PHE 211: Foundations of Athletic Training

Spring 2025

Monday/Wednesday/Friday 1:00-1:50

Instructor: Carissa Tigges

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Office Hours: By Appointment

Course Description

Course Objectives:

Upon completion of this course, the student will be able to:

1. Identify and differentiate various mechanisms and characteristics of musculoskeletal and nerve trauma.
2. Understand the phases of the healing process and how this pertains to various soft tissue structures of the musculoskeletal and nervous systems.
3. Define pain and introduce mechanisms of pain control.
4. Learn terminology used in injury evaluation.
5. Name major muscles of the human body.
6. Identify the major anatomical components, etiology, and common injury signs and symptoms of the foot/ankle, lower leg, knee, thigh, groin, hip/pelvis, shoulder, elbow, wrist, hand, spine, thorax, abdomen, head, and face.
7. Demonstrate knowledge and skills in bandaging and taping, and initial history of common athletic injuries.

Course Requirements:

**Attendance**: A student who misses class is still responsible for make-up work. Please communicate as far in advance as possible if you are going to miss class.

**Late Assignments**: Accepted only under special circumstances and with prior communication.

**Quizzes and Exams**: Rescheduling quizzes due to excused absences must be done prior to the quiz or exam. If the reschedule date is missed for any reason, the score will be a zero.

**Lab and Lab Report**: Starting April 1, there will be an activity lab every Monday. Please dress for activity. Lab Reports will be a digital reporting form due following class, 6-8 hours post, 24 hours post, and 48 hours post following the lab.

**Academic Dishonesty:** Academic dishonesty includes, but is not limited to, cheating, plagiarism, and/or fabrication of submitted work. This will not, under any circumstances, be tolerated. Attaining and studying exams/quizzes from previous years of this course is also considered dishonest and cheating by this instructor.

**PLAGIARISM** which is defined as utilizing another person’s ideas, works, or words as they were one’s own, without identifying the source, will not be tolerated in any form, including written papers, exams, or oral presentations. If you have questions regarding what is or is not considered plagiarism, please clarify with the instructor before handing in the assignment.

**CHEATING** which is defined as any form of fraud or deception that results in a better grade or better impression of the student’s performance than they actually earn or deserve will not be tolerated.

**Academic Accessibility:** Grinnell College makes reasonable accommodations for students with documented disabilities. Students need to provide documentation to the [**Coordinator for Disability Resources**](mailto:hirschma@grinnell.edu), located on the ground level floor of​ Steiner Hall (641-269-3124) and discuss your needs with them. Students should then notify me within the first few days of classes so that we can discuss ways to ensure your full participation in the course and coordinate your accommodations.

Grading Scale:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| A= 94-100% | B+= 87-89% | C+= 77-79% | D+= 67-69% | F= below 60% |
| A- = 90-93% | B= 83-86% | C= 73-76% | D= 63-66% |  |
|  | B- = 80-82% | C- 70-72% | D- = 60-62% |  |

Assignments and Evaluations:

Take Home Review Assignments 2 x 50 points 100

Lab Reports 4/week x 5 points each 120

Exams 2x 100 points 200

Lead Lab Discussion 100 points 100

Lab Discussion participation 25 points each 125

Final Reflection 1x 50 points 50

Approximate Total 695

**TENTATIVE CLASS SCHEDULE**

|  |  |  |
| --- | --- | --- |
| **DAY** | **DATE** | **MATERIAL** |
| WED | 1/22 | Syllabus  Medical Terminology |
| FRI | 1/24 | Recognizing Injury  Healing Process |
| MON | 1/27 | Healing Process |
| WED | 1/29 | Principles of Rehabilitation |
| FRI | 1/31 | **NO CLASS** |
| MON | 2/3 | Foot, Ankle, Lower Leg |
| WED | 2/5 | Foot, Ankle, Lower Leg |
| FRI | 2/7 | Knee, Hip |
| MON | 2/10 | Knee, Hip |
| WED | 2/12 | Lower Extremity Lab |
| FRI | 2/14 | Lower Extremity Review |
| MON | 2/17 | **\*\*Lower Extremity Exam\*\***  **Review Due** |
| WED | 2/19 | Shoulder |
| FRI | 2/21 | Elbow, Wrist, Hand |
| MON | 2/24 | Head, Face, Cervical Spine |
| WED | 2/26 | Upper Extremity Lab |
| FRI | 2/28 | **BKB MWC**  **NO CLASS** |
| MON | 3/3 | **\*\*Upper Extremity Take Home Exam Due\*\***  Strength and Conditioning |
| WED | 3/5 | Strength and Conditioning Lab |
| FRI | 3/7 | **NO CLASS** |
| MON-FRI | 3/10-14 | **SPRING BREAK**  **NO CLASS** |
| MON-FRI | 3/17-21 | **SPRING BREAK**  **NO CLASS** |
| MON | 3/24 | **CONTROL**  Lab |
| WED | 3/26 | **CONTROL**  Performance Topic: Mental Health |
| FRI | 3/28 | **CONTROL**  Class Discussion: Placebos |
| MON | 3/31 | **CRYOTHERAPY**  Lab |
| WED | 4/2 | **CRYOTHERAPY**  Performance Topic: Nutrition |
| FRI | 4/7 | **CRYOTHERAPY**  Class Discussion |
| MON | 4/7 | **HEAT THERAPY**  Lab |
| WED | 4/9 | **HEAT THERAPY**  Performance Topic: Sleep |
| FRI | 4/11 | **HEAT THERAPY**  Class Discussion |
| MON | 4/14 | **PNEUMATIC COMPRESSION**  Lab |
| WED | 4/16 | **PNEUMATIC COMPRESSION**  Performance Topic: Supplements |
| FRI | 4/18 | **PNEUMATIC COMPRESSION**  Class Discussion |
| MON | 4/21 | **ACTIVE MOVEMENT**  Lab |
| WED | 4/23 | **ACTIVE MOVEMENT**  Performance Topic: Wearables |
| FRI | 4/25 | **ACTIVE MOVEMENT**  Class Discussion |
| MON | 4/28 | **PERCUSSION THERAPY**  Lab |
| WED | 4/30 | **PERCUSSION THERAPY**  Performance Topic: OTC Medications |
| FRI | 5/2 | **PERCUSSION THERAPY**  Class Discussion |
| MON | 5/5 | **LIFTING**  Lab |
| WED | 5/7 | **LIFTING**  Performance Topic: TBD |
| FRI | 5/9 | **LIFTING**  Class Discussion |

**Lab Reports**

* Monday will be intervention day with activity and intervention of the week done during class time
* Using Google Form, report at the following times:
  + Immediately following
  + ~4-6 hours later (approximately dinner time)
  + ~24 hours later (by lunch time Tuesday)
  + ~48 hours later (by class time Wednesday), be prepared to discuss

**Discussion Lead**

* Done in pairs on Fridays to discuss Monday’s intervention.
* Utilize current research surrounding benefits, negatives, contraindications, effects of intervention.
  + Personal anecdotes are ok, but majority should be research based.
* Not a lecture presentation
  + Goal is to include classmates and facilitate discussion/debate regarding intervention and its place within athletic recovery.

**Final Reflection**

* Due at the end of the semester
* Thinking through the entirety of the semester, how do you intend to use information gained in your own “athletic” performance.
* No length requirement, tell me what you want to tell me.