**KIN237 Care & Prevention of Athletic Injuries– Block 4 2018**

**Class Time:** Online M-W: Lab R & F **Instructor:** Jay Hoffman DHSc, ATC

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**Office:** NA **Office Hours:** NA

**Course Description:**

Prevention and treatment of athletic injuries, taping experience, understanding the principles of athletic training, and first aid and emergency care. Prerequisites: NA. (4hr)

**Required Text:**

1. Essentials of Athletic Injury Management 10th Ed. McGraw-Hill, 2016. (ISBN: 9780078022753)
2. NCAA Sports Medicine Handbook:<http://www.ncaa.org/sport-science-institute/2014-15-ncaa-sports-medicine-handbook>
3. NATA Position Statements:<https://www.nata.org/news-publications/pressroom/statements/position>

**Web Resources:**

1. National Federation of High Schools: <https://www.nfhs.org/>
2. National Athletic Trainers’ Association: [www.nata.org](http://www.nata.org)
3. American Academy of Sports Medicine: [www.acsm.org](http://www.acsm.org)

**Course Objectives:**

Upon successful completion of this course, the student will:

1. Describe the roles and members of an athletic health care system/sports medicine team
2. Describe the appropriate policies and administrative paperwork **(Facility Rules, EAP, medical history, preparticipation exam, orthoscreening, sport disqualification, release of medical records, injury report, treatment log, personal information card)**
3. Describe liability considerations associated athletics and delivery of care
4. Identify the types of insurance necessary to protect the athlete
5. Describe general dietary recommendations **(macronutrient %, pre/post-event meal, glycogen and fat loading, ideal body composition, signs of eating disorders and female athlete triad)**
6. Describe potential dangers related to potential dangers of adverse environmental conditions **(hyperthermia, hypothermia, lightning)**
7. Identify appropriated procedures for handling emergency situations and injury assessment
8. Identify universal precautions and avoiding exposure to bloodborne pathogens during wound care
9. Identify basic principles of wrapping and taping techniques ([ankle](https://www.youtube.com/watch?v=S0uP-1EAtEk), [turf toe](https://www.youtube.com/watch?v=93PVTLHWNLI), [thumb](https://www.youtube.com/watch?v=1ydvON1PmjE), [arch](https://www.youtube.com/watch?v=7YUG4Dy1EXw), [wrist](https://www.youtube.com/watch?v=fPjbyzBdhrs), [groin spica](https://www.youtube.com/watch?v=m0L8Q4ELxw4), [shoulder spica](https://www.youtube.com/watch?v=eFrJPLJwcgk), [ankle wrap](https://www.youtube.com/watch?v=wOj-5TUDMOQ))
10. List the basic components of a rehabilitation program
11. Describe how to help injured athletes psychologically
12. Describe acute traumatic injuries **(fractures, dislocations, subluxations, contusions, ligament sprains, muscle strains, muscle soreness, and nerve injuries.)**
13. Describe common injuries of the foot/toes **(Plantar fasciitis, Jone’s fracture, longitudinal arch strain, fracture/dislocation of toes, turf toe, subungal hematoma)**
14. Describe common injuries of the ankle/lower leg **(ankle sprain, fractures, shin splints, contusions, compartment syndrome, Achilles tedinitis and rupture)**
15. Describe common injuries of the knee **(sprains, meniscus injury, bursitis, runner’s knee, patellar subluxation/dislocation, Osgood-schlatter)**
16. Describe common injuries of the thigh/hip/groin **(quad contusion, myositis ossificans, strains, dislocated hip, hip pointer, osteitis pubis)**
17. Describe common injuries of the shoulder **(fractures, sprains, glenohumeral dislocation, rotator cuff strain, bicep tendonitis)**
18. Describe common injuries of the arm/hand **(olecranon bursitis, epicondylitis, ulnar nerve, elbow dislocation, scaphoid fracture, boxer’s fracture, mallet finger, boutonneire, jersey, game keeper’s, subungal hematoma)**
19. Describe common injuries of the spine **(cervical fracture/dislocation, strains, whiplash, acute torticolilis, pinched nerve, low back pain, sciatica, herniated disc, spondys)**
20. Describe common injuries of the thorax/abdomen **(rib contusion/fracture, injuries to lungs, sudden death, ab strain, solar plexus, side stitch, spleen injury, kidney/liver contusion)**
21. Describe common injuries of the head/face **(cerebral contusion, post-concussion, second impact, epidural/subdural hematoma, migraines, mandible fracture, cheekbone fracture, facial laceration, tooth fracture, tooth subluxation/avulsion, nasal fracture, nosebleed, auricular hematoma, ruptured tympanic membrane, otitis media, black eye, foreign body in eye, hyphema, acute conjunctivitis)**
22. Describe common general medical conditions and health concerns **(skin, respiratory, GI, mono, sickle cell, diabetes, hypertension and female athlete triad)** and appropriate care/referral.

