

Care and Prevention of Athletic Injuries  
KINS 2100  
Fall 2009

Instructor: Dr. Bud Cooper, ATC,CSCS [cooperb@uga.edu](mailto: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 13<sup>th</sup> 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 as will changes to testing/grading formats.

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 – subject to change

Tentatively - 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
Test 4	100 points
5 quizzes worth 20 points each	100 points
<u>Final exam</u>	<u>100 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%	

Any written assignments are due at the beginning of class. Any assignments that are turned in late will receive a 10 point penalty for each day late. Assignments that are in excess of 2 days late will not be accepted.

## 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>.

## KINS 2100 TENTATIVE WEEKLY SCHEDULE

### Course Outline

<b>Date</b>	<b>Tuesday</b>	<b>Thursday</b>
Aug 18, 20	Syllabus Intro to Athletic Training	Psychology of injury/rehab (CH 11)
Aug 25, 27	Conditioning (CH 4) <b>END of DROP/ADD Aug 21</b>	Conditioning continued (CH 4) <b>QUIZ #1</b>
Sept. 1, 3	Anatomical Terms (Handout & Notes)	<b>TEST 1</b>
Sept. 8, 10	Injury Prevention (CH 7)	Injury Recognition (CH 9)
Sept. 15, 17	Emerg Procedures 1° Survey (CH 12)	Emergency Procedures – Secondary Survey (CH 12) <b>QUIZ #2</b>
Sept. 22, 24	Tissue Response to Injury (CH 10)	Modalities – Hot and Cold (CH 15)
Sept. 29, Oct .1	Rehabilitation (CH 16) <b>QUIZ #3</b>	<b>TEST 2</b> <b>MID-POINT WITHDRAWAL</b>
Oct. 6, 8	Facial and Throat Injuries (CH 26)	Environmental Concerns (CH 6)
Oct. 13, 15	Lower Extremity – Foot (CH 18)	Lower Extremity – Foot (CH 18) <b>QUIZ #4</b>
Oct. 20, 22	Ankle and Lower Leg (CH 19)	Ankle and Lower Leg (CH 19) cont.
Oct. 27, 29	Knee (CH 20)	<b>TEST 3</b>
Nov. 3, 5	Knee (CH 20) cont.	Thigh and Hip (CH 21)
Nov. 10, 12	Shoulder (CH 22)	Shoulder (CH 22) cont.
Nov. 17, 19	<b>TEST 4</b>	Groin and Pelvis (CH 21)
Dec. 1, 3	Spine (CH 25) <b>QUIZ #5</b>	Abdominal and Thoracic Cavity (CH 27)
<b>FINAL (test 5)</b>	<b>Date to be determined</b>	