

Mayville State University
HPER Division
COURSE SYLLABUS

Course Number: HPER 207
Semester: Fall, Spring
Class Time: MWF 10:00-10:50
Instructor: Tim O'Brien, M.Ed., LAT, ATC
E-mail: tim.obrien@mayvillestate.edu

Course Title: Prevention and Care of Injuries
Semester Hours: 3
Location: FH Classroom 109
Phone: 788-4844 (34844)
Office: FH110C

Instructor's Hours of Availability: Mr. O'Brien is generally on campus daily from 7:30 a.m. until 6:00-6:30 p.m and is available at almost any time outside of scheduled classes. If a meeting is required, an email is the best method of contact.

Instruction Mode: On campus Face-to-face

Time Zone: All times referred to in the syllabus correspond with the Central Time Zone (US)

TEXT: Recommended: Fundamentals of Sports Injury Management, M. Anderson, S. Hall, 3rd edition

Required: Prevention and Care Binder available through the Mayville State University Bookstore

COURSE DESCRIPTION:

A course designed to introduce students to the profession of athletic training and provide them with essential tools to be able to prevent, recognize, and manage injuries received as a result of participation in various activities. The course will address mechanisms and classifications of injury, the physiologic response to injury, and the healing process. Specific injuries will be discussed such as: concussions, injuries to the head, neck, and spine, injuries to the upper extremity, and injuries to the lower extremity. The course is lecture based with a lab included. Students will also be required to become certified by the National Federation of High Schools-Concussion in Sport. **PREREQUISITES:** BIOL 150 or BIOL 220

COURSE OBJECTIVES

The objectives for any college course is to leave the class knowing more than when you entered it, be able to utilize that knowledge in a variety of ways, and earn a passing grade. The course lectures, activities, experiences, and assignments are designed to provide opportunities for students to accomplish the following:

1. Summarize the steps to the prevention of injuries.
2. List concepts of sound conditioning.
3. Explain psychological consideration in sports injuries.
4. Be capable of properly fitting athletic equipment.
5. Describe mechanism of injury.
6. Be able to classify an injury.
7. Explain the healing process and protocol for rehabilitation.
8. List the specific protocol for emergency procedures.
9. Describe and demonstrate evaluation of the following athletic injuries:
 - A. Head and Spine including concussion
 - B. Foot
 - C. Ankle/lower leg
 - D. Knee
 - E. Thigh/hip/pelvis
 - F. Wrist/hand
 - G. Elbow/forearm
 - H. Shoulder
 - I. Skin
 - J. Other related health conditions

STUDENT LEARNING OUTCOMES (SLO)

By understanding the specific student outcomes, the student completing a degree from the Health, Physical Education, and Recreation Department can expect to achieve the learning outcomes: *Through the demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness.*

COURSE IMPROVEMENTS BASED ON MOST RECENT ASSESSMENT FINDINGS: For the final practical exam, students achieved the minimum standards. More lab experiences should improve performance. For the final written exam, students have been improving toward the minimum standards set. More emphasis will be placed on information for that exam.

INSTRUCTIONAL STRATEGIES

Lecture
Class Discussion
Lab Experiences

LEARNING EXPERIENCES

In order to maximize your learning experience, there are some expectations for you in this course.

1. Attend class. This is the only way to get all of the information for the course. While attendance is not taken on a daily basis, items such as pop quizzes will be given and they cannot be made up. **The instructor must be informed prior to any absence.**
2. Keep a notebook for the class containing the notes, taping/wrapping diagrams, and any other assignments.
3. Participate in the lab experiences and take advantage of the time that is given to practice and improve your skills.

EXPECTATIONS/PROTOCOLS

You will be expected in class and labs every meeting. If for some **important** reason you must be gone, you will communicate with the instructor by e-mail **on or before** the day of absence. No communication will be considered a skip.

INSTRUCTOR/STUDENT COMMUNICATION

E-mail communication is the preferred method of communication. Communiqué will be responded to generally within a 36 hour time frame. If there is a concern, students may feel free to contact my office phone or by coming to my office. Students are accountable for all academic communications sent to their Mayville State University e-mail address.

EVALUATION AND GRADING (Grades are based on total points)

1. Quizzes – quizzes will occasionally be given prior to class. They may range from 5 to 15 points.
2. Exams – Exams are typically given after every two chapters depending on the subject matter. A total of 6 to 8 exams will be administered.
3. Notebook – A well-organized notebook will be submitted at the end of the semester for grading purposes. This will not only provide a valuable resource for the student in the future, but also contribute to the student's present grade.
4. CEU assignments – Students will earn points based on their performance.
5. Labs – Points are awarded for attendance and participation

GRADE DISTRIBUTION

1. Grading Scale:
A=100-90%
B=89-80%
C=79-70%
D=69-60%
F=below 60%
2. Grades are based on the percentage of points earned out of the total possible for the class. I will round up from the nearest tenth decimal point.
3. Exams and quizzes cannot be made up if an absence is unexcused. An unexcused absence is any absence that the instructor is not informed prior to missing class.

Grades will be posted throughout the semester on Moodle in a timely manner as per policy listed in the Employee Handbook. All course work must be submitted by the Friday before Finals Week. Make-up exams will be made up at the convenience of the instructor.

****I do not give grades, the students earn them.****

LATE ARRIVALS

Students who add this course after the first day of instruction are still responsible for any and all material covered. Assignments and labs will be made up at the instructor's discretion.

IMPORTANT STUDENT INFORMATION

In the Moodle course, you will find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement

ASSUMPTION OF RISK

There are many special benefits from the activities being offered to students by the Division of HPER. Within the activities it must be understood that there are dangers that may lead to injury to students. Therefore, the purpose of this section is to make all students

aware that dangers do exist and that participation is done with the understanding that risks are involved. It is to be further understood that students must share in the responsibility for their own safety and the safety of others.