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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

**AUG**
31ST-TU LAB GENERAL TAPING PRINCIPLES

**SEPT**
2ND-TH LAB GENERAL TAPING PRINCIPLES
7TH-TU LAB FOOT ASSESSMENT AND TAPING
9TH-TH LAB FOOT ASSESSMENT AND TAPING
14TH-TU LAB ANKLE ASSESSMENT AND TAPING
16TH-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
30TH-TH LAB KNEE ASSESSMENT AND TAPING – LOWER LEG VIDEO REVIEW

**OCT**
05TH LAB HIP AND THIGH ASSESSMENT AND TAPING – KNEE VIDEO DUE
07TH LAB HIP AND THIGH ASSESSMENT AND TAPING – KNEE VIDEO REVIEW
12TH-TU LAB REVIEW OF LOWER EXTREMITY ASSESSMENT & TAPING
14TH-TH LAB REVIEW OF LOWER EXTREMITY ASSESSMENT & TAPING
19TH-TU LAB LAB TEST 1 BEGINS
21ST-TH LAB LAB TEST 1 BEGINS
26TH-TU LAB SHOULDER ASSESSMENT AND TAPING – HIP VIDEO DUE
28TH-TH LAB SHOULDER ASSESSMENT AND TAPING – HIP VIDEO REVIEW

**NOV**
2ND-TU LAB NO CLASS – ELECTION DAY
4TH-TU LAB REVIEW
9TH-TU LAB ELBOW ASSESSMENT AND TAPING – SHOULDER VIDEO DUE
11TH-TU LAB ELBOW ASSESSMENT AND TAPING – SHOULDER VIDEO REVIEW
16TH-TU LAB WRIST & HAND ASSESSMENT AND TAPING – ELBOW VIDEO DUE
18TH-TH LAB WRIST & HAND ASSESSMENT AND TAPING – ELBOW VIDEO REVIEW
23RD-TU LAB REVIEW – CLINICAL PROFICIENCIES UPDATE
25TH LAB NO CLASS – THANKSGIVING
30TH-TU LAB EMERGENCY PROCEDURES IN SPORTS/SCI

**DEC**
2ND LAB EMERGENCY PROCEDURES IN SPORTS/SCI
7TH-TU LAB BRACES & Padding, SPECIAL TAPE JOBS
9TH-TU LAB BRACES & Padding, SPECIAL TAPE JOBS

**MAY**

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14TH-TU/TBA LAB FINAL PRACTICAL
A6TH-TH/TBA LAB FINAL PRACTICAL

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