

# **GRAYSON COLLEGE**

## **PHED 2356**

**Please Note: Due to extenuating circumstances, including public health issues, course and testing delivery methods, instructional schedules, housing contracts, campus procedures and/or operating hours may be altered, interrupted and/or ceased for a limited or extended period of time. Such changes will be posted on the College website.**

**Course Information:** PHED 2356 - Care and Prevention of Athletic Injuries, online course. This course uses free Open Educational Resources so there is no textbook cost.

### **Professor Contact Information**

Instructor Name: Melaney Card, ATC

Office Location: Sports and Rec Building, Room 110

Office Hours: By appointment

Phone: (903) 415-2618

Email: [cardm@grayson.edu](mailto:cardm@grayson.edu)

Preferred email is through Canvas Inbox.

**Course Pre-requisites, Co-requisites, and/or Other Restrictions:** No prerequisites.

**Course Description:** Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long term care of injuries, and administration procedures in athletic training.

**Student Learning Outcomes:** Upon successful completion of this course, the students will be able to:

- 1) Understand and be able to discuss what an athletic trainer is and what they do
- 2) Be able to recognize common athletic injuries, and their signs and symptoms
- 3) Identify how to prevent and care for athletic injuries
- 4) Apply taping and wrapping techniques related to athletic injuries
- 5) Understand the basics of rehabilitation and preventative exercises

**Required Textbooks and Materials:** No textbooks required. Access to a reliable computer or laptop to complete assignments.

**In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, students must log onto their Canvas accounts for directions on**

**where or how to continue their coursework.**

**Grading:**

**Grade Concerns** – You will have 5 days after assignments are handed back to ask questions about grading.

**Grading Breakdown:**

Exams (2)	40%
Quizzes (4)	25%
Journal Article/Assignments	20%
Discussions	10%
Attendance	5%

**Grading Scheme: Grades will be posted to Canvas Gradebook.**

<b>Letter Grade:</b>	<b>Range:</b>
<b>A</b>	<b>100% to 89.5%</b>
<b>B</b>	<b>&lt;89.5% to 79.5%</b>
<b>C</b>	<b>&lt;79.5% to 69.5%</b>
<b>D</b>	<b>&lt;69.5% to 59.5%</b>
<b>F</b>	<b>&lt;59.5% to 0%</b>

**Quizzes and Exams**

**Exams** – There will be two (2) exams throughout the semester. Each exam will consist of multiple choice, matching, short answer and essay questions. The mid-term exam will cover the first half of the class and the final will cover the second half of the class. The tests will cover ANYTHING discussed, read, watched, or researched in that time period. *Additionally, you will be asked to know the syllabus terms throughout the semester.*

**Quizzes** – There will be four (4), quizzes that will be given throughout the semester.

**Terms** - You will be given a list of terms the first day of class (see the end of this syllabus). You are expected to learn each term on the list. However, you may be asked to use terms and their definitions on any subsequent quiz or exam throughout the semester.

**Journal Articles** - You will be asked to review one (1) scholarly journal article. The instructor will provide a list of topics and you will find the article. You will be required to turn in a 2-page paper (see format requirements below). The rubric and requirements for this will be in the Introduction Module of your class.

· **Please Note:** Articles from *Sports Illustrated, ESPN The Magazine, Non-refereed journal articles or similar publications will not be accepted.*

### **Make-up policy**

Makeup is ONLY available for those with a doctor's note or if I approve the absence before the class AND you e-mailed me about it. An excused absence will not deduct points from your attendance grade. These are defined as illness, family death, Grayson College school-sponsored activity, or approved religious holiday-however, appropriate documentation (A physician's return to school/work form, mortuary statement, field trip roster) must be provided within a week of your return date to class! Note: an email is appreciated but will not suffice as documentation. Furthermore, a note from your parent, spouse, partner, significant other, or roommate does not constitute proper documentation.

### **Extra Credit**

There may be opportunities for extra credit based off need.

### **Paper Formats**

All assignments and papers must be in APA style double spaced, in 12 point Times New Roman font for regular text, and with one-inch margins with a cover page(unless they are brochures or PowerPoints). All papers must be submitted in one of the following word processing or publishing formats: PowerPoint, Publisher or Microsoft Word, Excel, or Access. If you do not have these programs you must use an .rtf file which is a rich text file or a pdf. If a file submitted is NOT in one of these formats, you will receive a 0 for that assignment so be sure you are using one of the above. You will NOT be able to resubmit the assignment if submitted in the wrong assignment.

