

PET 2622

Care and Prevention Of Athletic Injuries

Summer B 2009

Instructor: Sarah Donner, M.Ed, ATC/L

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Class meeting: Tuesday and Thursday 8:00-11:00 am

Office Hours: By appointment only

Office Phone: 561-297-3752

Classroom: FL 426

Course Description:

Course content includes the six domains in the field of athletic training:

1. prevention of athletic injuries
2. clinical evaluation and assessment of injuries
3. immediate care
4. rehabilitation and conditioning
5. organization and administration
6. professional responsibility

Textbook: Anderson, Hall, & Martin. (2005) *Foundations of Athletic Training: Prevention, Assessment, and Management*, 4th edition, Lippincott, Williams, & Wilkins.
ISBN #: 0-7817-8445-X

Specific Course Objectives:

Students will be able to:

1. Describe commonly accepted techniques and procedures for evaluation of injuries and illnesses that are incurred by athletes and others involved in physical activity.
2. Identify acute and chronic injuries, including sprains, strains, fractures, dislocations, and other sports injuries, and appropriate medical referral.
3. Describe etiological factors, signs, symptoms, and management procedures for injuries to the appendicular and axial skeleton.
4. Interpret standard nomenclature of athletic injuries and illnesses and recognize appropriate written medical documentation and abbreviations.

Course Requirements and Expectations:

1. Attendance and active participation are expected. Students are responsible for information from each class, whether present or not. You will be given “1” free absence that will not count against your grade. Anything beyond that will count 1.25% off of your grade.
2. Each class session will consist of a lecture followed by hands on activity pertinent to lecture material. Students **MUST** wear shorts and a t-shirt daily in order to participate. **Failure to dress appropriately will prevent you from participating in the lab portion of class and will result in a 0 for your daily lab grade.**
3. In addition to the 4 scheduled tests, there will be daily quizzes on material addressed in the previous class. There will be no make up for missed quizzes. Students absent on quiz day will receive a 0 for that quiz. Tests are to be taken on the day scheduled. Make up exams will only be given if prior arrangements are made. **If you miss a test due to unforeseen circumstances, you MUST email the instructor by 4:00pm that day to schedule a make up exam.** Failure to email the instructor by 4:00pm on test day will result in a 0 for that exam.
4. The student will collect 5 pictures or current events relating to sports injuries or athletic training procedures. This information can be found in such sources as magazines, newspapers, internet, etc. Along with each picture or article you should attach a one paragraph summary that describes the injury. Descriptions need to be computer generated. You should have one picture and a correlating paragraph on a page. The pictures will be worth 5 points and the paragraphs will be worth 5 points so that each injury is worth 10 points, for a project total of 50 points. **These will be due Tuesday, JULY 28. NO EXCEPTIONS!**
5. This course is structured to provide a variety of learning experiences including article reviews, injury analysis, and incident scenarios. These activities will be generated daily during class time.

Grading:

Your final grade will be based on an accumulation of points. Points will be given for all required work. Your final grade will be determined by how many points you earn vs. how many total points there are available.

6 quizzes: 20 points each

4 tests: 100 points each

1 Final Exam: 100 points

Labs and in class activities: point value to be determined

Scale:	93-100% = A	73-79.9% = C
	90-92.9% = A-	72.9-70% = C-
	87-89.9% = B+	67-69.9% = D+
	83-86.9% = B	63-66.9% = D
	80-82.9% = B-	60-62.9% = D-

77-79.9% = C+ 59.9 % or less = F

Schedule: (Tentative)

TU June 23rd: introduction, syllabus, survey of interest in sports medicine, chap 1

TR June 25th: Quiz on ch. 1,

ch. 2,3,5 lecture, lab on physicals, article review

TU June 30th: **Test on ch. 1,2,3,5**

Lecture on ch. 6,7,8, Lab on emergency procedures, SOAP note writing

TR July 2nd: Quiz on notes from ch. 6, 7, 8

Finish lecture on those chapters

Lab on wound care and splinting

TU July 7th: **Test on ch. 6, 7, 8**

Lecture on ch. 17: ankle and foot

Ankle lab and assessment

TR July 9th: Quiz on ch. 17

Lecture on ch. 16: knee

Knee lab

TU July 14th: Quiz on ch. 16

Lecture on ch. 15: hip

Hip lab

TR July 16th: **Test on ch. 15, 16, 17**

Lecture and lab on the shoulder ch. 24

TU July 21st: Quiz on ch. 24, lecture and lab on ch. 13, 14: elbow, wrist, and hand

TR July 23rd: Quiz on ch. 13, 14

Lecture and lab on ch. 9,10: head, neck and spine

TU July 28th: **Test on ch. 9,10,13,14**

Review for the Final Exam

Articles and Pictures due

TR July 30th: **Final Exam**

NOTE:

In accordance with University policy, all cell phones and beepers must be turned off during class time.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures. Please inform your instructor of any issues the first week of classes.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University

community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see

http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

The instructor reserves the right to change the syllabus as necessary. The class will be notified of any changes.