

Course Approval Document
Southeast Missouri State University

Department: Health Human Performance and Recreation

Course No. PE 261

Title of Course: Concepts of Injury Management in Physical Education

Revision

I. Catalog Description (Credit Hours of Course)

Designed to provide students with the information needed to accurately prevent, identify and manage common orthopedic injuries. 3.0 Credit Hours (Lecture)

II. Co- or Prerequisite(s)

Co-Requisite: PE 263 – Injury Management in Physical Education Lab

III. Purposes of Objectives of the Course

1. Identify signs, symptoms and interventions for injuries to the: (3.3; Q 1C1, 4C1)
 - i. Upper Extremity
 - ii. Lower Extremity
 - iii. Head, Neck and Spine
2. Explain guidelines associated with preventing the leading causes of sudden death associated with physical activity. (Q 4C1)
3. Interpret a situation in which an injured athlete should be referred to medical personnel. (Q 4C1)
4. Identify common taping, wrapping, bracing and splinting techniques for injuries to the: (3.3; Q 4C1)
 - i. Upper Extremity
 - ii. Lower Extremity
5. Identify proper methods to minimize the risk of participation in physical activity (4.5; Q 5C2)

National Standards for Physical Education Teacher Education by the National Association for Sport and Physical Education (NASPE) and Q = Missouri Standards for the Preparation of Educators (MoSPE).

IV. Student Learning Outcomes

1. Identify and manage common orthopedic injuries seen in an athletic population
2. Describe methods to reduce the potential risks associated with athletic activity
3. Select and apply appropriate bracing and taping techniques used for common injuries

V. Expectations of Students

1. Satisfactory completion of all assignments, projects, and examinations
2. Active participation in peer discussions, reviews, and activities
3. The student will work with other members of the class as a team in certain exercises

VI. Course Content or Outline	
1. Administration	3
i. Roles of a sports medicine team	
ii. Legal and liability insurance	
iii. Emergency action planning	
iv. Bloodborne pathogens	
2. Mechanisms and Characteristics of Sports Trauma	5
i. Epidemiology of sports injuries	
ii. Injury trends	
iii. Injury prevention through physical training	
iv. Sudden death among athletes and strategies to prevent	
3. Injury Prevention in Young Athletes	3
4. Substance Abuse in Young Athletes	2
i. Trends	
ii. Dietary supplements	
iii. PED's	
5. Recognizing and Treating Injuries of Foot, Ankle and Lower Leg	4
i. Common injuries to the foot, ankle and lower leg	
ii. Basic taping and splinting techniques	
6. Recognizing and Treating Injuries to the Knee Hip and Pelvis	4
i. Common injuries to the knee hip and pelvis	
ii. Basic taping and splinting techniques	
7. Recognizing and Treating Injuries to the Shoulder	4
i. Common injuries to the shoulder	
ii. Basic taping and splinting techniques	
8. Recognizing and Treating Injuries to the Elbow, Forearm and Wrist/Hand	4
i. Common injuries to the elbow, forearm, wrist and hand	
ii. Basic taping and splinting techniques	
9. Recognizing and Treating Injuries to the Head and Face	4
i. Management and Treatment of Concussions in Sports	
1. Review of MSHSAA Concussion Education and Management Protocol	
ii. Common injuries to the head and face	
10. On Field Management of Possible Spinal Injury	3
11. General Medical Concerns of the Athlete	3
12. Heat Related Illness and Acclimatization Principles	3
i. Review of MSHSAA Fall Season 16-Day Heat Acclimatization Schedule	
13. Personal Protective Gear for Athletes	3
Total	45

Chair	Date
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Southeast Missouri State University
College of Health & Human Services
Department of Health, Human Performance and Recreation

Course Title and Number:

Course Title: PE 261: Concepts of Injury Management in Physical Education
Meeting Times: TBD
Location: TBD

Credit Hours: 3.0 credit hours

Instructor Information:

Name:
Office:
Phone:
E-Mail:
Office Hours:

Required Textbook: Prentice, W.E., *Essentials of Athletic Injury Management, 9th ed.*, McGraw Hill Higher Education, ISBN # 9780078022616

Course Description:

Designed to provide students with the information needed to accurately prevent, identify and manage common orthopedic injuries. 3.0 Credit Hours (Lecture)

Co- Requisites:

Co-Requisite: PE 263 – Injury Management in Physical Education Lab

Course Objectives:

1. Identify signs, symptoms and interventions for injuries to the:
 - a. Upper Extremity
 - b. Lower Extremity
 - c. Head, Neck and Spine
2. Explain the prevention guidelines associated with the leading causes of sudden death associated with physical activity.
3. Interpret a situation in which an injured athlete should be referred to medical personnel.
4. Identify common taping, bracing and splinting techniques to treat and manage injuries to the:
 - a. Upper Extremity
 - b. Lower Extremity
5. Identify proper techniques to minimize the risk of participation in physical activity.