Upon completion of **laboratory activities** the student will be able to:

1. Demonstrate appropriate use of environmental testing procedure/equipment (heat and lightening)
2. Implement an emergency action plan, including primary and secondary assessment
3. Apply emergency splints and prepare an athlete for transport
4. Demonstrate appropriate wound care using universal precautions
5. Apply appropriate wrapping and taping techniques (ankle/foot spica, groin wrap, shoulder spica; taping-ankle, arch, great toe, wrist and thumb---see video links above)
6. Select and apply the appropriate ice (PRICE) or heat modality
7. Identify common skin infections (viral, bacterial, and fungal)

Upon completion of this course students will demonstrate **NFHS certification** (<https://nfhslearn.com/welcome>) in:

1. Appearance and Performance Enhancing Drugs
2. Concussion in Sports
3. Heat Illness Prevention
4. Sports Nutrition
5. Sudden Cardiac Arrest
6. CPR/AED for the Professional Rescuer\* (optional for extra credit)

**Assignments:**

|  |  |
| --- | --- |
| **Description** | **Pts** |
| Sports Medicine Handbook (10ea) | 250 |
| NFHS certifications (10 ea) | 50 |
| Weekly/Unit Tests (50 ea) | 150 |
| Discussion Boards (10 ea) | 180 |
| Simulation | 50 |
| Final Exam | 100 |
| Lab Practical | 50 |
| Lab Session Participation (5ea) | 75 |
| **Total Points:** | **765** |

\*Assignments and final points are subject to change

**Grading Scale:**

A = 93%+ A- = 90%-92%

B+ = 86%-89% B = 82%-85% B- = 78%-81%

C+ = 73%-77% C = 68%-72% C- = 65%-67%

D+ = 62%-64% D = 58%- 61% D- = 55%-57%

F = <55%

**Course Evaluation:**

This can include, but is not limited to exams, quizzes, homework assignments, laboratory worksheets, papers, projects, presentations, guest speakers, class participation, journals, portfolio, and completion of clinical competencies. The coursework will be given at the discretion of the professor.

**Assignment/Test Policy:**

**No late work will be accepted** (unless prior authorization is given by the instructor). Assignments or exam retakes must be arranged and completed prior to authorized absences. Once an arranged time has been agreed upon by the instructor and student, failure to complete the assignment by said time will result in forfeiture of the allotted points. Instructor discretion will be utilized for unauthorized absences for exams.

**Absence Policy:**

Unexcused absences during laboratory days, as indicated on the course schedule will result in full forfeiture of associated participation and/or attendance points. Any more than two excused absences during lab will also result in loss of associated points. Excused absences must be related to school sponsored events or pre-lab communicated illness. Any other excused absences must be approved by the instructor prior to the scheduled lab day. Online coursework must still be submitted by due date and time, regardless of absence, unless otherwise authorized by the instructor prior to the day in question.

**Academic Integrity:**

Students will be expected to complete their own academic work. Academic dishonesty will not be tolerated. Academic dishonesty occurs when a student submits work of someone else as his/her own or has special information for use in an activity that is not available to other students in the same activity. Any acts of academic dishonesty will result in failure of said material and a formal report to the Dean. Any further acts will result in immediate removal from the classroom and result in course Failure. For further clarification please refer to the Academic Catalog and institutional policy.

**Special Considerations:**

The laboratory nature of this course will require hands-on skills. Students are expect to wear active attire on lab days to allow access to extremities for taping, splinting, and wrapping. ***Active attire include sneakers, shorts, leggings, sport bras, t-shirts, sweat or swish pants (covering shorts). Do NOT wear dress clothes, skirts, jeans, or pants without shorts underneath.*** If there is a change in expected attire, the instructor will communicate the appropriate change. If a student has a physical challenge with the technical standards of the course, **please notify the instructor to determine if appropriate accommodations can be made**. Example include loss or impairment of an extremity that would not permit the execution of the laboratory skills identified above in course objectives.

**STUDENTS WITH DISABILITIES:**

Cornell College is committed to providing equal educational opportunities to all students. Cornell College makes reasonable accommodations for persons with disabilities. Students should notify the Coordinator of Academic Support and Advising and their course instructor of any disability related accommodations within the first three days of the term for which the accommodations are required, due to the fast pace of the block format.  For more information on the documentation required to establish the need for accommodations and the process of requesting the accommodations, see the [academic support and advising web page.](http://www.cornellcollege.edu/academic-support-and-advising/disabilities/index.shtml.)

