

**Nashville State Community College
Social and Behavioral Sciences Division
Exercise Science**

2018 Master Course Syllabus

HHP 2400

Course Information:

Course Title: Prevention and Care of Athletic Injuries

Credits: 3

Class Hours: 3

Course Description:

This course is designed to give an overview of the prevention, care, and management of common injuries in a variety of sports.

Instructor Information:

Name:

Email:

Office Phone:

Office Location:

Office Hours:

Required Textbook(s) & Other Materials:

Textbook(s): Prentice, William. (2014). Principles of Athletic Training: A Competency-Based Approach (15th ed). New York, NY: McGraw-Hill.

ISBN: 9780078022647

Access Code: *(if applicable; delete line if not applicable)*

Reference Materials:

Supplies:

Once enrolled, all students should verify that they have the correct textbook and materials information by consulting the D2L/NS Online shell for the course. If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center at 615-353-3721, 615-353-3741, or accesscenter@nsc.edu.

Course Competencies:

Upon successful completion of this course, students should be able to:

Risk Management and Injury Prevention

1. Identifies the physical and environmental risk factors associated with specific activities the physically active person may engage in.
2. Basic anatomy and common athletic injury and prevention
3. Implements the recommended or required components of a pre-participation physical examination based on governing authorities' rules, guidelines, and recommendations.
4. Outlines the basic concepts and practice of wellness screening. This includes, but it not limited to, various baselines and standards and other fundamental methods used to screen for wellness.
5. Identifies areas of athletic personnel or supervisors must be familiar with in order to avoid or reduce the possibilities of injury or illness occurring to athletes and others engaged in physical activity (e.g., CPR, and first-aid)
6. Describes the principles of heat loss and heat illness prevention programs. These principles include, but are not limited to, knowledge of the body's thermoregulatory mechanisms for acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, and weight loss.
7. Evaluates the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies relating to practice during extreme weather conditions.
8. Accepts the moral, professional, and legal responsibilities to conduct safe programs to minimize injury and illness risk factors for individuals involved in physical activity.
9. Acknowledges the importance of developing and implementing a thorough, comprehensive injury and illness prevention program.
10. Understands the need for cooperation among administrators, athletic personnel, certified athletic trainers, parents/guardians, other health care professionals, and athletes and others engaged in physical activity in the implementation of effective injury and illness prevention programs.
11. Appreciates and respects the role of athletic personnel and supervisors in injury and illness prevention programs.
12. Accepts and respects the established guidelines for scheduling physical activity to prevent exposure to unsafe environmental conditions.
13. Appreciates the importance of the body's thermoregulatory mechanisms for acclimation and conditioning, fluid and electrolyte replacements, proper practice and competition attire, and weight loss.

Assessment and Evaluation

1. Explains how to recognize and evaluate athletes and others involved in physical activity who demonstrate clinical signs and symptoms of environmental stress.
2. Describes the etiological factors, signs, symptoms, and management procedures for injuries of the toes, foot, ankle, lower leg, knee, thigh, hip, pelvis, shoulder, upper arm, elbow, forearm, wrist, hand, fingers, spine, thorax, abdomen, head, and face.
3. Describes components of medical documentation (SOAPS, HOPS, HIPS)
4. Uses the terminology necessary to communicate the results of an athletic training assessment to physicians and other health professionals.
5. Appreciates the importance of documentation of assessment findings and results.
6. Accepts the role of the certified athletic trainer as a primary provider of assessment to the injuries and illnesses of athletes and others involved in physical activity.
7. Recognizes the initial clinical evaluation by the certified athletic trainer as an assessment and screening procedure, rather than as a diagnostic procedure.

8. Accepts the professional, ethical, and legal parameters that define the proper role of the certified athletic trainer in the evaluation and appropriate medical referral of injuries and illnesses of athletes and others involved in physical activity.