Student Learning Outcomes:

1. Identify and manage common orthopedic injuries seen in an athletic population
2. Describe methods to reduce the potential risks associated with athletic activity.
3. Select and apply appropriate bracing and taping techniques used for common injuries

General Classroom Policies:

The following is a brief list of classroom courtesy guidelines that need to be followed at all times when in the classroom this semester. This list is not all inclusive and failure to be respectful of the learning environment while in the classroom may result in the student being asked to leave the class for the day and lose participation points for that day.

1. Please only talk in class during times when discussion on a topic is encouraged. Talking during inappropriate times is disrespectful to the instructor of the course and your fellow classmates and will take away from the learning environment.
2. Be actively engaged in the learning process. This means that you should not be working on other homework during class time, playing games on your phone, texting, tweeting, sleeping, facebooking, snapchatting or anything else that takes away from the potential for you or other students to learn.
3. **Please refrain from using a cellular phone or any other electronic device in this class for anything other than academic purposes. If you are expecting an important phone call please let me know before the class begins and you can sit by the door and excuse yourself when the phone rings without disturbing the rest of the class.**
4. I will frequently use email and Moodle to communicate with you as a class. However, I will only utilize your SEMO e-mail account. So please check that email on a regular basis to ensure you are up-to-date on announcements.

Evaluation of Learning:

Quizzes:

In order to ensure understanding of the material presented in class and to ensure that students are keeping up with reading, there will be quizzes given throughout the semester. These quizzes will be given in a variety of formats, including on Moodle as an online version and in class either announced or unannounced. Each quiz will vary in points. Quizzes that are missed due to unexcused absences or failure to complete a quiz by the due date online will result in a 0(ZERO) for that assignment. There will be no make-up quizzes without **prior approval** from instructor!!!!

Exams:

The ability to comprehend the material and retain that material is a vital component to your education. There will be five exams over the course of the semester (Four in class and a comprehensive final exam) designed to ensure your ability to comprehend the material and retain information related to each of the units. These examinations will cover material from the textbook, material presented in class and homework assignments.

Out of Class Assignments

There will be assignments given out on a periodic basis that are to be completed by the due date. These assignments will be given to you in class, by email or on Blackboard. Students are expected to complete the assignment and bring it with them to class or e-mail it back to the instructor in a MS-Word attachment. All assignments are due when class begins on the due date unless otherwise specified. Failure to turn in an assignment when it is due will result in a loss of 15% of points per each calendar day it is late. After the 3rd calendar day the assignment will receive a ZERO (0).

Notebook

Students will be required to maintain and organize a notebook with materials from this course. This should include lecture notes, handouts, exams, articles, etc. This notebook should be organized so that you can utilize it as a resource as you move on in your career. This notebook will be worth 50 points and will be due when you enter for the final exam. No late notebooks will be accepted.

Attendance and Participation:

Students are expected to attend all classes and complete all assignments for the courses in which they are enrolled. An absence from the class, excused or unexcused, does not relieve the student of the responsibility to complete all assignments/requirements for the course. If the absence is for a university sanctioned event the instructor will provide an opportunity for the student to complete the coursework, however, the student should make arrangements *before* the absence. It is at the instructor's discretion to allow any make-up work for an absence for any other reason. In order to achieve the objectives for this course you must be present and make an active effort at learning the material. Therapeutic Modalities is not something you can understand by sitting in class alone. You must actively participate by practicing the skills taught in class and you must spend some time outside of class reviewing the material. Participation in class will make up a portion of your grade. If you are absent from class on laboratory days, discussion days or on your phone during class time and not participating in class, you will not be able to receive the participation points for that class period. Any student who is not present for the first week of class may be dropped by the instructor for non-attendance. Questions regarding the drop process should be directed to the University Registrar.

