

HTH 290
PREVENTION AND MANAGEMENT OF SPORT AND FITNESS INJURIES
SPRING 2014

Class Meetings Times: 8:45-11:45am Tuesdays
Location: PPP HAC 338

Instructor:

Keith A. Vanic, PhD, ATC

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Office Hours: Scheduled as needed

Course Description:

This course is an introduction to the principles and practices associated with sport and fitness injury management. The course emphasizes the development of competencies in the recognition and treatment of injuries appropriate for professionals working with active populations. Topics include injury mechanics, injury prevention strategies, and injury recognition and management.

Textbook:

Required:

Prentice, W. (2014). **Principles of Athletic Training: A Competency-Based Approach**. 15th Edition. Boston, MA: McGraw Hill Publishers.
ISBN-13: 978-0078022647

Recommended Material:

Anatomy and Physiology Text (if available).

Methods of Instruction

1. Lecture
2. Online Guided Study & Exploration
3. Demonstration/Audio-Visual
4. Laboratory/Guided Study & Exploration
5. Desire2Learn aka BLACKBOARD course module supplements
 - Student LOGIN: <https://blackboard.moravian.edu/>
6. Asynchronous Availability of Audio-Visual lecture demonstration

Course Objectives

The student will acquire the ability to:

1. Define, distinguish and describe injury conditions commonly associated with sports trauma (i.e. fracture, dislocation, subluxation, sprain, strain, and contusion)
2. Relate structure and function of various anatomical regions of the body to the common athletic injuries and pathologies occurring there.
3. Describe basic concepts concerning the prevention of athletic injuries.
4. Explain common mechanisms of injury to particular areas of the athlete's body, and relate these mechanisms to the specific sport or activity of the participant.
5. Describe and recognize the specific symptomology associated with various athletic injuries.
6. Relate the appropriate disposition of an injured athlete according to symptomology.
7. Explain the basic processes of soft tissue and bone healing, and explain how the processes influence proper care, rehab, and management of sports injuries.
8. Explain the safe and proper application of superficial heat and cold, and safe and proper exercise in rehab.
9. Explain the initial evaluation procedure for a physically active individual who has sustained any injury (specific to anatomic region).
10. Appreciate the importance of prophylactic techniques (bracing, orthoses, taping and wrapping) in supporting specific muscles and joint injuries.
11. Appreciate the importance of prophylactic techniques (splinting or immobilization) for specific regions of the body.
12. Understand and appreciate the medico-legal aspects of sport and fitness injury prevention and management.
13. Understand and appreciate the ethical considerations of the athletic trainer, coach and health fitness instructor relative to injury prevention and management.

Course Requirements:

Participation (5%):

- Class attendance will be taken DAILY. Students are expected to actively participate in class and prepare for class discussions in advance. All assignments are to be completed on time and with professional quality.

- You are required to attend all classes. The maximum allowable hours of lecture missed for any reason, excused or unexcused, is three (3). When that number is exceeded, then the final grade shall be lowered with each additional hour of absence. If the number of absences exceeds five, the student will have only the option to drop or fail. ***Attendance is essential. Only an absence approved by the course instructor will result in the student being allowed to make up the work***

or complete quizzes or assignments. In the case of any missed class time, the student is responsible for the material which was covered. If you have an extended absence, you must have notice on file with the appropriate campus office. Resolutions for such will be made on an individual basis.

Online (10%) and Class Quizzes (10%)

Students shall complete quizzes covering the content of each chapter's assigned readings and other ancillary materials. Students will complete these quizzes in BLACKBOARD (n=10) by the deadline specified in the course outline. **Any scheduled Blackboard quiz will not be re-opened due to the student's inability to complete the assessment according to the prescribed deadline. This is a firm policy with no exceptions.** Furthermore, at the discretion of the instructor, there will be randomly announced and unannounced in-class quizzes.

Course Examinations (60%)

Exams will be announced. Students who are absent during exams will receive a failing grade unless prior arrangements have been approved by the professor. Make-up examinations, when approved, are essay format covering the same competencies assessed in the regular examination. Students will be required to complete four (4) examinations throughout the semester. Furthermore, BLACKBOARD online exam supplements may be given in combination by the instructor at their discretion.

Article Review & Critique (5%)

Specific guidelines for article critique completion can be located in BLACKBOARD.

Student Guided Discussions/Presentations (10%)

The student will be required to complete a series of in-class guided explorations/discussions as part of the weekly course content. These will/may include: (1) direct in-class assignments (prepared during class and presented at such time) or (2) individual/group assignments to be researched and prepared in advance of next meeting. Further details will be provided by course instructor.

