

# P. E. 20 - Athletic Injury

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

TEXTS: Principles of Athletic Training - 9<sup>th</sup> 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. You will have the opportunity to work with the Reedley College athletic teams. 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 2-3 sentences 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 May 12<sup>th</sup>.

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.

## Course Schedule

<u>Date</u>	<u>Topic</u>	<u>Chapter</u>
1/10	Introduction, Syllabus, Lab Times	
1/12	Athletic Trainer & Sports Medicine Team	1
1/14	Legal Implications & Record Keeping	2
1/17	No Class – Martin Luther King, Jr. Day	
1/19	Basic Anatomy & Medical Terminology	6/HO
1/21	Basic Anatomy & Medical Terminology	6/HO
1/24	Injury Mechanisms & Characteristics	6
1/26	Tissue Response to Injury – <b>QUIZ #1</b>	7
1/28	Review	
1/31	<b>EXAM #1</b>	
2/2	Blood Borne Pathogens	9
2/4	Injury Assessments & Emergency Action Plan	8
2/7	Injury Assessments & Emergency Action Plan	8
2/9	Heat, Diabetic, & Asthma Emergencies	12/27
2/11	Therapeutic Modalities	14
2/14	Therapeutic Exercise & Medication – <b>QUIZ #2</b>	15/16
2/16	Therapeutic Modalities/Exercise Lab – In training room	
2/18	No Class – Lincoln Day	
2/21	No Class – Washington Day	
2/23	Review	
2/25	<b>EXAM #2</b>	
2/28	Foot	17
3/1	Foot	17
3/3	Ankle & Lower Leg	18
3/6	Ankle & Lower Leg - <b>QUIZ #3</b>	18
3/8	Knee	19
3/10	Knee	19
3/13	Knee	19

3/15	Review	
3/17	<b>EXAM #3</b>	
3/20	Thigh, Groin, Hip & Pelvis	20
3/22	Thigh, Groin, Hip & Pelvis	20
3/24	Thorax & Abdomen	24
3/27	Thorax & Abdomen	24
3/29	Spine	23
3/31	Spine - <b>QUIZ #4</b>	23
4/3	Spine	23
4/5	Review	
4/7	<b>EXAM #4</b>	
4/10	Shoulder	21
4/12	Shoulder	21
4/14	Shoulder	21
4/17 – 4/21	No Class – Spring Break	
4/24	Elbow, Forearm, Wrist, & Hand - <b>QUIZ #5</b>	22
4/26	Elbow, Forearm, Wrist, & Hand	22
4/28	Elbow, Forearm, Wrist, & Hand	22
5/1	Head & Face	25
5/3	Head & Face	25
5/5	Head & Face	25
5/8	<b>LAB FINAL</b> – In training room	
5/10	<b>LAB FINAL</b> – In training room	
5/12	<b>LAB FINAL</b> – In training room	
5/19	<b>FINAL EXAM (#5)</b> - Friday of Finals Week 8:00 a.m. - 10:00 a.m.	

in room PHS 353

## P.E. 20 LAB FINAL

The lab final will consist of a 50 point oral practical examination. You will be required to perform one special/stress test from the ankle, knee, and shoulder labs (three tests all together). In addition you will be required to perform one tape job. Each special test will be worth 10 points and the tape job will be worth 20 points. You will be graded on the following criteria:

- Special/Stress Test:** correct hand placement  
correct procedure  
explanation of what structure(s) being test  
explanation of what a positive test is
- Tape Job:** correct taping sequence  
correct procedure  
reason for tape job (support, protection, etc.)  
overall neatness  
functional ability of tape job

You will have a total time limit of 15 minutes to complete the exam. The following is a list of the special/stress tests and tape jobs that will be included in the exam:

- |                   |   |   |
|-------------------|---|---|
| <b>Ankle:</b>     | Anterior/Posterior Drawer Test<br>Thompson's Test                   | Inversion Stress Test<br>Eversion Stress Test     |
| <b>Knee:</b>      | Anterior/Posterior Drawer Test<br>Lachman's Test<br>McMurray's Test | Valgus Stress Test<br>Varus Stress Test           |
| <b>Shoulder:</b>  | Glenohumeral Apprehension Test<br>Empty Can Test<br>Speed's Test    | Drop Arm Test<br>Yergason's Test                  |
| <b>Tape Jobs:</b> | Shin Splints<br>Knee Compression<br>Groin Strain<br>Thumb Sprain    | Arch Support<br>Thigh Compression<br>Wrist Sprain |

You will choose a partner to take the exam with. You each will serve as the model for each other's exam. The special tests and tape jobs will be randomly assigned. You will draw cards from four different piles. The card will tell you what special/stress test and tape job you will perform. The test will take place in the athletic training room.

## PE 20 EXTRA CREDIT PAPER

1. The extra credit paper will be worth 25 points and due on or before May 12<sup>th</sup>. The paper will consist of a detailed explanation of a specific injury including anatomy, what exactly is damaged, evaluation techniques, treatment, and any rehabilitation.
2. The paper should be 3 pages in length, typed, doubled spaced, and have 1 inch margins. Place your name, date, and class section in the upper right corner on page 1.
3. You may be able to write this paper only using your class text. However, the more books you use the greater your chances of receiving the full amount of extra credit. Several books will be available for you to use in the athletic training room. Do not copy straight out of your book. No credit will be given if the instructor feels the paper has been plagiarized.
4. After you use information from one of your sources, cite the source in the following manner. "The Lachman stability test is considered the best test to assess ACL laxity (Arnheim, pg. 483)." You do not have to do this after every sentence, but at the end of the information you are presenting. This is usually about two or three times a paragraph. On a separate page (page 4) list alphabetically the sources you used in your paper. Include all of the following information.
  1. Arnheim, D. & Prentice, W., Principles of Athletic Training, 9<sup>th</sup> Edition (1997).
5. There will only be one person per topic. Some example topics are listed below. All topics will be assigned on a first come first served basis. If you do not see a topic that you are interested in, please see the instructor to arrange a topic for you to do. The topics are:
  1. Grade 2 inversion ankle sprain
  2. Grade 2 medial collateral ligament sprain
  3. Grade 3 anterior cruciate ligament sprain w/ reconstructive surgery
  4. Glenohumeral dislocation
  5. Rotator cuff strain
  6. Posterior elbow dislocation
  7. Medial Tibial Stress Syndrome
  8. Plantar fascia strain/fasciitis
  9. Groin strain
  10. Shoulder impingement