

Care and Prevention of Athletic Injuries

EXRS 2100- Fall Semester 2005

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

Required Text

Prentice, William (2003), Principles of Athletic Training, 12th Ed, McGraw-Hill

Supplemental Text

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

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-Not 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		8/18 First Day of Class
2	8/23 Introduction to Athletic Training	8/25 Environmental Concerns
3	8/30 Quiz # 1 Psychology of Injury	9/1 Conditioning-Part One
4	9/6 TEST ONE	9/8 Conditioning-Part Two Anatomical Terms
5	9/13 Injury Recognition	9/15 Quiz #2 Injury Prevention
6	9/20 Emergency Procedures- Primary Survey	9/22 Emergency Procedures- Secondary Survey
7	9/27 Tissue Response to Sports Trauma and Injury	9/29 Quiz 3 Emergency Equipment
8	10/4 TEST TWO	10/6 Modalities–Hot/Cold
9	10/11 Rehabilitation	10/13 Facial and Throat Injuries
10	10/18 Quiz # 4 Lower Extremity-Foot	10/20 Ankle and Lower Leg Part One
11	10/25 Ankle and Lower Leg Part Two	11/1 Shoulder
12	11/3 TEST THREE	11/8 Knee-Part One
13	11/10 Knee-Part Two	11/15 Quiz # 5 Spine
14	11/17 Abdominal and Thoracic Cavity	11/22 Thigh and Hip
15	11/29 Groin and Pelvis	12/1 Legal Considerations
	12/6 Review	12/8 Review

Mid point of Semester is October 11, 2005

The final exam is scheduled for Thursday, December 15th from 8:00am-11:00am. The final is not comprehensive and worth 200 points.