Acute Care of Injury and Illness

1. Explains the legal, moral, and ethical parameters that define the scope of first-aid and emergency care, and identifies the proper roles and responsibilities of the certified athletic trainer.
2. Interprets standard nomenclature of athletic injuries and illnesses.
3. Describes the principles and rationale for primary survey of the airway, breathing, and circulation.
4. Describes the management of external hemorrhage, including the location of pressure points, use of universal precautions, and proper disposal of biohazardous materials.
5. Recognizes signs and symptoms associated with internal hemorrhaging.
6. Recommends the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.
7. Explains the application principles of cold application, elevation, and compression in treatment of acute non-limb-threatening pathology.
8. Cites the signs, symptoms, and pathology of acute inflammation.
9. Recognizes the signs and symptoms of shock.
10. Identifies the different types of shock and the proper management of each.
11. Recognizes the signs, symptoms, and treatment of individuals suffering from adverse reactions to environmental conditions.
12. Uses the information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.
13. Appreciates the legal, moral, and ethical parameters that define the scope of first aid and emergency care, and values the proper role of the certified athletic trainer in providing this care.
14. Appreciates the roles and responsibilities of various community-based emergency care personnel.
15. Appreciates the role and function of various medical/paramedical specialists, and values their respective areas of expertise in the definitive treatment of acute injuries and illnesses.
16. Supports the application of cryotherapy, elevation, and compression as primary care for non-threatening injury.
17. Accepts the approved aseptic and sterile methods for cleaning, treating, and bandaging wounds and for disposing of biohazardous waste.

Health Care Administration

1. Describes the organization and administration of pre-participation examination and screening including, but not limited to, maintaining medical records, developing record keeping forms, scheduling personnel, and site utilization.
2. List the components of a medical record, such as permission to treat, emergency information, treatment documentation, and release of medical information.
3. Describes the universal precautions mandated by the Occupational Safety and Health Administration (OSHA), and discusses how they apply to the athletic trainer.
4. Describes typical community-based emergency health care delivery plans, including communication and transportation.
5. Interprets the typical policies and procedures that govern first aid and emergency care, such as those pertaining to parents/guardians, informed consent, media relations, incident reports, and appropriate medical keeping.

6. Identifies the basic components of a comprehensive athletic injury emergency care plan, which include personnel training, equipment needs, availability of emergency care facilities, communication, transportation, activity or event coverage, and record keeping.
7. Lists the components of a comprehensive risk management plan that addresses the issues of security, fire, electrical and equipment safety, emergency preparedness, and hazardous chemicals.
8. Describes the necessary communication skills for interaction with physicians, allied health care providers, caretakers, and others who work closely with the certified athletic trainer.
9. Differentiates the roles and responsibilities of the certified athletic trainer and other medical and allied health personnel to provide care to athletes and others involved in physical activity.
10. Describes the role and function of various community-based medical, paramedical, and other health care providers.

Professional Development and Responsibilities

1. Outlines the process of attaining and maintaining an athletic training professional credential.
2. Describes the role and function of the governing structures of the National Athletic Trainer's Association.
3. Compares and contrasts the role and function of state athletic training practice acts and registration, licensure, and certification agencies.
4. Realizes that the state regulatory acts regarding the practice of athletic training vary from state to state.
5. Advocates the NATA as an allied health professional organization dedicated to the care of athletes and others involved in physical activity

Course Assessments:

The following performance assessments will be used to demonstrate students' understanding, knowledge, and skills: *(include type and point/percentage breakdown here)*

Grading Policy:

(Add your grading policy here)

Late Work Policy & Make-up Procedures for Missed Assignments and Work:

(Each instructor will provide policy)

Attendance Policy

Students are expected to attend all scheduled classes and laboratories. Absences in a course may affect a student's final grade. The student is responsible for all assigned work in the course regardless of excused or unexcused absences. Tardiness may also affect a student's final grade.

In online courses, attendance is signaled by logging on to the D2L/NS Online shell, participating as prompted (e.g., responding to an instructor's email, posting to a discussion board) and/or completing and submitting assignments. Campus closures do not affect attendance and assignment completion in online courses.

(Each instructor will provide policy, especially how attendance influences student assessment and grading.)

