HHP 240 - PREVENTION AND CARE OF ATHLETIC INJURIES

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SEMESTER: Fall 2011
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OFFICE HOURS: after class or by appointment
CLASS MEETS: Monday, Wednesday, Friday 10:10-11:00 in McGill Room 135


ONLINE RESOURCES: http://courseware.umt.edu/
http://www.mhhe.com/prentice12e

PREREQUISITE OR COREQUISITE: SCN 201 and 202 MANDATORY OR EQUIVALENT

COURSE DESCRIPTION: Basic theories and techniques used in the management of athletic injuries are emphasized, especially prevention, treatment and reconditioning principles.

OBJECTIVES: The student should be able to:
1. Describe and demonstrate how to evaluate and determine the degree of disability of each body part.
2. Identify the mechanisms of common sports injuries.
3. Demonstrate proper first aid and methods of immobilization for common sports related musculoskeletal, and orthopedic.
4. Demonstrate and describe contemporary methods and procedures of athletic reconditioning.
5. Identify current methods of sports safety which shall include certain equipment fitting skills.
6. Demonstrate proper emergency care techniques for life threatening injuries.
7. Identify the legal duties of professionals associated with sports, and/or health and fitness promotion.
8. ATEP STUDENTS SEE SPECIFIC CAAHEP EDUCATIONAL COMPETENCIES & CLINICAL PROFICIENCIES

EVALUATION OF STUDENT OUTCOMES:

1. WRITTEN EXAMS – Students will complete 3 written exams throughout the semester containing multiple choice, short answer, matching, and essay questions.

2. QUIZZES OR HANDOUTS - Quizzes must be completed by the time an exam is given in class (example: all quizzes posted before exam 1 must be completed before 10/4/10)

3. PARTICIPATION – All students are expected to complete reading assignments before attending class. Active participation in class discussions and activities is expected. Some class times you may be asked to do exercises or expose certain body parts so please dress accordingly. Also cell phones must be off and put away!

4. Discussion Topics – This will be done via Moodle.
GRADING SYSTEM:
Scale: (percentage of total points)

\[
\begin{array}{ccc}
A = 93.50 – 100.00 & A- = 90.00 – 93.49 \\
B+ = 87.50 – 89.99 & B = 83.50 – 87.49 & B- = 80.00 – 83.49 \\
C+ = 77.50 – 79.99 & C = 73.50 – 77.49 & C- = 70.00 – 73.49 \\
D = 65.00 – 69.99 & F = < 65 \% \\
\end{array}
\]

POINT BREAKDOWN:

<table>
<thead>
<tr>
<th>Component</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 WRITTEN EXAMS</td>
<td>60% (20% each)</td>
</tr>
<tr>
<td>MOODLE DISCUSSION</td>
<td>10%</td>
</tr>
<tr>
<td>QUIZZES, HANDOUTS</td>
<td>20%</td>
</tr>
<tr>
<td>CLASS PARTICIPATION</td>
<td>10%</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>100%</strong></td>
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</tbody>
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Attendance:
Attendance is compulsory. Prior arrangements should be made with the instructor for excused absences to make up work. Class work may not be made up unless prior arrangements have been made.

**American w/Disabilities Act (ADA):** The University of Montana upholds the ADA by providing reasonable accommodations to individuals with disabilities. If any student requires reasonable accommodations to adequately perform the duties of the class, please see the instructor as soon as possible so that a plan can be made for specific modifications.

**Student Conduct Code:** All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University. All students need to be familiar with the Student Conduct Code. The Code is available for review online at [http://life.umt.edu/vpsa/student_conduct.php](http://life.umt.edu/vpsa/student_conduct.php)

**Emergency Preparedness and Response:** As members of a learning community we all have responsibilities for each other that extend beyond the teaching/learning experience and transcend our roles in that dimension. We are, as human beings, responsible for the protection and well-being of other members of our group, and one dimension of our individual and group responsibility in that area relates to how we prepare for, and respond to, emergencies. Toward that end, the following are important:

- In the event we need to evacuate the building, our primary route will be through the fire escape exit in the North-East corner of McGill. If that route is blocked, our secondary route will be through the main doors to McGill Hall located on the west side of the building.
- If you hear an alarm or are told to evacuate, always assume the emergency is real. Be sure to take coats, backpacks and valuables since the building may be closed for some time.
- Everyone should report to the designated rally point. Our rally point is in the Adams Center Lobby. We should reconvene as a group at the rally point so we can determine if anyone is missing.
- Do not use elevators as a means of evacuating, and do not use cell phones until safely away from the building.
- As the instructor of this course, I would ask students who feel they may require assistance in evacuating to privately inform me of that need. Together we will preplan appropriate assistance.
- I would also request that students with a medical condition that could present an emergency privately inform me of that situation. Again, this notification is so we can preplan an appropriate response should an emergency occur.
- As soon as the class roster stabilizes, I will route a sign-up sheet for students to identify whether or not they possess current first aid and/or CPR certification. This information will be passed on to the Facility Emergency Coordinator for use should a need for first aid expertise arise.

This syllabus is subject to change when deemed necessary by the instructor or the university. If you have a disability that is creating problems with class work please notify me and seek help with disability services on campus.