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HHP 241.01: Prevention and Care of Athletic Injuries - Laboratory

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HPE 241 - PREVENTION AND CARE OF ATHLETIC INJURIES (1 CREDIT)

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

REQUIRED TEXT: 1. LAB MANUAL @ UC BOOKSTORE , 2002
2. PERRIN, DAVID H., ATHLETIC TAPING AND BRACING, 1ST EDITION, 1995 (OPTIONAL)

PREREQUISITE OR COREQUISITE:BIOL 212,213 **MANDATORY OR EQUIVALENT**

COURSE DESCRIPTION: Basic cognitive and psychomotor (hands-on) techniques used in the management of athletic injuries are emphasized, especially prevention, treatment and assessment 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 injuries.
4. Demonstrate and describe contemporary methods and procedures of athletic assessment, protective taping and bracing.
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. TAPING SUPPLIES from UAS @ Southgate Mall
2. 2 PRACTICAL EXAMS - HHP 241 students
3. 6 ASSESSMENT VIDEOTAPES
4. CLASS PARTICIPATION AND ATTENDANCE

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% points.

POINT BREAKDOWN:	2 PRACTICAL EXAMS	200 POINTS (50 PTS EACH)
	CLASS PARTICIPATION/ATTENDANCE	50 POINTS
	VIDEOTAPES	60 POINTS
	TOTAL	310 POINTS

TENTATIVE LAB SCHEDULE FOR AUTUMN 2004 (HHP 241) SECTION 01 & 02

<u>AUG</u>		
31ST-TU	LAB	GENERAL TAPING PRINCIPLES
<u>SEPT</u>		
2 ND -TH	LAB	GENERAL TAPING PRINCIPLES
7 TH --TU	LAB	FOOT ASSESSMENT AND TAPING
9TH-TH	LAB	FOOT ASSESSMENT AND TAPING
14TH-TU.	LAB	ANKLE ASSESSMENT AND TAPING
16 TH -TH.	LAB	ANKLE ASSESSMENT AND TAPING
21ST-TU	LAB	LOWER LEG ASSESSMENT AND TAPING – ANKLE VIDEO DUE
23RD-TH	LAB	LOWER LEG ASSESSMENT AND TAPING – ANKLE VIDEO REVIEW
28TH-TU.	LAB	KNEE ASSESSMENT AND TAPING – LOWER LEG VIDEO DUE
30 TH -TH	LAB	KNEE ASSESSMENT AND TAPING – LOWER LEG VIDEO REVIEW
<u>OCT</u>		
05TH	LAB	HIP AND THIGH ASSESSMENT AND TAPING –KNEE VIDEO DUE
07 TH	LAB	HIP AND THIGH ASSESSMENT AND TAPING –KNEE VIDEO REVIEW
12TH-TU.	LAB	REVIEW OF LOWER EXTREMITY ASSESSMENT & TAPING
14 TH -TH.	LAB	REVIEW OF LOWER EXTREMITY ASSESSMENT & TAPING
19TH-TU	<i>LAB</i>	<i>LAB TEST 1 BEGINS</i>
21ST-TH	<i>LAB</i>	<i>LAB TEST 1 BEGINS</i>
26TH-TU	LAB	SHOULDER ASSESSMENT AND TAPING– HIP VIDEO DUE
28 TH -TH	LAB	SHOULDER ASSESSMENT AND TAPING– HIP VIDEO REVIEW
<u>NOV</u>		
2 ND -TU	<i>LAB</i>	<i>NO CLASS – ELECTION DAY</i>
4 TH -TH	LAB	REVIEW
9 TH -TU	LAB	ELBOW ASSESSMENT AND TAPING – SHOULDER VIDEO DUE
11 TH -TH	LAB	ELBOW ASSESSMENT AND TAPING – SHOULDER VIDEO REVIEW
16TH-TU	LAB	WRIST & HAND ASSESSMENT AND TAPING – ELBOW VIDEO DUE
18 TH -TH	LAB	WRIST & HAND ASSESSMENT AND TAPING – ELBOW VIDEO REVIEW
23RD-TU	LAB	REVIEW - CLINICAL PROFICIENCIES UPDATE
25 TH	LAB	NO CLASS – THANKSGIVING
30 TH -TU	LAB	EMERGENCY PROCEDURES IN SPORTS/SCI
<u>DEC</u>		
2 ND	LAB	EMERGENCY PROCEDURES IN SPORTS/SCI
7TH-TU	LAB	BRACES & PADDING, SPECIAL TAPE JOBS
9 TH -TH	LAB	BRACES & PADDING, SPECIAL TAPE JOBS
<u>MAY</u>		

14TH-TU/TBA	LAB	<i>FINAL PRACTICAL</i>
16TH-TH/TBA	LAB	<i>FINAL PRACTICAL</i>
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