

1-2014

# AHAT 213.90: Prevention and Care of Athletic Injuries

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**AHAT 213 PREVENTION AND CARE OF ATHLETIC INJURIES  
WINTERSESSION 2014**

<b><u>Instructor:</u></b> Valerie Moody PhD, ATC, LAT, CSCS, WEMT-B	<b><u>Class Dates and Location:</u></b> This 3-week course runs from January 2-January 23, 2014. It is taught <b>online</b> through Moodle ( <a href="http://umonline.umn.edu">http://umonline.umn.edu</a> ).
<b><u>Contact Information:</u></b> Valerie Moody Office Phone: 406-243-2703 Email: <a href="mailto:valerie.moody@umontana.edu">valerie.moody@umontana.edu</a>  Tech Support: UMOnline Tech Support: 406-243-4999 or <a href="mailto:courseware-support@umontana.edu">courseware-support@umontana.edu</a>  IT Central Help Desk: 406-243-4357 or <a href="mailto:itcentral@umontana.edu">itcentral@umontana.edu</a>	<b><u>Office Hours:</u></b> By appointment or via phone, email, Skype. I will respond to calls, emails and General Discussion posts within a 24-hour period Monday through Friday.

**Required Text:**

**Non Athletic Training Majors:** Prentice, WE. Essentials of Athletic Injury Management. 8<sup>th</sup> ed. 2010: McGraw-Hill. ISBN#978-0-07-337657-8 (referred to as essentials in course syllabi)

**Athletic Training Majors:**

1. Prentice, WE. Principles of Athletic Training: A competency-based approach. 15<sup>th</sup> ed. 2014: McGraw-Hill. ISBN 978-0-07-802264-7 (referred to as principles in course syllabi)
2. Beam, JW. Orthopedic Taping, Wrapping, Bracing and Padding. 2<sup>nd</sup> ed. 2011: FA Davis. ISBN 978-0-80-362558-7

**Required Materials to Complete Labs:**

All taping and wrapping materials are supplied to you for this course. During the first week of class, you may pick up the supplies necessary to complete the taping and wrapping skills in the main HHP office. If you are unable to pick them up, please contact the instructor. You may need to purchase additional tape, depending upon how much you practice taping.

**Co-Requisite:** You must be enrolled in AHAT210 to take this course (unless approved by instructor)

**Course Description:**

This course is designed to **supplement AHAT 210** for you to apply basic theories and techniques used in the management of injuries that typically occur in the athletic population. This course will provide guidelines and recommendations for preventing injuries, recognizing injuries, and learning how to correctly manage a specific injury. This course includes a variety of topics related in one way or another to the overall health care of an athlete. The first part of the course focuses on organizing and establishing an effective health care system. The second portion of the course emphasizes techniques in preventing or minimizing sport-related injuries including specific taping and wrapping techniques, and the third portion focuses on management of spinal cord injuries.

**What I expect of you:**

- 1.) Please ask questions! Think critically, digest the information, and feel free to ask any questions that you may have about the material.
- 2.) Read the book!! Other than the obvious reason that you will be tested over it, it is important for you to keep up with the reading and to practice skills to truly gain understanding of course material.
- 3.) Work hard and be resourceful. This class is equivalent to a semester-long, undergraduate course for the study of prevention and care of athletic injuries. It is important that you stay on top of assignments. These three weeks are going to move fast and there will be no late assignments accepted. It is a lot for me to grade, and late assignments will put us all behind, so **NO EXCEPTIONS!**
- 4.) Check the course content, announcements, discussion boards and tutorials regularly.

**Expected Student Learning Outcomes:**

<b>Learning Outcomes</b>	<b>Module</b>
1. Gain an understanding of the role and function of a sports medicine team member in a comprehensive health care system	Learning units 2, 3, 4, 5, 6
2. To be able to identify injury prevention strategies for athletic injuries	Learning units 3, 4, 5, 6
3. Be able to identify emergency medical situations, apply appropriate first aid measures, and make necessary referral to appropriate medical professionals	Learning units 3, 4, 5, 6
4. Utilize knowledge of musculoskeletal injuries to perform proper taping and wrapping techniques	Learning unit 3
5. Be able to identify common injuries of the lower and upper extremity and determine appropriate acute care management including referral to appropriate medical professionals	Learning units 3, 4, 5, 6

**Evaluation of Student Outcomes:**

**Lab Assignments (20%):**

A variety of assignments are used to help students reinforce key concepts within the labs. Assignments may include worksheets, critiques of video, or review activities.

**Taping and Wrapping Videos (50%)**

Students will be asked to submit videos performing the skills learned in this course. Videos may be created using flip cameras, digital cameras using video settings, phones, or video camera. All videos must be submitted either in an **mpeg or wmv file**.

To upload videos, go to [www.youtube.com](http://www.youtube.com)

Username: umhhp241@gmail.com

Password: prevcare2014

A playlist has been created for each of you- go to upload on the top of the page and click the arrow down to video manager and click on your playlist- add videos to your own playlist

Click on upload and select file from your computer.

