

# SYLLABUS

HPER 207 Prevention and Care of Injuries (2CR) Spring 2013

Instructor: Stephen Gearey MS, ATC

Office: Athletic Training Room

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Office Hours: Monday thru Friday

10:00am – Noon

1:00pm – 5:00pm

Hours may vary depending on the Weeks Events.

Class Meeting Days: Tuesday & Thursday

Class Meeting Time: 8:00am – 8:50am

Class Meeting Room: Thatcher 1108

## INSTRUCTIONAL GOALS

This course will acquaint the student with the field of athletic training, its attendant Administrative problems and the type of scientific knowledge and duties necessary for Instituting a program of injury management. It will include information on the cause of injury, the basis for training and conditioning and injury prevention, the psychogenetic and metabolic factors in sports, bandaging techniques, first aid operational and organizational procedures related to staff relationships, legal implications, budgeting, record keeping and insurance.

At the end of his course, you will:

- Understand the need of Organizing and Establishing an Effective Athletic Health Care System
- Be able to describe the need for Selecting and Usage of Protective Sports Equipment
- Be able to recognize and manage basic Sports Injuries and Conditions

## NEEDS AND RESOURCES

### **Required Background**

To successfully complete this course:

- HPER 210 First Aid/CPR

### **Required Materials**

To successfully complete this course, you will need:

- Essentials of Athletic Injury Management 8<sup>th</sup> Edition; William E. Prentice

## Tentative Course Schedule

	Topics Covered
Week 1 thru 3 24-Jan	Part 1: Organizing & Establishing an Athletic Health Care System Test #1: Chapters 1 thru 5
Week 4 thru 9 March 9th	Part 2: Techniques for Preventing & Minimizing Sports Related Injuries Test #2: Chapters 6 thru 12
March 11th thru 15th	Spring Break: No Class
Week 11 thru 17 May 7th - 10th	Part 3: Recognition & Management of Specific Injuries & Conditions Finals Week

## POLICIES AND PROCEDURES

### General Rules:

- Class begins at 8:00am, we have a lot of information to cover so please be on time
- Feel free to ask questions. There are no dumb questions
- Be respectful
- No tobacco in the classroom (It's a tobacco free building)

### Electronics Policy

**Absolutely no electronics are to be used during class (If any electronic device is seen during Exams, that person shall be deemed as cheating and will get an automatic zero for the exam)**

### Grading Policies:

Throughout the course of the semester there will be 4 exams, including the Final Exam. Also, there will be other assignments as we go along, such as worksheets and hands on practical testing.

Grades will be based on a cumulative total of points from the semester's worksheets & Exams.

If an assignment is turned in late, it is at the instructor's discretion to dock points.

### Grading Scale:

0% - F	67% - D+	77% - C+	87% - B+	97% - A+
60% - D-	70% - C-	80% - B-	90% - A-	
63% - D	73% - C	83% - B	93% -	