

# Care and Prevention of Athletic Injuries

## EXS 2100

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Office Hours: M W 10-11AM

### Required Text

Arnheim, Daniel and Prentice, William (2003), Principles of Athletic Training, 11<sup>th</sup> Ed, Mosby-Year Book Inc.

### 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 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 an 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 understanding the principles related to injury care and management for optimal recovery.
5. Be able to identify common injuries of the lower and upper extremities and perform the appropriate evaluation techniques to identify these injuries.

### Testing

There will be 3 tests plus a comprehensive final examination to test cognitive knowledge. Further, there will be a laboratory grade worth 25% of your final grade.

## Lab

Lab syllabus will be distributed by your Lab Instructor. This will detail the course objectives and grading.

## Grading

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

Test 1	100 Points
Test 2	100 Points
Test 3	100 Points
Final-Comprehensive	200 Points
Lab Grade	200 Points
TOTAL	700 Points

## Final Grades

A=630 points or better

B=560-629 points

C=490-559 points

D=420-489 points

F=<420 points

## Attendance Policy

We expect each student to be present and on time to class and laboratory sessions. You must make up all missed work. Unexcused missed tests (class or lab) will not be made up unless permission was obtained from one of the instructors. Supporting documentation will be required before any make-up is granted. Both the Class and Lab Instructors reserve the right not to grant any make-up work due to missed class.

## University Honor Code and Academic Honesty Policy

Students in this course are expected to conform to the UGA Student Honor Code: " I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." Academic honesty means performing all academic work without plagiarism, cheating, lying, tampering, stealing receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. Examples of academic dishonesty are copying answers from another student during an exam, giving a false excuse for failing to show up for an exam, obtaining advance exam copies by unauthorized means, and damaging a computer disk to prevent evaluation of the work on that disk. Students who assist other students in academically dishonest acts are in violation of the policy. Consequences of academic dishonesty may include receiving a lower grade, community service, a notation on the student's transcript, or suspension or expulsion from the University. Students have the responsibility for knowing the University's policy and procedures on academic dishonesty, which are described in the publication, A Culture of Honesty. Copies of this publication can be obtained from the Office of the Vice President for Instruction or may be viewed at the following web site:  
<http://www.uga.edu/ovpi/>.

## Class Outline

Week Number	Tuesday	Thursday
1	8/ 17 NO Classes	8/19 Intro to AT
2	8/24 Intro to AT	8/26 Injury Prevention
3	8/31 Injury Prevention	9/02 Injury Prevention
4	9/07 Injury Prevention	9/09 Emergency Procedures
5	9/14 Emergency Procedures	9/16 Emergency Procedures
6	9/21 Test #1	9/23 Principles of Injury Recognition
7	09/28 Principles of Injury Recognition	09/30 Principles of Injury Recognition
8	10/05 Modalities and Rehab	10/07 Modalities and Rehab
9	10/12 Ankles	10/14 Lower Leg
10	10/19 Knee	10/21 Test #2
11	10/26 Special Situations	10/28 Fall Break
12	11/02 Hip & Thigh	11/04 Elbow, Wrist & Fingers
13	11/09 Shoulder	11/11 Head & Face
14	11/16 Thorax & Trunk	11/18 Test #3
Thanksgiving Break	11/23 NO CLASS	11/25 NO CLASS
15	11/30 Spine & Back Inj	12/02 Review Day

Mid point Withdrawal date of Semester is Oct 15th.

Final Examination is schedule for Week of December 13-17. This test is comprehensive and worth 200 points.

# EXRS 2100 Lab

## Prevention and Care of Athletic Injuries

Lab Instructors: Steve Bryant, ATC  
Jennifer Cappuzzo, ATC  
Tamerah Hunt, ATC  
Harris Patel, ATC

### Course Description:

Application of a variety of protective devices as well as taping, wrapping and padding procedures consistent with the principles for the care and prevention of athletic injuries.

### Lab Supplies:

Required packet of taping materials available at the UGA bookstore.

### Attendance:

Required and expected. You will be held responsible for all skills presented in class. There will be no make-ups for skill and/or written tests missed.

### Dress/Attire:

This is a laboratory class that requires convenient access to the body area with which we are working. Therefore, you are expected to be dressed appropriately for each lab. Please be considerate of this policy.

### Grade:

Competency skills to be tested: (variable points)

Ankle compression wrap	Hip spica (hip flexor, groin)
Knee compression wrap	Louisiana ankle wrap
Shoulder spica	Arch taping
Achilles taping	Ankle taping (closed/open basket weave)
Turf toe	Wrist taping (hyperflexion/hyperextension)
Elbow hyperextension	
Thumb taping	

### Based on Points earned:

Skills	140 points
Final Written Exam	60 points