Grading Scale:

Letter Grade	Percentage Range
A	
B	
C	
D	
F	

FA

According to NSCC policy, if a student fails a course, but has not officially withdrawn from the course, and her/his last date of attendance is before the last date to withdraw (*use date appropriate to your section*), the student will receive a grade of FA (i.e., "Failure for Attendance Reasons").

(While the above statement should appear in all syllabi, faculty are encouraged to make additional statements or provide examples that would clarify the policy for students.)

FN

An FN is awarded to students who never attended class.

Technology Statement

Nashville State's classes are considered to be web-enhanced. Faculty have an expectation that students will use a computer and the Internet to complete assignments, engage in online discussions, and access various course materials through D2L/NS Online course shells. Computers are available for student use at each campus during campus open hours.

D2L/NS Online and myNSCC

It is students' responsibility to check D2L/NS Online course shells for all enrolled courses and myNSCC, including student email, on a regular basis. These are the official communication channels between the college and students, who are responsible for the information communicated through those channels. D2L/NS Online contains specific course information and myNSCC contains information important for other purposes.

ADA Compliance Statement

Nashville State complies with the Americans with Disabilities Act (ADA). If you require accommodations for any courses in which you are enrolled, contact the Access Center at 615.353.3741 or 615.353.3721, or e-mail accesscenter@nsc.edu. If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center.

Classroom Misconduct

Nashville State Community College has a zero-tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary measures. Please review the [Nashville State Student Code of Conduct policy](#). Please be aware that children are not allowed in class or to be left unattended on campus.

Academic Misconduct

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. Students are responsible for understanding and abiding by the [Academic Misconduct Policy](#) in the Nashville State Student Code of Conduct. In addition to other possible disciplinary measures that may be applied through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an “F” or a “zero” for the exercise, paper, or examination, or to assign an “F” for the course. Students may appeal through the appropriate college grade appeal procedures.

(Each instructor will outline his/her expectations for academic integrity and provide individualized information about consequences for academic misconduct.)

Academic Early Alert System

Nashville State Community College uses an Early Alert System to let students know of a faculty member’s concern in one or more of these academic areas: lack of attendance, lack of classroom participation, late or missing assignments, and/or poor performance on assignments/tests. *Please note that Early Alerts do not affect a student’s academic standing. If you receive an Early Alert email, please see your instructor and your academic advisor as soon as possible.

RAVE Emergency Alert System

Emergency events can happen at any time and Nashville State Community College wants to be able to notify students if and when they occur. For this reason, all students have been enrolled in the free RAVE alert system. If you have not already done so, please log in at <https://www.getrave.com/login/nscc> to confirm and update your contact information and notification preferences. It is critical that your information be correct so that you will receive any emergency notifications. Your RAVE Username is your NSCC email address. If you've never received an email from RAVE with your password, or if you need to reset your password, select “Forgot your password?” and a new password will be emailed to you. Should the RAVE system indicate “user not found”, select Register and create your own RAVE account.

Inclement Weather & Campus Closings

Nashville State will use the RAVE alert system to send a text message to students, staff, and faculty about adjusted hours of operation and/or closings at individual campuses. All students should check the Nashville State web site home page at www.nsc.edu for announcements on campus closures, which may vary from campus to campus. Campus closures will also be announced on local television stations. Students should use their own best judgment in determining whether to report to campus during inclement weather when classes are not cancelled.

Even when campuses are closed, students are still responsible for completing all assigned work. When classes are cancelled, faculty will post online assignments and any additional instructions in the D2L/NS Online course shell. Check D2L/NS Online for a message from your instructor regarding your online assignment requirements. Faculty have discretion over adjusting deadlines or due date for assignments, but students are responsible for completing all assigned work by the due date established by the instructor.

Class Cancellation Policy

If the class is cancelled, the instructor will notify all students by posting in the D2L/NS Online course, e-mailing through D2L/NS Online, and/or by posting a sign on the classroom door. In the event of class cancellation, students must access D2L/NS Online to complete classwork and the assignment that will be posted in the course D2L site.