COURSE IDENTIFICATION

Course Code/Number: HPER 206

Course Title: Basic Prevention & Treatment Athletic Injuries II

Division: □ Applied Science (AS) □ Liberal Arts (LA) □ Workforce Development (WD)
□ Health Care (HC) □ Lifetime Learning (LL) □ Nursing □ Developmental

Credit Hour(s): Three (3)

Effective Date: Fall 2015

Assessment Goal Per Outcome: 70%

COURSE DESCRIPTION

This course is designed to provide the student with a continuation of the recognition of common athletic injuries, specifically focusing on those of the upper extremity. Emphasis is placed on recognition of the etiology, mechanism of injury, signs and symptoms, and management of injuries of the upper extremity.

MINIMUM REQUIREMENTS/PREREQUISITES AND/OR COREQUISITES

HPER 205 Basic Prevention and Treatment of Athletic Injuries I

HPER 210 Athletic Training Practicum I

TEXTS

The official list of textbooks and materials for this course is found on Inside NC.

http://www.neosho.edu/ProspectiveStudents/Registration/CourseSyllabi.aspx

GENERAL EDUCATION OUTCOMES

1. Practice Responsible Citizenship through:
   • identifying rights and responsibilities of citizenship,
   • identifying how human values and perceptions affect and are affected by social diversity,
   • identifying and interpreting artistic expression.
2. Live a healthy lifestyle (physical, intellectual, social) through:
   • listing factors associated with a healthy lifestyle and lifetime fitness,
   • identifying the importance of lifetime learning,
   • demonstrating self-discipline, respect for others, and the ability to work collaboratively as a team.
3. Communicate effectively through:
   • developing effective written communication skills,
   • developing effective oral communication and listening skills.
4. Think analytically through:
   • utilizing quantitative information in problem solving,
   • utilizing the principles of systematic inquiry,
   • utilizing various information resources including technology for research and data collection.

COURSE OUTCOMES/COMPETENCIES (as Required)

Upon completion, the student will be able to:

1. Discuss the different types of tissue loads and how they can affect/injure musculoskeletal tissues.
2. Compare and contrast the three phases of the healing process and how they relate to various soft tissue structures.
3. Identify and label bony and soft tissue associated with common musculoskeletal athletic injuries of the upper extremity and spine.
4. Recognize signs, symptoms, and mechanisms of injury in common musculoskeletal athletic injuries of the upper extremity and spine.
5. Recognize signs and symptoms of common general medical conditions in the athletic training setting.
6. Identify indications and contraindications for the use of therapeutic modalities in the clinical athletic training setting.

MINIMUM COURSE CONTENT

The following topics must be included in this course. Additional topics may also be included.

I. REVIEW
   A. Terminology
   C. Chapter 13—Off-the-Field Injury Evaluation

II. PATHOLOGY OF SPORTS INJURY
   A. Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
   B. Tissue Response to Injury

III. MUSCULOSKELETAL CONDITIONS
   A. Chapter 22—The Shoulder Complex
   B. Chapter 23—The Elbow
   C. Chapter 24—The Forearm, Wrist, Hand, and Fingers
   D. Chapter 25—The Spine

IV. GENERAL MEDICAL CONDITIONS
   A. Chapter 26—The Head, Face, Eyes, Ears, Nose, and Throat
   B. Chapter 27—The Thorax and Abdomen
V. MANAGEMENT SKILLS
   A. Chapter 15—Using Therapeutic Modalities

STUDENT REQUIREMENTS AND METHOD OF EVALUATION

INSTRUCTIONAL METHODS
Instructional methods will include lecture, video, labs, and demonstrations.

STUDENT REQUIREMENTS AND METHOD OF EVALUATION
In-class assignments, take-home assignments, group assignments, quizzes, exams, labs

GRADING SCALE
   A  90-100%
   B  80-89%
   C  70-79%
   D  60-69%
   F  <59%

ASSESSMENT OF STUDENT GAIN

The purpose of assessing student learning at Neosho County Community College is to ensure the educational purposes of the institution are met and appropriate changes are made in program development and classroom instruction to allow for student success. The instructor(s) of this course will determine the methods of assessment most appropriate and complete an assessment report at the end of the course.

Student assessment will be gained through quizzes, skill checks, and demonstration of skills in their hands-on experience.

Attendance Policy

1. NCCC values interactive learning which promotes student engagement in the learning process. To be actively engaged, the student must be present in the learning environment.

2. Unless students are participating in a school activity or are excused by the instructor, they are expected to attend class. If a student’s absences exceed one-eighth of the total course duration, (which equates to one hundred (100) minutes per credit hour in a face-to-face class) the instructor has the right, but is not required, to withdraw a student from the course. Once the student has been dropped for excessive absences, the registrar’s office will send a letter to the student, stating that he or she has been dropped. A student may petition the chief academic officer for reinstatement by submitting a letter stating valid reasons for the absences within one week of the registrar’s notification. If the student is reinstated into the class, the instructor and the registrar will be
notified. Please refer to the Student Handbook/Academic Policies for more information.

3. Absences that occur due to students participating in official college activities are excused except in those cases where outside bodies, such as the State Board of Nursing, have requirements for minimum class minutes for each student. Students who are excused will be given reasonable opportunity to make up any missed work or receive substitute assignments from the instructor and should not be penalized for the absence. Proper procedure should be followed in notifying faculty in advance of the student’s planned participation in the event. Ultimately it is the student’s responsibility to notify the instructor in advance of the planned absence.

ACADEMIC INTEGRITY

NCCC expects every student to demonstrate ethical behavior with regard to academic pursuits. Academic integrity in coursework is a specific requirement. Definitions, examples, and possible consequences for violations of Academic Integrity, as well as the appeals process, can be found in the College Catalog, Student Handbook, and/or Code of Student Conduct and Discipline.

ELECTRONIC DEVICE POLICY

Student cell phones and other personal electronic devices not being used for class activities must not be accessed during class times unless the instructor chooses to waive this policy.

NOTE:
Information and statements in this document are subject to change at the discretion of NCCC. Students will be notified of changes and where to find the most current approved documents.

NON-DISCRIMINATION POLICY

The following link provides information related to the non-discrimination policy of NCCC, including persons with disabilities. Students are urged to review this policy.

http://www.neosho.edu/Departments/NonDiscrimination.aspx

COURSE NOTES

ADDENDUM

Class attendance is expected. TARDINESS is unacceptable—it disrupts the instructor and the students who are interested in learning. Four tardies will constitute as one unexcused absence. Three unexcused absences will result in a half letter grade drop and every tardy after that will result in another half letter grade drop.