The title of the video should be your full name and the skill you are performing (ex: Valerie Moody ankle taping)

Privacy setting should be marked as unlisted

**\*\*You may also elect to create your own youtube video account and email me the links to watch your video assignments!**

### **Practical Exam (30%):**

Students will complete a comprehensive practical exam demonstrating application of specific taping and wrapping techniques. During the last week of the laboratory course, the instructor will post a list of tasks to complete that must be submitted in video format. The list will be a random selection of taping and wrapping skills that you will learn in this course.

### **Grading Scale:**

90-100% = A

80- 89% = B

70- 79% = C

60- 69% = D

<60% = F

The instructor reserves the right to award + or – grade where deemed appropriate.

### **Course Policies and Other Information:**

1. Assignments- assignment due dates are listed in the course outline. All assignments are to be completed by midnight of the due date (Mountain Standard Time).
2. Naming and Submitting Assignments- All assignments may be saved in any of these file formats: Microsoft word, RTF, or PDF. Please name your files with your last name and an abbreviated name of the assignment (rich\_wordsearch1). You may use an underscore (\_) or a period (.) to separate your name from the name of the assignment. Do not use other symbols (such as # @ \* &, etc) in your file names as I won't be able to open them.
3. 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/documents/StudentConductCode1.pdf>

It is also expected that each student will help foster a collegial learning environment by sharing his or her experiential and academic knowledge and practices, as well as respectfully listening to the viewpoints of others and following basic netiquette rules. You are expected to complete all reading assignments so you can intelligently discuss them in forums, individual assignments and small group assignments.

4. Course Accommodations Statement (DSS)- 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 contact the

instructor as soon as possible so that a plan can be made for specific modifications. For more information, visit <http://life.umt.edu/dss> or call 406-243-2243.

5. Technical Requirements- Content in some of the modules includes PDF files, videos and external links (links to websites outside of Moodle). Some of these files require special programs to allow you to view them. If you don't have the needed application on your computer hard drive, you can download plug-ins (or free viewers) from the UOnline website <http://www.umt.edu/xls/umonline/default.aspx>. You will also need **video capability** to demonstrate skills on practical exams. A flip camera, digital camera with video capability, video camera, or phone may be used for these video clips. All files submitted must be either in an **mpeg or wmv** format.

### **Credits and Workload Expectations**

This is a semester-long, undergraduate course for the study of prevention of athletic injuries packed into a three-week course. It will be fast paced and necessary that you stay on top of things and do not fall behind.

### **Course Schedule (Topics, Activities, and Assessments):**

The online course is divided into 3 learning units. Each learning unit will be completed on a weekly basis. You can access these units through the "Learning Units" link in the menu of the Moodle course. All reading/viewing assignments, discussions, reflections, assessments, etc are located within these units. Please complete the learning units in the order in which they are presented and in keeping with the course schedule. All assignments are due by midnight (Mountain Standard Time) on the due date.

Week of:	Sessions/Learning units:	Assignments/Assessments:
January 2- January 8	Learning unit 1: Organizing and Establishing an Effective Athletic Health Care System, Protective Equipment Fitting	Essentials: Reading Chapters 1-9 Principles: Reading Chapters 1-8 Beam: Reading Chapters 1,2, 13
January 9- January 15	Learning unit 3: Taping and Wrapping of the Lower Extremity	Essentials: Reading Chapters 10, 14-17 Principles: Reading Chapters 8, 18-21 Beam: Reading Chapters 3-7
January 16-January 23	Learning unit 4: Taping and Wrapping of the Upper Extremity, Spine boarding and facemask removal	Essentials: Reading Chapters 10,18-22 Principles: Reading Chapters 8, 22-26 Beam: Reading Chapters 8-12

**Assignment/Assessment Schedule:**

<b>Assignment</b>	<b>Due Date</b>
Pick up Lab Supplies McGill Hall Main HHP Office	Friday, January 3 by 5pm
Lab #1: Protective Equipment Fitting	Sunday, January 5 @midnight
Lab #2: Crutch Fitting	Sunday, January 5 @midnight
Lab #3: Lower Extremity Taping Lab	Thursday, January 9 @ midnight <b>Last name A-H</b> Friday, January 10@midnight <b>Last name I-Z</b>
Lab #4: Wrapping of the Lower Extremity	Monday, January 13@midnight <b>Last name I-Z</b> Tuesday, January 14@midnight <b>Last name A-H</b>
Lab #5: Upper Extremity Taping Lab	Thursday, January 16 @ midnight <b>Last name A-H</b> Friday, January 17@midnight <b>Last name I-Z</b>
Lab #6: Wrapping of the Upper Extremity	Monday, January 20@midnight (ALL)
Lab #7: Spine boarding and Facemask Removal	Tuesday, January 21@midnight
Lab Practical Exam (Final)	Thursday, January 23@midnight <b>Last name I-Z</b> Friday, January 24@midnight <b>Last name A-H</b>