COURSE: HLSC 215 INTRODUCTION TO ATHLETIC TRAINING

TIME: MONDAY & WEDNESDAY 1:00-2:50

LOCATION: HES Classroom 1

INSTRUCTOR: BRIAN MURPHY EMAIL: bmurphy@lasierra.edu

OFFICE PHONE: 951-785-2534

TEXT: REQUIRED

DRESS: Modest attire appropriate for taping activities.

COURSE OBJECTIVES:
1. The student should be able to perform a SOAP note and identify common injuries
2. The student should be able to apply protective taping for common injuries.
3. The student should be able to perform basic mobility tests for basic injuries.
4. The student should be able to identify basic modalities and how they are applied for each injury.

HES LEARNING OUTCOMES affiliated with this course:
1. Demonstrate critical thinking skills in addressing discipline-based questions.
2. Be familiar with standards, ethics, and expectations of professional communities within our disciplines.
3. Examine and analyze physical activity and motor skill performance as they relate to the physiological, psychological, and social responses and adaptations to exercise.
4. Integrate learned competencies and skills as part of learning activities and experiences throughout the curriculum.
5. Describe the reciprocal relationship between sport and the philosophical, historical, or sociological perspectives of society.

REQUIREMENTS:
1. Participate in all class activities.
2. Attend at least 3 different training room visits (min. 15 minutes) and at least 1 sporting event (length of time to be discussed at event).
3. Read the chapters and participate in the discussions.
DISABILITIES: The University provides reasonable accommodations for students with documented physical or learning disabilities. Contact the Office of Disability Services for evaluation and guidance on such matters at (951) 785-2450. The office is located in La Sierra Hall, Suite 100. Students with such documented disabilities that require reasonable accommodations in order to participate in course activities or meet course requirements should contact the instructor during posted office hours or by appointment during the first two weeks of the quarter.

ACADEMIC INTEGRITY STATEMENT: The student is expected to practice academic honesty in all activities related to this course. Original work is expected from the student, unless appropriate credit is given to specific work cited. Plagiarism is unacceptable as are other types of cheating. Refer to http://www.lasierra.edu/integrity for further details. Appropriate penalties will be enforced. All instances of academic misconduct will be reported to the Academic Integrity Committee.

GRADING:
A. Attendance- HES DEPARTMENT’S POLICY. 4 UNEXCUSED ABSENCES= GRADE F 10% grade/100pt
B. Quizzes - Knowledge of principle material covered 25% grade/100pt
C. Tests- Knowledge of practical and principle material covered (4) 25% grade/200pt
D. Practical- Class application of Taping & Assessments 20% grade/100pt
E. Final Test - Practical Application and exam 20% grade/100pt

A+ 98 and above  A= 93%-97.9%  A- 90-92.9%  B+ 88-89.9%  B=83%-87.9  B- 80-82.9%
C+ 78-79.9%  C=73%-77.9%  C- 70-72.9%  D+ 68-69.9%  D=63%-67.9  D- 60-62.9%
F=59% and below

OUTLINE
Sep  23   Introduction to Sports Medicine Professionals: Defining Roles
        Organizing & Administration of an Athletics Health Care Program
        Read- Chapter 1-2

        25   Preventing Injuries through training; Wrapping and taping techniques
        Read- Chapter 4 & 10, Perrin Ch.1
        Quiz Chapter 1-2

        30   Basics of Injury Rehabilitation- Therapeutic Modalities
        Read- Chapter 11
        Quiz Chapter 4 & 10

Oct  2   Basics of Injury Rehabilitation- Therapeutic Modalities
        Athletic Training Room- Time permitting
        TEST- Chapters 1-2, 4 & 10

        7    Recognizing Different Sports Injuries & Emergency situations and injury assessment
        Read- Chapter 13 & 8

        9    Recognizing Different Sports Injuries & Emergency situations and injury assessment
        Read-Chapter 13 & 8
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Weeks</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oct 14</td>
<td>Psychological Aspects of Sports Injury</td>
<td>Chapter 12</td>
<td>Read</td>
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<tr>
<td>Oct 16</td>
<td>Bandaging &amp; Taping Techniques- Foot &amp; Toes</td>
<td>Chapter 14, Perrin Ch.2</td>
<td>Read</td>
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<tr>
<td>Oct 21</td>
<td>Bandaging &amp; Taping Techniques- Ankle &amp; Lower leg</td>
<td>Chapter 15, Perrin Ch.2</td>
<td>Read</td>
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<tr>
<td>Oct 23</td>
<td>Bandaging &amp; Taping Techniques- Knee</td>
<td>Chapter 16, Perrin Ch.3</td>
<td>Read</td>
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<tr>
<td>Oct 28</td>
<td>Bandaging &amp; Taping Techniques- Thigh, Hip, Groin &amp; Pelvis</td>
<td>Chapter 17, Perrin Ch.4</td>
<td>Read</td>
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<tr>
<td>Nov 30</td>
<td>Bandaging &amp; Taping Techniques- Shoulder &amp; Arm</td>
<td>Chapter 18, Perrin Ch.5</td>
<td>Read</td>
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<tr>
<td>Nov 4</td>
<td>Bandaging &amp; Taping Techniques- Elbow, Forearm, Wrist &amp; Hand</td>
<td>Chapter 19, Perrin Ch.6</td>
<td>Read</td>
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<td>Nov 6</td>
<td>Bandaging &amp; Taping Techniques- Elbow, Forearm, Wrist &amp; Hand</td>
<td>Chapter 19, Perrin Ch.7</td>
<td>Read</td>
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<td>Nov 11</td>
<td>The Spine and Legal Liability &amp; Insurance</td>
<td>Chapter 20 &amp; 3</td>
<td>Read</td>
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<td>Nov 13</td>
<td>The Thorax &amp; Abdomen</td>
<td>Chapter 21</td>
<td>Read</td>
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<td>Nov 18</td>
<td>The Head, Face, Eyes, Ears, Nose &amp; Throat and Bloodborne Pathogens</td>
<td>Chapter 22</td>
<td>Read</td>
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<tr>
<td>Nov 20</td>
<td>Environmental Considerations and Selecting &amp; Using Protective Sports Equipment</td>
<td>Chapter 6 &amp; 7</td>
<td>Read</td>
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<td>Dec 25-27</td>
<td>Thanksgiving Break---- No Class</td>
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<td>Dec 2</td>
<td>General Medical Conditions and Additional Health Concerns</td>
<td>Chapter 23</td>
<td>Read</td>
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<td>Dec 4</td>
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<td>TEST - Chapters 6-7, 9, 22-23; Practice taping techniques for Final</td>
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<td>Dec 9</td>
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<td>FINAL EXAM 11:00a.m.</td>
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