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# HHP 240.01: Prevention and Care of Athletic Injuries

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## HPE 240 - PREVENTION AND CARE OF ATHLETIC INJURIES

**INSTRUCTOR:** SCOTT T. RICHTER PHONE: 243-5246  
**OFFICE HOURS:** WILL BE POSTED ON OFFICE DOOR - McGill 117

**REQUIRED TEXT:** ARMHIEM, DANIEL D. AND PRENTICE, WILLIAM E., PRINCIPLES OF ATHLETIC TRAINING, 11TH EDITION, 2002

**ONLINE RESOURCES:** <http://www.mhhe.com/prentice11e>  
<http://eres.lib.umt.edu/>  
password: HHP240

**PREREQUISITE OR COREQUISITE:** BIOL 312, 313 **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. **SEE SPECIFIC CAAHEP EDUCATIONAL COMPETENCIES & CLINICAL PROFICIENCIES**

**REQUIREMENTS:**

1. 4 ABSTRACTS
2. WRITTEN EXAMS - 3 MIDTERMS AND 1 FINAL COMPREHENSIVE
3. On-line Quizzes

### GRADING SYSTEM:

A: (93%)	B-: (80%)	D+: (67%)
A-: (90%)	C+: (77%)	D: (63%)
B+: (87%)	C: (73%)	D-: (60%)
B: (83%)	C-: (70%)	F: < 60%

**POINT BREAKDOWN:**

3 MIDTERMS	300 PTS (37.5%)
1 FINAL	200 PTS (25%)
4 ABSTRACTS	40 PTS (5%)
CHAPTER QUIZZES	230 PTS (28.75%)
<u>CLASS PARTICIPATION/ATTENDANCE</u>	<u>30 PTS (3.75)</u>
<b>TOTAL</b>	<b>800 PTS (100%)</b>

