

P. E. 20 - Athletic Injury

INSTRUCTOR: Colby Higginbotham, ATC
OFFICE: Athletic Training Room - PHS 342
PHONE: 638-0348

TEXTS: Principles of Athletic Training - 9th edition
Arnheim, DD & Prentice, WE
McGraw-Hill

P. E. 20 Lab Manual

COURSE REQUIREMENTS:

1. Attendance will be recorded on a daily basis. You will be allowed to miss or be tardy to a total of 5 class or lab sessions with out any penalties. Following your fifth absence or tardy points will be deducted from your final grade. Four points will be deducted for absences and two points will be deducted for tardies. This policy applies to both the lecture class and the lab. At the end of the semester if you have 5 or less absences or tardies, you will receive 15 extra credit points.
2. During the course of the class, there will be five 5 point quizzes, four 50 point lecture exams, one 65 point lecture final exam, and one 50 point lab final exam. The quizzes will consist of short answer questions or diagram labeling. The lecture exams will consist of multiple choice, true/false, short answer, and diagram labeling questions. The lecture final exam will consist of 50 points on recent material and 15 points on cumulative material. The lab final exam will be an oral practical exam in which you will demonstrate skills learned in lab. Arrangements with the instructor to make up exams or quizzes must be made prior to missing class. Failure to make prior arrangements will result in a zero for that particular exam or quiz.
3. A one hour per week lab is required for this course. The day and time will be arranged with the instructor. Attendance and participation in the lab is crucial to your grade. A lab final will be given at the end of the semester.
4. Each student will be aware of his/her grade after each exam. The official drop date is the ninth week of the semester. Students who continue past the ninth week of the semester must receive a letter grade for the course.

drop date

5. There are three methods to earn extra credit in this course. The first method is to observe and assist in the athletic training room for 10 hours this semester. This will earn you 15 extra points. Please see the instructor to arrange these hours prior to observing.

The second method to earn extra credit is to correct wrong answers on your exams. You can earn back one half of the points you may have missed. This procedure must be followed exactly to receive any extra credit. First rewrite the question you missed with the correct answer. Second write a one paragraph (4 sentences) explanation from your text book explaining the correct answer. Include the page number used. Typed work will not be accepted. The procedure must be done separately for each missed question to receive extra credit.

The third method to earn extra credit is to write an extra credit paper. The three page paper can earn you up to 25 extra credit points. Topics will be assigned by the instructor. Please see the instructor to receive further instructions and a topic if you wish to write the paper. The paper will be due on December 3rd.

6. Final grades will be determined in the following manner:

TOTAL POINTS POSSIBLE: 340

A	=	340 - 306
B	=	305 - 272
C	=	271 - 238
D	=	237 - 204
F	=	203 - 0

7. The athletic training room and my office are located on the west side of the weight room facing the track. Office hours for this semester will be from noon - 2:00 MWF and by arrangement.

RC 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 3369

COURSE #: P.E. 20

COURSE TITLE: Athletic Injury

COURSE DESCRIPTION: A basic introduction to the field of athletic training, including basic anatomy, injury recognition, prevention, treatment, and rehabilitation.

INSTRUCTOR: Colby Higginbotham

OFFICE # TR /Ext 3348

COURSE OBJECTIVES: To understand and demonstrate the basic skills required to correctly evaluate, treat, and rehabilitate various injuries occurring in athletics.

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.

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:

Participation.	50%	
Written Tests. . .25%		Skills Tests. . .25%
		= 100%

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 Schedule

<u>Date</u>	<u>Topic</u>	<u>Chapter</u>
8/16	Introduction, Syllabus, Lab Times	
8/18	Athletic Trainer & Sports Medicine Team	1
8/20	Legal Implications & Record Keeping	2
8/23	Basic Anatomy & Medical Terminology	6/HO
8/25	Basic Anatomy & Medical Terminology	6/HO
8/27	Injury Mechanisms & Characteristics - QUIZ #1	6
8/30	Tissue Response to Injury	7
9/1	Review	
9/3	EXAM #1	
9/6	No class - Holiday	
9/8	Blood Borne Pathogens	9
9/10	Injury Assessments & Emergency Action Plan	8
9/13	Injury Assessments & Emergency Action Plan	8
9/15	Heat, Diabetic, & Asthma Emergencies - QUIZ #2	12/27
9/17	Therapeutic Modalities	14
9/20	Therapeutic Exercise & Medication	15/16
9/22	Therapeutic Modalities/Exercise Lab	TR
9/24	Review	
9/27	EXAM #2	
9/29	Foot	17
10/1	Foot	17
10/4	Ankle & Lower Leg	18
10/6	Ankle & Lower Leg - QUIZ #3	18
10/8	Knee	19
10/11	Knee	19
10/13	Knee	19

10/15	Review	
10/18	EXAM #3	
10/20	Thigh, Groin, Hip & Pelvis	20
10/22	Thigh, Groin, Hip & Pelvis	20
10/25	Thorax & Abdomen	24
10/27	Thorax & Abdomen	24
10/29	Spine - QUIZ #4	23
11/1	Spine	23
11/3	Spine	23
11/5	Review	
11/8	EXAM #4	
11/10	Shoulder	21
11/12	Shoulder	21
11/15	Shoulder	21
11/17	Elbow & Forearm - QUIZ #5	22
11/19	Elbow & Forearm	22
11/22	Wrist & Hand	22
11/24	Wrist & Hand	22
11/26	No class - Holiday	
11/29	Head & Face	25
12/1	Head & Face	25
12/3	Head & Face	25
12/6	LAB FINAL	
12/8	LAB FINAL	
12/10	LAB FINAL	
12/17	FINAL EXAM (#5) - Friday of Finals Week 8:00 a.m. - 10:00 a.m.	