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AHAT 210.90: Prevention and Care of Athletic Injuries

Valerie Rich Moody

University of Montana - Missoula, valerie.moody@umontana.edu

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**AHAT 210 PREVENTION AND CARE OF ATHLETIC INJURIES
WINTERSESSION 2014**

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

Required Text:

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

Athletic Training Majors: Prentice, WE. Principles of Athletic Training: A competency-based approach. 15th ed. 2014: McGraw-Hill. ISBN 978-0-07-802264-7 (referred to as principles in course syllabi)

Course Description:

This course is designed for you to gain an understanding of 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, and the third portion focuses on recognition and management of sport-specific injuries and conditions.

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 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. This is the best way to succeed in the class. You should learn a lot from the discussions within your group and checking them regularly will ensure that you are not falling behind your classmates. See Learning Unit #1 to determine what discussion group you are assigned for the duration of this class.

Expected Student Learning Outcomes:

Learning Outcomes	Module
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:

Participation/Assignments (25%):

All students are expected to take an active role in this course. Participation includes completion of all reading assignments, activities, and assessments, as well as timely participation in asynchronous discussions (within 24 hours of posted discussion). A variety of assignments are used to help students reinforce key concepts within the chapters. Assignments may include worksheets, discussions, or review activities.

Final Case Studies Project (25%):

At the end of the course in Learning Unit 6, students will find a presentation that includes 15 cases. For this final project, each student must identify the injury/condition presented based off of information provided (history, evaluation findings, symptoms, diagnostic information) and provide the appropriate immediate management of the injury. This project is intended to help students synthesize data learned from this course and to challenge each student’s ability to critically think.

Quizzes (50%):

At the end of each learning unit, there is a quiz containing 50 multiple choice questions and each quiz has a time limit of 45 minutes.

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/techsupport/pluginsdownloads.aspx>

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 6 modules. All reading/viewing assignments, discussions, reflections, assessments, etc are located within these units. Please complete the 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	<p>Learning Unit 1: Getting to know your classmates Completed by Jan 3rd</p> <p>Learning Unit 2: Organizing and Establishing an Effective Athletic Health Care System Completed by Jan 8th</p>	<p>Essentials: Reading Chapters 1-5 Principles: Reading Chapters 1-5</p>
January 9-15	<p>Learning Unit 3: Prevention of Sports- Related Injuries Completed by Jan 12th</p> <p>Learning Unit 4: Prevention of Sports Related Injuries (cont) and Recognizing sport injuries Completed by Jan 15th</p>	<p>Essentials: Reading Chapters 6-10 Principles: Reading Chapters 6-8, 12-14</p> <p>Essentials: Reading Chapters 11-15 Principles: Reading Chapters 9,11, 16,18,19</p>
January 16-January 23	<p>Learning Unit 5: Recognizing sport injuries of the upper and lower extremity Completed by Jan 19th</p> <p>Learning Unit 6: General medical conditions and additional health concerns Completed by Jan 23rd</p>	<p>Essentials: Reading Chapters 16-20 Principles: Reading Chapters 20-25</p> <p>Essentials: Reading Chapters 21-23 Principles: Reading Chapters 26-29</p>

Assignment/Assessment Schedule:

Intro activity discussion- Get to know your classmates	Friday, January 3 @ midnight
Moodle Tutorial	Friday, January 3 @midnight
Discussion Board: Courtroom drama	Wednesday, January 8 @ midnight
Quiz 1	Wednesday, January 8 @ midnight
Acute Care Scenarios	Friday, January 10 @ midnight
Quiz 2	Sunday January 12@midnight
Quiz 3	Wednesday, January 15 @midnight
Thigh and Hip Injury Case Studies	Sunday, January 19 @midnight
Quiz 4	Sunday, January 19@midnight
Facial Injuries Slide Identification	Tuesday, January 21@midnight
Quiz 5	Thursday, January 23@midnight
Final Case Studies Project	Thursday, January 23@midnight