### **Late Work**

**Late work will only be accepted in the Journal Articles and Assignments categories.** Discussions, quizzes, and exams are due when they are due, unless excused. NO late work will be accepted more than 3 days after the due date, HOWEVER, each day is a 10% deduction. After 3 days, the grade will become a zero.

*Example: Due date = 10/25 at midnight. Work will be accepted until 10/28 at midnight with a 10% deduction each day. So if turned in on 10/27 the highest possible percentage will be an 80%.*

**Class Attendance and Participation** Attendance and Participation Academic success is closely associated with regular class attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their faculty' instructions. Students taking courses during compressed semester time frames such as mini-mester, summer sessions, and 8-week courses should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. Instructors are required to include in their syllabi the attendance policy for the courses(s) they teach. The college considers absences equal to or greater than 15% of the course's requirements to be excessive.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used:

- Physical attendance in class with an opportunity for instructor and student interaction
- Submission of an academic assignment
- Completion of an exam, interactive tutorial, or computer-assisted instruction
- Attendance at a study group assigned by the faculty
- Participation in an online discussion in the class
- Contact with a faculty member to ask a question

### **Methods of Instruction:**

1) How will the instructor communicate with the students and how the students will communicate with each other?

Communication between the instructor and students will primarily be through the course site in GC Canvas. Frequent announcements, comments in the course discussions, responses to email, as well as feedback on homework assignments will be provided regularly. Students will primarily communicate with one another through the course discussions tool. In addition, students have the option to use Canvas email.

2) How will online participation be assessed and graded?

In an online course, regular routine participation is extremely important. Online participation is assessed through a variety of methods including timely submission of assignments as well as logging in and checking the course site regularly. In addition, active participation in the course discussions is required. Generally, you should plan to check the course site, review new course materials, and participate in the discussions, 3 to 4 times per week. According to the syllabus, part of the course grade will come from online course participation.

3) How will the instructor monitor the online activities of the students?

Online course activities will be monitored through a variety of methods including active participation by the instructor in various course areas as well as utilization of the Course Tracking tool in GC Canvas. The Course Tracking tool provides detailed statistics for each student for various activities in the course.

4) How will the standards of appropriate online behavior be maintained?

The instructor will monitor discussion boards and posts and will model appropriate behavior and provide feedback to students.

5) The level of technical competence required of the students

Students are expected to have a basic understanding of personal computers, Internet browsing, desktop applications such as Microsoft Word, and file management (uploading, downloading, or sending files).

6) What the minimum computer hardware and software requirements are for the class, and what department or college facilities are available to support these requirements for students who cannot afford to buy the technology?

Generally, personal computers purchased in the last 3 years should be adequate to access GC Canvas. Software requirements include Microsoft Internet Explorer 7.x or higher ([www.microsoft.com](http://www.microsoft.com)), the latest version of Sun JAVA ([www.java.com](http://www.java.com)), the latest updates to your operating system (Microsoft Windows XP or higher or Apple MAC OSX or higher), word processing program and the latest updates to your anti-virus and spyware protection. Students needing assistance with accessing instructional technology should contact the GC Help Desk.

7) The alternative procedures for submitting work in the event of technical breakdowns

Please do not wait until the last minute to submit assignments! Allow enough time before the due date and time to submit your assignments. Should there be a technical problem, immediately notify the instructor via external email or internal Canvas mail. Computer labs on campus and public libraries can be alternative sites. Alternative arrangements, if permitted, will be discussed at that time.

8) On-campus meeting requirements. There are none for this course.

**Academic Integrity** The faculty expects from its students a high level of responsibility and academic honesty.

Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and

will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include minor instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:

- Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper)
- Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else
- Quoting or copy/pasting phrases of three words or more from someone else without citation, ● Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original
  - Submitting an assignment with a majority of quoted or paraphrased material from other sources
  - Copying images or media and inserting them into a presentation or video without citation,
  - Using copyrighted soundtracks or video and inserting them into a presentation or video without citation
  - Giving incorrect or nonexistent source information or inventing source information
  - Performing a copyrighted piece of music in a public setting without permission
  - Composing music based heavily on someone else's musical composition.

