	
17		Lab: <i>Midterm Practical Exam</i>	
20		Cont. Chap #15	
22		Cont. Chap #15	
24		Lab: Elbow hyperextension	
27		Chap. #14 Injuries to Hip and Pelvis	
29		Cont. Chap. #14	
31		Lab: Wrist hyperextension	
November	3	Chap. #11 Injuries to Shoulder	
	5	Cont. Chap. #11	
	7	Lab: Thumb Hyperextension/Finger Sprains	
	10	Chap. #12 Injuries to Arm, Wrist and Hand	
	12	Cont. Chap. #12	

	14	Lab: Crutch Fitting/Gaits
	17	Cont. Chap. #12
	19	Exam #2
	21	Lab: Practice
	24 – 28	Thanksgiving Break
December	1	Thermal Injuries
	3	Review
	5	Lab: <i>Final Practical Exam</i>
	12	<i>Final Exam</i> Friday, 10:30-12:50 am