

Care and Prevention of Athletic Injuries
KINS 2100
Fall 2008

Instructor: Dr. Bud Cooper, ATC,CSCS cooperb@uga.edu
Ramsey 101J 706-542-6463
Office Hours: by appointment

Class Location/Time: Ramsey 203 Tues/Thur 9:30 – 10:45 AM

Required Text

Prentice, William. (2005). Arnheim's Principles of Athletic Treaining 13th ed., McGraw-Hill.

Supplemental Texts

Hoppenfeld, Stanley (1976). Physical examination of the spine and extremities. Prentice Hall Inc.

Starkey, Chad and Ryan, Jeff (1996). Evaluation of Orthopedic and Athletic Injuries. FA 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, environmental illness and nutritional problems.

Course Objectives

1. To understand the role and function of an athletic trainer as a member of the comprehensive health care team.
2. Develop an appropriate injury prevention program by designing flexibility, cardiovascular, and weight training programs specific to sports activities.
3. Identify emergency medical situations and apply the appropriate first aid measures.
4. Understand the principles related to injury care and management for optimal recovery.
5. 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 exam. No grade curving will occur, and no additional extra credit will be given.

Test 1	100 points
Test 2	100 points
Test 3	100 points
5 quizzes worth 20 points each	100 points
<u>Final comprehensive exam</u>	<u>200 points</u>

TOTAL 600 points

Grading

Final grade

A = 94-100%	B+ = 87-89%	C+ = 77-79%	D = 65-69%
A- = 90-93%	B = 84-86%	C = 74-76%	F = below 65%
	B- = 80-83%	C- = 70-73%	

Attendance Policy

Attendance is required. Roll will be taken at the beginning of every class session. All absences must be approved beforehand by the instructor. Excused absences include illness with health care provider visit or family emergency. **Three unexcused absences will be allowed during the semester.** For every unexcused absence over three, the final grade will be decreased by 1/3 of a letter grade. For example, if a student has 4 unexcused absences and has a grade of A-, the final grade will be B+. Quizzes and tests may be made up only in the cases of excused absences or with instructor approval, otherwise a grade of zero will result for that quiz.

Academic Honesty

The University of Georgia (the University) seeks to promote and ensure academic honesty and personal integrity among students and other members of the University community. Academic honesty is defined broadly and simply - the performance of all academic work without cheating, lying, stealing, or receiving assistance from any other person or using any source of information not appropriately authorized or attributed. Academic honesty is vital to the very fabric and integrity of the University. All students must comply with an appropriate and sound academic honesty policy and code of honest behavior. All members of the University community are responsible for creating and maintaining an honest university, and all must work together to ensure the success of the policy and code of behavior. All members of the University community are responsible for knowing and understanding the policy on academic honesty. The complete policy may be viewed at <http://www.uga.edu/ovpi/honesty/ah.pdf>.

Course Outline

Date	Tuesday	Thursday
Aug 19, 21	Syllabus Intro to Athletic Training	Psychology of injury/rehab (CH 11) END of DROP/ADD
Aug 26,28	Conditioning (CH 4) QUIZ #1	Conditioning continued (CH 4)
Sept 2,4	Anatomical Terms (Handout & Notes)	TEST 1
Sept 9,11	Injury Recognition (CH 9)	Injury Prevention (CH 7)
Sept 16,18	Emerg Procedures 1° Survey (CH 12) QUIZ #2	Emergency Procedures – Secondary Survey (CH 12)
Sept 23,25	Emergency Procedures	Tissue Response to Injury (CH 10) QUIZ #3
Sept 30, Oct 2	Modalities – Hot and Cold (CH 15)	TEST 2
Oct 7,9	Rehabilitation (CH 16)	Facial and Throat Injuries (CH 26)
Oct 14,16	Lower Extremity – Foot (CH 18) QUIZ #4	Ankle and Lower Leg (CH 19) MID-POINT WITHDRAWAL
Oct 21,23	Ankle and Lower Leg cont'd (CH 19)	Shoulder (CH 22)
Oct 28,30	Environmental Concerns (CH 6)	TEST 3
Nov 4,6	Knee (CH 20)	Knee continued (CH 20)
Nov 11,13	Spine (CH 25) QUIZ #5	Abdominal and Thoracic Cavity (CH 27)
Nov 18,20	Thigh and Hip (CH 21)	Groin and Pelvis (CH 21)
Nov 25,27	NO CLASS	Thanksgiving Break
Dec 2,4	Legal Considerations (CH 3)	Review
Dec 9	Review	
FINAL	Dec 16: 8:00 – 11:00 AM	