



DAKOTA COLLEGE COURSE SYLLABUS

Course Prefix/Number/Title: HPER 207 Prevention and Care of Injuries

Number of Credits: 2

Course Description: This course will acquaint the student with the field of athletic training, the aspects of administration, scientific knowledge and duties required for instituting 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, wrapping and taping techniques, first aid procedures related to legal implications, budgeting, record keeping, and insurance

Pre-requisites: Successful completion of HPER 210 First Aid/CPR

Course Objectives: HPER 207 Prevention & Care of Injuries Methods of prevention and caring for the various types of injuries received in activities.

COURSE COMPETENCIES:

1. Identify medical specialists who make up a quality sports medicine team.
2. Realize the duties commonly expected of the dual role played by the coach/trainer.
3. Utilize supplies and equipment in the athletic training room.
4. Apply scientific principles in physical conditioning to a specifically designed training program.
5. Demonstrate and describe the purpose of taping techniques presented in class.
6. Identify common treatments and rehabilitation procedures for various athletic injuries.
7. Identify nutritional needs of athletes and develop meal plans to meet requirements for energy used in athletics and apply these needs to a specifically designed program.
8. Develop first aid skills and recognition skills of athletic injuries.

Instructor: Carolyn Rygg LAT ATC

Office: Athletic Training Room, Thatcher 158

Office Hours: Monday – Friday 10-12 & 1-5 *subject to vary depending on week events*

Phone: 701-520-8246 (for emergencies)

Email: Carolyn.j.rygg@dakotacollege.edu

Lecture/Lab Schedule: Lecture, T & TH 8-8:50 am

Textbook(s): Principles of Athletic Training by William Prentice ISBN# 972159824005

Course Requirements:

- ~ textbook and Blackboard access
- ~ proper attire is required for class time
- ~ classroom participation

Grading:

| | | | | | |
|---|--------|---|-------|---|------|
| A | 90-100 | C | 70-79 | F | 0-59 |
| B | 80-89 | D | 60-69 | | |

Tentative Course Outline:

| | | |
|---|-----------------------|---|
| 14-Jan | Syllabus | |
| 16 -Jan | Syllabus/Chapter 1 | The Athletic Trainer as a Health Care Provider |
| 21- Jan | Chapter 2 | Health Care Organization and Administration in Athletic Training |
| 23 -Jan | Chapter 3 | Legal Concerns and Insurance Issues |
| 28 - Jan | Chapter 4 | Fitness and Conditioning Techniques |
| 30 - Jan | Chapter 6 | Environmental Considerations |
| 4 – Feb | Review | |
| 6 – Feb | Test | |
| 11 –Feb | Chapter 8 | Wrapping and Taping Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma |
| 13 –Feb | Chapter 9 | |
| 18 -Feb | Chapter 9 | |
| 20 –Feb | Chapter 11 | Psychosocial Intervention for Sports Injuries and Illnesses |
| 25 -Feb | Chapter 12 | On-the-field Acute Care and Emergency Procedures |
| 27 -Feb | Practical | |
| 3 – Mar | Review | |
| 5 – Mar | Test | |
| 10 -Mar | Chapter 13 | Off-the-Field Injury Evaluation |
| 12 -Mar | Chapter 13 | |
| | | Infectious Diseases, Bloodborne Pathogens, and Universal Precautions |
| 17 -Mar | Chapter 14 | |
| 19 -Mar | Chapter 14 | |
| 24 -Mar | Chapter 15 | Using Therapeutic Modalities |
| 26 -Mar | Chapter 15 | |
| 31 -Mar | Practical | |
| 2 – Apr | Review | |
| 7 – Apr | Test | |
| 9-Apr | Chapter 19 | The Ankle and Lower Leg |
| 14-Apr | Chapter 20 | |
| 16-Apr | Chapter 20 | The Knee and Related Structures |
| 21 –Apr | Chapter 22 | The Shoulder Complex |
| 23 -Apr | Chapter 22 | |
| 28 -Apr | Chapter 23 | The Elbow |
| 30 -Apr | Practical | |
| 5 -May | Review | |
| 7 -May | Test | |
| May 11 th – 15 th | Finals Week: | We will have a final test |

General Education Competency/Learning Outcome(s) OR CTE Competency/Department Learning Outcome(s): not applicable

Relationship to Campus Theme: *Nature, Technology, and Beyond* – This course prepares students to have knowledge of the prevention and care of athletic related injuries according to the evidence-based guidelines followed by the Board of Certification of Athletic Trainers.

Classroom Policies:

It is important to attend all classes as there will be hands on learning in most meeting times.

- ~ Late assignments will be docked 10% each day they are late counting weekends.
- ~ Assignments are created per chapter and will be due at the time set on Blackboard.
- ~ Be respectful
- ~ No phones, computers are allowed for note taking
- ~ No airpods, headphones, or any other devices are allowed during lecture or tests

Student Email Policy:

Dakota College at Bottineau is increasingly dependent upon email as an official form of communication. A student's campus-assigned email address will be the only one recognized by the Campus for official mailings. The liability for missing or not acting upon important information conveyed via campus email rests with the student.

Academic Integrity:

According to the DCB Student Handbook, students are responsible for submitting their own work. Students who cooperate on oral or written examinations or work without authorization share the responsibility for violation of academic principles, and the students are subject to disciplinary action even when one of the students is not enrolled in the course where the violation occurred. The Code detailed in the Academic Honesty/Dishonesty section of the Student Handbook will serve as the guideline for cases where cheating, plagiarism or other academic improprieties have occurred.

Disabilities or Special Needs:

Students with disabilities or special needs (academic or otherwise) are encouraged to contact the instructor and Disability Support Services.

Title IX:

Dakota College at Bottineau (DCB) faculty are committed to helping create a safe learning environment for all students and for the College as a whole. Please be aware that all DCB employees (other than those designated as confidential resources such as advocates, counselors, clergy and healthcare providers) are required to report information about such discrimination and harassment to the College Title IX Coordinator. This means that if a student tells a faculty member about a situation of sexual harassment or sexual violence, or other related misconduct, the faculty member must share that information with the College's Title IX Coordinator. Students wishing to speak to a confidential employee who does not have this reporting responsibility can find a list of resources on the DCB Title IX webpage.