

CASPER COLLEGE COURSE SYLLABUS
PEPR 1052 01 – Care and Prevention of Athletic Injury

Semester/Year: Fall, 2015

Lecture Hours: 3

Lab Hours: 0

Credit Hours: 3

Class Time: 9:30-10:45 am

Days: Tuesday, Thursday

Room: TB 160

Instructor's Name: Michael Moline, MS, ATC

Instructor's Contact

Office Phone: 268-2259

Email:

Information: Call or email any time. Leave a message if there is no answer

mmoline@caspercollege.edu

Office Hours: M, W: 8:00 am - 9:00 am
M, W, F: 10:00 am -11:00 am

Course Description: Theory and practical application in the field of athletic training, Emphasizing prevention and care of athletic injuries, wrapping and taping techniques. This course is primarily for the student working toward their coaching certification.

Statement of Prerequisites: None

Goal: After completing the course students should understand the principles of athletic injury prevention, evaluation, treatment and rehabilitation.

Outcomes:

1. Demonstrate effective oral and written communication
2. Solve problems using critical thinking and creativity
3. Demonstrate knowledge of diverse cultures and historical perspectives
4. Describe the value of personal, civic, and social responsibilities
5. Use quantitative analytical skills to evaluate and process numerical data

Course Objectives: Upon completion of this course, students will:

1. Demonstrate the ability to apply common taping and wrapping techniques used in sports medicine.
2. Gain the ability to prevent sports injuries and illnesses through an understanding of condition, nutrition, environment, and equipment.
3. Understand common athletic injuries and illnesses where so they are able to recognize common injuries and decide on a course of action.
4. Be able to utilize equipment, rehabilitation, modalities, and more to assist in the treatment of major athletic injuries
5. Be able to apply skills and knowledge of major injuries/ illnesses and emergency situations so that they can act prudently in an emergency.

COACHING CERTIFICATION: This course meets the requirements of the Wyoming State Department of Education for the “Care and Prevention of Athletic Injuries”, course required for coaching certification.

Methodology: Lecture, quizzes, exams, practical exams

Evaluation Criteria:

Approximate Grading:

	Points:
Exams (4)	200 pts
Quizzes	100 pts
Class participation	150 pts
<u>Practical Exams (2)</u>	<u>100 pts</u>
Approx Total Points	550 pts

GRADING SCALE:

90% and above	= A
80%-89%	= B
70%-79%	= C
60%-69%	= D
Below 60%	= F

Casper College may collect samples of student work demonstrating achievement of the above outcomes. Any personally identifying information will be removed from student work.

Required Text, Readings, and Materials:

Pfeiffer, Magnus: Concepts of Athletic Training, 6th ed. *Jones and Bartlett*, 2012

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: 11/12/15

ATTENDANCE POLICY: Students are expected to attend all classes. In rare cases, a student will be unable to attend class. In this situation, it is the student’s individual responsibility to contact the instructor him/herself **PRIOR TO THE MISSED CLASS**. Failure to do so will result in an **UNEXCUSED** absence. All unexcused absences will result in a deduction from the student’s participation grade and a zero for any in class activity from that day (exams, quizzes, etc.)

TARDY POLICY: Often times, a quiz will be given at the beginning of class. Students who are tardy will have less time to complete the quiz than students who are on time. Tardiness will also negatively affect the student’s participation grade.

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

Academic Dishonesty: (Cheating & Plagiarism) Casper College demands intellectual honesty.

Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

Care and Prevention- Tentative Course Outline (Subject to change!)			
Day	Date	Topic	Chapter
Tues	25-Aug	Intro, syllabus, sports medicine team	2
Thurs	27-Aug	Health care administration and legal	2,3
Tues	1-Sep	Training and conditioning	4
Thurs	3-Sep	Nutrition	6
Tues	8-Sep	Environmental concerns	18
Thurs	10-Sep	Review	
Tues	15-Sep	Written Exam 1	
Thurs	17-Sep	Wrapping	
Tues	22-Sep	Taping (foot, ankle, leg)	
Thurs	24-Sep	Taping (wrist, elbow)	
Tues	29-Sep	Practical Exam 1	
Thurs	1-Oct	Injury classifications/ psychological	1,5
Tues	6-Oct	Therapeutic exercise and rehab	
Thurs	8-Oct	Modalities	
Tues	13-Oct	Protective equipment	4
Thurs	15-Oct	Review	
Thurs	22-Oct	Written Exam 2	
Tues	27-Oct	Injury evaluation process/ Emergency care	7
Thurs	29-Oct	Splinting and spine boarding	
Tues	3-Nov	Practice Lab	
Thurs	5-Nov	Practical Exam 2	
Tues	10-Nov	Injuries of the foot and ankle	16
Thurs	12-Nov	Injuries of the knee, hip, thigh, pelvis	14,15
Tues	17-Nov	Review	
Thurs	19-Nov	Written Exam 3	
Tues	24-Nov	Injuries of the shoulder	11
Thurs	26-Nov	<i>Thanksgiving Break- No Class</i>	
Tues	1-Dec	Injuries of the elbow, wrist, and hand	12
Thurs	3-Dec	Injuries of the head, face, neck, internal	9,10,13
Tues	8-Dec	Review	
Thurs	10-Dec	Written Exam 4	
Finals	TBA		