**Contact**: Brooke Paulsen, Coordinator of Academic Support & Advising

Phone: 319-895-4382 Office: Library 309

**Withdrawal from the Course:**

According to Cornell College guidelines, students may withdrawal from this course on the 15th day of the block assuming that they meet specific criteria as listed in the Course Catalogue. This option is available for the student who has made a good faith effort to perform well in class, as demonstrated by consistent attendance and participation in course activities and completion of all assignments.

**GRIEVANCE PROCESS:**  If you have concerns with this course, my grading practices or any other issue, I encourage you to come and meet with me to resolve the issue. If you are uncomfortable meeting with me, please contact Dr. Kristin Meyers, Department Chair and she will work with you to resolve the issue or direct you to the appropriate person.

***Note:*** Course syllabi are intended to provide students with basic information and blue print for the course. The Instructor reserves the right to make changes to the syllabus as needed. All students will be notified in writing and provided with an electronic version of any changes to the syllabus.

**Tentative Schedule (please follow Moodle modules for most current/accurate schedule):**

|  |  |  |  |
| --- | --- | --- | --- |
| **Day/Date** | **Content** | **AM** | **PM** |
| **D0: prior to Nov. 26th** | **Pre-Class Activities** | **Review Online Content** | **Class Introduction**  **!Online Post Required!** |
| D1: 26th  Face 2 Face | Course Introduction/Activity  Ch. 1 Sports Medicine Team | In class activity; Discussion 1 | Responses 1 (online) |
| D2: 27th  Online | Ch. 2 Organization & Admin  Ch. 3 Legal Liability & Ins | Discussion 2 | Responses 2 |
| D3: 28th  Online | Ch. 4 Prevention through Fitness  Ch. 5 Nutrition  **NFHS Certification #1 & 4** | Discussion 3 | Responses 3 |
| D4: 29th  Face 2 Face | Taping  Ch. 10 Wrapping & Taping | S1:Taping Lab | S2: Taping Lab (cont.) |
| D5: 30th  Face 2 Face | Test  Wrapping | S3: Wrapping Lab | S4: **Unit 1 Test: Ch. 1, 2, 3, 4, & 5** |
| D6: Dec. 3rd  Online | Ch. 7 Adverse Environment  **NFHS Certification #3**  Ch. 8 Emergency Situations | Discussion 4 | Responses 4 |
| D7: 4th  Online | Ch. 9 Blood & Wound Care  Ch. 11 Basics of Rehab | Discussion 5 | Responses 5 |
| D8: 5th  Online | Ch. 12 Psych of Injury  Ch. 13 Recognizing Injuries | Discussion 6 | Responses 6 |
| D9: 6th  Face 2 Face | Environmental Precautions  PRICE  Splinting | S5: Environment | S6: PRICE  Splinting |
| D10: 7th  Face 2 Face | Test  Wound Care  CPR/AED | S7: Wound Care  CPR | S8: CPR (cont.)  **Unit 2 Test: Ch. 7, 8, 9, 10, 11, 12, & 13** |
| D11: 10th  Online | Ch. 14 Foot/Toes  Ch. 15 Ankle/Leg | Discussion 7 | Responses 7 |
| D12: 11th  Online | Ch. 16 Knee  Ch. 17 Thigh/Hip | Discussion 8 | Responses 8 |
| D13: 12th  Online | Ch. 18 Shoulder  Ch. 19 Arm | Discussion 9 | Responses 9 |
| D14: 13th  Face to Face | Ch. 20 Spine  Ch. 21 Thorax/Abs  **NHFS Certification #5** | S9: Palpation of Abdomen  CPR (cont.) | S10: CPR (cont.)  ***\*Optional: CPR cert #6 exam $40*** |
| D15: 14th  Face 2 Face | Test  Ch. 22 Head/Face  Ch. 23 Gen Med  **NHFS Certification #2**  Skin Conditions | S11: Management of Head and neck injury | S12: Skin Infection Identification/Management  **Unit 3 Test: Ch. 14, 15, 16, 17, 18, 19, 20, 21** |
| D16: 17th  Face 2 Face | Implementing Emergency Action Plan | S13: EAP Simulator Practice | S14: Integrated Simulations |
| D17: 18th  Face 2 Face | Lab Practical **(schedule a time)** | **Designated Practical Time** | **Designated Practical Time** |
| D18: 19th  Face 2 Face | Taping Tournament  Course Final Exam | **S15: Taping Tournament**  **1st=10pts 2nd=7.5pts 3rd=5pts EC** | **Final Exam: Ch. 1-23** |

White= Online Class Gray= Face 2 Face Class