

Care and Prevention of Athletic Injuries

EXRS 2100- Spring Semester 2005

Instructor: Steve Bryant, MEd, ATC sbryant@sports.uga.edu
Stegeman Coliseum Athletic Training Room -- ph# 706-542-7885
Office Hours: Monday and Wednesday, 10-11AM

Required Text

Prentice, William (2003), Principles of Athletic Training, 11th Ed, McGraw-Hill

Supplemental Text

Hoppenfeld, Stanley (1976), Physical Examination of the Spine and Extremities.
Prentice Hall, Inc.

Starkey, Chad and Ryan, Jeff (1996), Evaluation of Orthopaedic and Athletic
Injuries, F.A. Davis.

Course Syllabus

The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.

Course Description

Introduction to the prevention, evaluation, and treatment of athletic related injuries. An overview of the field of athletic training to include the evaluation of injuries, emergency medical procedures, prevention and treatment methods for musculoskeletal injuries, heat illness and nutritional problems.

Course Objectives

1. The student to gain a basic understanding of the role and function of an athletic trainer in a comprehensive health care team.
2. To be able to develop appropriate injury prevention programs by designing flexibility, cardiovascular and weight training programs specific to sport activities.
3. Be able to identify emergency medical situations and be able to apply appropriate first aid measures.
4. To understand the principles related to injury care and management for optimal recovery.
5. Be able to identify common injuries of the lower extremity and perform the appropriate evaluation techniques to identify these injuries.

Testing

There will be 3 tests, 5 quizzes, and a comprehensive final examination to test cognitive knowledge. Quizzes will be announced in class at least one class ahead of the quiz.

Grading

THERE IS NO CURVING OF GRADES IN THIS COURSE. WHAT YOU EARN ON YOUR TESTS AND QUIZZES WILL BE YOUR FINAL GRADE!!!!

Grading will be based solely on points earned from all the tests and quizzes as follows:

Test 1	100 Points
Test 2	100 Points
Test 3	100 Points
5 Quizzes worth 20 points each	100 Points
Final-Comprehensive	200 Points
TOTAL	600 Points

Final Grades

A= 540 points or better
B= 480-539 points
C= 420-479 points
D= 360-419 points
F= < 419 points

Attendance Policy

I expect each student to be present and on time to class. You will be held responsible for all tests and quizzes taken in class. **Unexcused missed tests and quizzes will not be made up unless prior permission is obtained from myself.** Supporting **medical documentation** will be required before any make-up is granted.

Academic Honesty

The University of Georgia and the Athletic Training Education program seeks to promote and ensure academic honesty and personal integrity among students and members of the University community. Academic honesty means performing all academic work without cheating, lying, tampering, stealing, or receiving assistance from any person or using any source of information that is not common knowledge. All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about those standards before performing any academic work.

Class Outline

Week Number	Tuesday	Thursday
1	1/11 First day of class- Intro to Athletic Training	1/13 Intro continued
2	1/18 Environmental Concerns	1/20 Psychology of Injury Quiz # 1
3	1/25 Conditioning(Part 1)	<u>1/27 TEST ONE</u>
4	2/1 Conditioning(Part 2) and anatomical terms	2/3 Injury recognition
5	2/8 Injury Prevention---- Quiz # 2	2/10 Emergency Procedures-Primary Survey
6	2/15 Emergency Procedures-Survey-Quiz # 3	2/17 Tissue response to Sports Trauma/Injury
7	2/22 Emergency Equipment	2/24 Test Two
8	3/1 Modalities-Hot/Cold	3/3 Rehabilitation
9	3/8 Facial and Throat Injuries	3/10 Lower extremity-foot Quiz # 4
10	3/22 Ankle and lower leg-Part 1	3/24 Ankle and lower leg-Part 2
11	3/29 Shoulder	3/31 TEST THREE
12	4/5 Knee-Part 1	4/7 Knee-Part 2
13	4/12 Spine Quiz # 5	4/14 Abdominal and Thoracic Cavity
14	4/19 Thigh and Hip	4/21 Groin and Pelvis
15	4/26 Special Situations	4/28 Review

Mid point of Semester is March 3, 2005

The final exam is scheduled for Thursday, May 5, 2005 from 8:00 am- 11:00 am. The test is comprehensive and worth 300 points.