STUDENTS SUSPECTED OF PLAGIARISM WILL BE REPORTED TO THE DEPARTMENT HEAD OR DEAN OF INSTRUCTION.

**Student Responsibility** You have already made the decision to go to college; now the follow-up decisions on whether to commit to doing the work could very well determine whether you end up working at a good paying job in a field you enjoy or working at minimum wage for the rest of your life. Education involves a partnership that requires both students and instructors to do their parts. By entering into this partnership, you have a responsibility to show up for class, do the assignments and reading, be engaged and pay attention in class, follow directions, and put your best effort into it. You will get out of your experience here exactly what you put into it – nothing more and nothing less.

## **TITLE IX**

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

- Dr. Molly M. Harris, Title IX Coordinator (903)463-8714
- Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753
- Website: <http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html>

- GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
  - GC Counseling Center: (903) 463-8730
  - For Any On-campus Emergencies: 911
- \*\*Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

\*\*These descriptions and timelines are subject to change at the discretion of the Professor. \*\* Grayson College campus-wide student policies may be found at the following URL on the College website:

<https://www.grayson.edu/currentstudents/Academic%20Resources/index.html>

### **PPE 486 Glossary of Terms**

**POLICE** – acronym for Protection, Optimal Loading, Ice, Compression, and Elevation. This is used for emergency care of musculoskeletal injuries.

**FRONTAL PLANE** –Divides the body front to back

**SAGITTAL PLANE** – Divides the body side to side

**TRANSVERSE PLANE** – Divides the body into top and bottom

**ANATOMICAL POSITION** – Position assumed when a person is standing erect, with arms at the sides, palms forward

**POSTERIOR** – Near or on the back

**ANTERIOR** – Near or on the front

**SUPERIOR** – Toward the head

**INFERIOR** – Toward the feet

**MEDIAL** – Toward or near the midline of the body or body part

**LATERAL** – Toward the sides of the body or body part

**PROXIMAL** – Nearer the center of the body, a point of attachment or reference

**DISTAL** – Farthest from the center of the body, a point of attachment or reference

**PLANTAR** – Refers to the sole of the foot

**FLEXION** – The angle of the joint becomes smaller as the joint is bent

**EXTENSION** – The angle of the joint is increasing in size

ABDUCTION – Movement away from the midline of the body or reference point

ADDUCTION – Movement toward the midline of the body or reference point

PRONATION – A forearm motion resulting in a palm down position

SUPINATION – A forearm motion resulting in a palm up position

INVERSION – Sole of the foot turns inward

EVERSION – Sole of the foot turns outward

CONTUSION – Bruise, a direct blow against the covering layer causing bruising of the skin or underlying tissue without breakage of the skin

ABRASION – Scrape

LACERATION – Irregular tearing of the flesh

PUNCTURE – Direct penetration of tissue by a pointed object

INCISION – Clean cut made by a sharp object

STRAIN – Trauma to the muscle or the musculotendinous unit from violent contraction or excessive forcible stretch (muscle or tendon)

SPRAIN – Trauma to a joint which causes pain and disability depending upon the degree of injury to the ligament.

LIGAMENT – Fibrous connective tissue that connects bone to bone

TENDON – Connective tissue connecting muscle to bone

ACUTE - A sudden injury that is usually associated with a traumatic event.

CHRONIC - Health problems that can develop slowly over time and can last a long time if not treated properly. Also called overuse injuries.

BONE FRACTURE – A complete or partial break in a bone.

### ***Course Summary:***

Week 1: What is an Athletic Trainer?

Assignment: Introduce Yourself Discussion

Quiz #1

Week 2 and 3: Common Sports Injuries and their Signs and Symptoms

Assignment: Common Sports Injuries

Quiz #2

Week 4: Prevention of Injuries

Assignment: Injury Prevention through Periodization Training

Journal Article Review Assigned

Midterm (Weeks 1-4)

Week 5: Rehabilitation of Injuries

Quiz #3

Week 6: Wrapping and Taping Techniques

Discussion: Ankle Taping vs. Bracing

Quiz #4

Week 7: Administrative Duties of the Athletic Trainer and Burn-out

Article Reflection: Burnout in the Athletic Training Field

Week 8: Final Exam (Weeks 5-7)