Methods of Evaluation

Participation	-	5%
Online Quizzes	-	10%
In-class Quizzes	-	10%
Course Examinations (5)	-	60%
Article Review & Critique	-	5%
Student-Guided Discussions	-	10%

Grading: Final Grades for this course will be determined by student performance and the following scale:

Percentage	Grade
90-100%	A
89-80%	B
79-70%	C
69-60%	D
<59%	E

Policies for Participation in this Course:

CLASSROOM CONDUCT:

You are asked to observe the following rules for the classroom during the instructional period:

1. Hats are not to be worn in class.
2. Be on time for the beginning of class.
3. Turn off cell phones, beepers and other electronic devices (or vibrate).
4. No smoking or other use of tobacco products is allowed.
5. Text messaging is strictly prohibited during lecture and discussion.

PROFESSIONALISM AND EMAIL COMMUNICATION POLICY:

Professional behavior is critical for health care providers. As young professionals, students are expected to demonstrate exemplary behavior in all learning contexts related to and within the confines of the University. Particularly those areas include the classroom, clinical settings, faculty offices, other milieu such as clubs and activities, governance, meetings, interactions with other University and campus community members and anywhere within the University.

Professional behaviors that are subject to evaluation will include but are not limited to punctuality, demeanor, dress and hygiene, interactions with faculty, staff, students, and all members of the University, and any form of social networking. Interactions include any verbal and written communication (emails, phone calls, and voicemail messages).

The intent of this policy is intended to help guide students as they develop into health care professionals and is designed to assist students in preparation for their professional career.

Expanded Email and Written Communication Policy

Please use vanick@moravian.edu for direct communication with Dr. Keith Vanic between class meetings. All students are expected to use their Moravian College email address. Please maintain a professional tone in all forms of communication, particularly via e-mail.

Professional e-mails should include the following:

- Subject that summarizes your message – course name [HTH 230] and the message purpose
- Greeting or salutation addressing the e-mail to me
- Content which includes the following information, all written with proper grammar, spelling and punctuation:
 - Purpose of the e-mail – is it a question, comment or concern?
 - A description of the issue.
 - Any resolution or response that you are requesting.
- A signature that includes your full first and last name.

All emails will be subject to evaluation based on grammar, spelling, appropriate use of email including the timing and need for the email and that they meet the basic requirements outlined above. Emails sent after 5 pm on week days or on weekends will be responded to on the next business day. Please refrain from sending unnecessary emails include those that ask questions already answered in class or in another email and those questions/comments that can wait until the next class period. Any emails that are insulting, impolite, demanding, aggressive, harassing, threatening or otherwise disrespectful will result in possible disciplinary action through the University. Please do not send e-mails that ask for grades as those items will be listed in BlackBoard.

E-mails will be checked once per business day and every effort will be made to respond within 24 hours with a maximum of 48 hours. Students should not expect an instant response and should not forward duplicate emails expecting a quicker response. Emails will not be answered on Saturday, Sunday and/or any holiday that brings the cancellation of University classes. If you send e-mail during those times, you can expect a response sometime during the next business day.

BlackBoard Course Policy:

Any scheduled BLACKBOARD quiz will not be re-opened due to the student's inability to complete the assessment according to the prescribed deadline. This is a firm policy with no exceptions.

Civility and Common Courtesy:

Our university community is committed to diversity and personal respect for the individual and collective rights of our colleagues. As such, it is expected that you will treat your professor and fellow students with courtesy. Thoughts and opinions contrary to your own are not to be personally ridiculed.

Disability Notice

I understand that there is an Office of Academic and Disability Support available to me should I need it. It is my responsibility to contact them to process my request to have my needs met. I need to follow their procedures as to provide proper notification to the instructor. Please contact Elaine Mara at 610-861-1510)

Academic Misconduct

Statement of Understanding between Professor and Student:

Every student must respect the right of all to have an equitable opportunity to learn and honestly demonstrate the quality of their learning. Therefore, all students must adhere to a standard of academic conduct, demonstrating respect for themselves, their fellow students, and the educational mission of the University. As a student taking this class:

- I will not represent someone else's work as my own
- I will not cheat, nor will I aid in another's cheating
- I will be honest in my academic endeavors
- I understand that if I am found responsible for academic misconduct, I will be subject to the academic misconduct procedures and sanctions as outlined in the Student Handbook

*Statement of Cheating, Plagiarism, and Academic Honesty: **Students are encouraged to study together and critique each other's work. However, students discovered to be cheating during exams, students who do not do their own work on papers, or students who fail to adequately give credit to the source for ideas that are not their own will receive an automatic "E" on that assignment and may be subject to dismissal from the class with a course grade of "E."***

Intellectual integrity is an important component of the academic process. Consult the Student Handbook for the parameters and consequences of academic dishonesty.