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AHAT 213.01: Prevention and Care of Athletic Injuries

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AHAT 213 - PREVENTION AND CARE OF ATHLETIC INJURIES (1 CREDIT) – Section 01

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PREREQUISITE OR COREQUISITE: BIOH 201/202 (A&P) MANDATORY OR EQUIVALENT

COURSE DESCRIPTION: Development of practical skills in prevention, assessment, treatment, rehabilitation, and emergency care of athletic injuries.

OBJECTIVES: At the conclusion of this course the student should be able to:

1. Describe the proper ambulatory aid and technique for the injury and patient.

2. Explain the effectiveness of taping, wrapping, bracing, and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.

3. Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.

4. Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication

5. Select and fit appropriate standard protective equipment on the patient for safe participation in sport and/or physical activity. This includes but is not limited to:
   a. Shoulder Pads
   b. Helmet/Headgear
   c. Footwear
   d. Mouth Guard
   e. Prophylactic Knee Brace
f. Prophylactic Ankle Brace

g. Other Equipment (as appropriate)

6. Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.

REQUIREMENTS:
1. 2 PRACTICAL EXAMS
2. ASSIGNMENTS
3. CLASS PARTICIPATION AND ATTENDANCE

GRADING SYSTEM:

A: (93%)  B+: (87%)  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 (100 PTS EACH)
CLASS PARTICIPATION/ATTENDANCE 50 POINTS
ASSIGNMENTS 25 POINTS
TOTAL 275 POINTS

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://www.umt.edu/SAVPSA/index.cfm/page/1321.

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 main doors to McGill Hall located on the west side of the building. If that route is blocked, our secondary route will be through the east door located toward the north end of this wing 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 either the designated outdoor rally point or the indoor rally point (should conditions make it necessary to seek shelter in another building). Our outdoor rally point is in the area to the west of McGill Hall – at least 300 feet from the building exit. Our indoor 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.
<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>CLASS READINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 26</td>
<td>Introduction to Tapes, Braces &amp; Pads</td>
<td>Chapter 1 – Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>September 2</td>
<td><em>No Class – Labor Day</em></td>
<td></td>
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<tr>
<td>September 9</td>
<td>Foot, Toes &amp; Ankle</td>
<td>Chapter 3,4– Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>September 16</td>
<td>Lower Leg</td>
<td>Chapter 5– Bean, Chapter 8 - Prentice</td>
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<tr>
<td>September 24</td>
<td>Knee</td>
<td>Chapter 6– Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>October 1</td>
<td>Thigh, Hip and Pelvis</td>
<td>Chapter 7– Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>October 8</td>
<td><strong>Practical Exam 1</strong></td>
<td>Chapters 1-7 Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>October 15</td>
<td>Shoulder &amp; Upper Arm</td>
<td>Chapter 8– Bean, Chapter 8 - Prentice</td>
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<tr>
<td>October 22</td>
<td>Elbow &amp; Forearm</td>
<td>Chapter 9– Bean, Chapter 8 - Prentice</td>
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<tr>
<td>October 29</td>
<td>Wrist</td>
<td>Chapter 10– Bean, Chapter 8 - Prentice</td>
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<tr>
<td>November 5</td>
<td>Hand, Fingers &amp; Thumb</td>
<td>Chapter 11– Bean, Chapter 8 - Prentice</td>
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<td>November 11</td>
<td><em>No Class – Veteran’s Day</em></td>
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<td>November 18</td>
<td>Thorax, Abdomen, &amp; Spine</td>
<td>Chapter 12– Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>November 25</td>
<td>Protective Equipment &amp; Padding</td>
<td>Chapter 13– Bean, Chapter 8 - Prentice</td>
</tr>
<tr>
<td>December 3</td>
<td>Ambulatory Aids (Crutches/Canes)</td>
<td>Chapter 12 – Prentice (pps 338-339)</td>
</tr>
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<td>December 9</td>
<td><strong>FINAL EXAM - TBA</strong></td>
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