

KRCC PHYSICAL EDUCATION SYLLABUS

DEPARTMENT PHILOSOPHY: Our department will use a "concepts" approach to health and physical education, answering three (3) questions: Why is health and physical education important to every person? How to practice healthful activities given individual abilities and interests? What are the individual's real needs for lifetime fitness?

DEPARTMENT CHAIR: Michael White

DEPT. OFFICE 305 /Ext 369

COURSE #: PE 20

COURSE TITLE: ATHLETIC INJURY

COURSE DESCRIPTION: Prevention and evaluation of athletic injuries, and emergency first aid and treatment, including taping of injuries.

INSTRUCTOR: Crystal O'Barr

OFFICE # /Ext

COURSE OBJECTIVES: The student will identify basic terminology and demonstrate a working knowledge in anatomy and how it pertains to the athlete. The student will acquire the basic skills needed to care for athletic injuries in: Prevention, Recognition, Evaluation, Treatment, and First Aid. The student will learn and perform basic phases of protective taping techniques.

REQUIRED MATERIAL(S): Locks and lockers are not required, but recommended. Return locks/locker at end of semester to avoid a \$5.00 service fee. Appropriate attire and footwear must be worn for each activity class. Arnheim, ^{Principles} Concepts of Athletic Training, ninth edition

INJURY/DISCLOSURE: Report all pre-existing medical conditions to the instructor before exercising. Report all injuries to the instructor.

ATTENDANCE POLICY: You must participate and apply the knowledge/skills each class meeting, making "mastery attempts." 90% participation = A, 80% participation = B, 70% participation = C, 60% participation = D, 50% participation = F. (% of total possible student contact hours per semester.)

WRITTEN TESTS: There will be a minimum of two (2) written tests.

SKILLS TESTS: There will be a minimum of two (2) skills tests.

HOW YOUR FINAL GRADE WILL BE CALCULATED: Your total number of points accumulated at the end of the semester determine your grade. Percentage of the total points earn these grades: 90-100=A; 80-89=B; 70-79=C; 60-69=D; 0-59=F.

DROP POLICY: 18 week courses have a drop deadline of the 9th week. Short-term classes have a drop deadline of 4.5 weeks. However, you may be dropped by the instructor at any time after four (4) consecutive unexcused absences, within the first 9 weeks of instruction.

Course Information

P.E. 20 Instructor: Crystal O'Barr

1. **TEXTBOOK:** Arnheim, Concepts of Athletic Training
2. **EXAMINATIONS:** The student is required to attend every scheduled exam and skills test. Make-up exams are allowed only if : 1) the instructor is notified before the exam date of a legitimate reason for not being available for the exam, and/or 2) emergency prevents attendance for the exam or notifying the instructor. All make-up exams are reduced 20% if condition 1 and/or 2 are not met.
3. **WRITTEN TEST:** There will be a minimum of three unit tests, a mid term and a comprehensive final.
4. **SKILLS TEST:** There will be 4 evaluations, various taping and wrapping techniques, Quizzes to follow each major section, final practical and written exam.
5. **ATTENDANCE:** Attendance does not affect your grade unless you miss a scheduled exam or skills test. Better grades relate to regular class attendance.
6. **BASIS OF GRADE:** Your total number of points accumulated at the end of the semester determine your grade. Percentage of the total points earn these grades:
90-100=A, 80-89=B, 79-70=C, 60-69=D, 0-59=F
7. **LAB GRADES:** This grade will be averaged with your lecture grade.

Skills Checklist	= 25 pts
Simulation Quizzes	= 20 pts
Final Quiz	= 20 pts
Practical exam and Final exam	= 150 pts
Participation	= 10 pts

PE 20
Fall 1998
9:00-9:50 (MWF), PE 353

Instructor: Crystal O'Barr

Text: Arnhem, Principles of Athletic Training, ninth edition

Requirements: 1) Written Tests - Anatomy and Terms, Unit Exams, Mid-Term, Final (comprehensive)
2) Skills Tests - Four Evaluations, Various Taping Techniques, Quizzes

Schedule

Aug 17 M	Introduction
Aug 19 W	Chapter 1&2 -- Athletic Training Program
Aug 21 F	Chapter 1&2 -- Cont.
Aug 24 M	Chapter 3 -- Physical Conditioning and Training
Aug 26 W	Chapter 3 -- Cont.
Aug 28 F	Chapter 4 -- Nutritional Consideration
Aug 31 M	Chapter 4 -- Cont.
Sept 2 W	Chapter 5 -- Protective Equipment
Sept 4 F	Chapter 5 -- Cont.
Sept 7 M	HOLIDAY
Sept 9 W	Chapter 1-5 -- Review
Sept 11 F	Unit Exam
Sept 14 M	Chapter 6 -- Mechanism, classification of injury
Sept 16 W	Chapter 6 -- Cont.
Sept 18 F	Chapter 7 -- Tissue Response to Injury
Sept 21 M	Chapter 7 -- Cont.
Sept 23 W	Terms and Anatomy Test
Sept 25 F	Chapter 8 -- Emergency Procedures
Sept 28 M	Chapter 9 -- Bloodborne Pathogens

PE 20 LAB SCHEDULE

DATE :

- Sept : Introduction
: Ankle Tape, Ankle Compression
: Ankle Eval
: Metatarsal Arch Pad, Heel Bruise, Turf Toe
- Oct : Longitudinal Arch, Achilles Tendon, Shin Splints
: Knee Eval
: Compression, Knee Hyperextension, Collateral Ligaments,
Rotary, Patellar Tendon
: Adductor, Hip Flexor, Thigh Pad, Compression
- Nov : Shoulder Eval
: Shoulder Spica, Sling and Swathe
: Elbow Hyperextension, Wrist, Thumb
: Cervical Spine Eval
- Dec : Review
: Review

Practical Exam ** **