Grading Scale

90-100 – A
80-89.9- B
70-79.9- C
60-69.9- D
59.9 And below- F

Academic Honesty:

Academic honesty is one of the most important qualities influencing the character and vitality of an educational institution. Academic misconduct or dishonesty is inconsistent with membership in an academic community and cannot be accepted. Violations of academic honesty represent a serious breach of discipline and may be considered grounds for disciplinary action, including dismissal from the University. Academic dishonesty is defined to include those acts which would deceive, cheat, or defraud so as to promote or enhance one's scholastic record. Knowingly or actively assisting any person in the commission of an above-mentioned act is also academic dishonesty. Students are responsible for upholding the principles of academic honesty in accordance with the "University Statement of Student

Rights” found in the STUDENT HANDBOOK. The University requires that all assignments submitted to faculty members by students be the work of the individual student submitting the work. An exception would be group projects assigned by the instructor. In this situation, the work must be that of the group. Academic dishonesty includes:

Plagiarism. In speaking or writing, plagiarism is the act of passing someone else’s work off as one’s own. In addition, plagiarism is defined as using the essential style and manner of expression of a source as if it were one’s own. If there is any doubt, the student should consult 2 his/her instructor or any manual of term paper or report writing. Violations of academic honesty include:

1. Presenting the exact words of a source without quotation marks;
2. Using another student’s computer source code or algorithm or copying a laboratory report; or
3. Presenting information, judgments, ideas, or facts summarized from a source without giving credit.

Cheating. *Cheating includes using or relying on the work of someone else in an inappropriate manner. It includes, but is not limited to, those activities where a student:*

1. *Obtains or attempts to obtain unauthorized knowledge of an examination’s contents prior to the time of that examination.*
2. *Copies another student’s work or intentionally allows others to copy assignments, examinations, source codes or designs;*
3. *Works in a group when she/he has been told to work individually;*
4. *Uses unauthorized reference material during an examination; or*
5. *Have someone else take an examination or takes the examination for another*

All students must abide by these policies. Any student caught plagiarizing, cheating, or engaging in any other form of academic dishonesty will receive a zero on the assignment in question. That student may also be subject to further disciplinary action. If you have any questions about what constitutes plagiarism, please ask me. Please keep in mind that cutting and pasting from websites or other internet resources constitutes plagiarism.

Civility

Official university policy on civility is as follows:

Every student at Southeast is obligated at all times to assume responsibility for his/her actions, to respect constituted authority, to be truthful, and to respect the rights of others, as to respect private and public property. In their academic activities, students are expected to maintain high standards of honesty and integrity and abide by the University’s Policy on Academic Honesty. Alleged violations of the Code of Student Conduct are adjudicated in accordance with the established procedures of the judicial system. For more, see: <http://www6.semo.edu/stuconduct/>

Students and instructors share the responsibility to cultivate an environment of respect, both in class and in online course interactions. Violations of the student code of conduct will be reported to the Office of Student Conduct.

Disabilities

Southeast Missouri State University and Disability Support Services remain committed to making every reasonable educational accommodation for students with disabilities. Many services and accommodations which aid a student’s educational experience are available for students with various types of disabilities. It is the student’s responsibility to contact Disability Support Services to become registered as a student with a disability in order to have accommodations implemented.

Accommodations are implemented on a case by case basis. For more information please contact Disability Support Services at 573-651-2273.

Grievance Statement

“All questions regarding this class should be addressed to the instructor. If the student has further queries or if their concerns are not addressed to their satisfaction they should contact Dr. Joe Pujol, 651-2197.”

Course Content/Outline

Week 1

- Course introduction and Syllabus Review
- Defining the roles of the sports medicine team

Week 2

- Legal Liability and Insurance
- Mechanisms and Characteristics of Sports Related Trauma

Week 3

- Epidemiology and Injury Trends
- Prevention of Injuries through fitness training
- **Exam I**

Week 4

- Handling emergency situations and injury assessment
- Bloodborne pathogens, universal precautions and wound care

Week 5

- Strategies to prevent sudden death in athletics

Week 6

- Preventing and managing injuries in young athletes
- Substance abuse in athletics

Week 7

- **Exam II**
- Recognizing and Treating Injuries to the Foot and Toes

Week 8

- Recognizing and Treating Injuries to the Ankle and Lower Leg
- Basic taping and splinting techniques for injuries to ankle and lower leg

Week 9

- Recognizing and treating injuries to the knee and related structures
- Basic taping and splinting techniques for injuries to knee and related structures

Week 10

- Recognizing and treating injuries to the hip and pelvis
- Basic taping and splinting techniques for injuries to hip and pelvis
- **Exam III**

Week 11

- Recognizing and treating injuries to shoulder
- Basic taping and splinting techniques for injuries to shoulder

Week 12

- Recognizing and treating injuries to the elbow, forearm, wrist and hand
- Basic taping and splinting techniques for injuries to elbow, forearm, wrist and hand

Week 13

- Recognizing and treating injuries to the head and face
- Management and Treatment of Concussions in Sport
- **Exam IV**

Week 14

- General medical concerns and conditions affecting the athlete
- Heat related illness and acclimatization principles

Week 15

- Other Environmental concerns in athletics
- Personal protective equipment for athletics

Week 16

- Final Exam and Notebook Due