UNIVERSITY OF MINNESOTA-DULUTH
CC 3116 - CARE & PREVENTION OF SPORT INJURIES (3 Credits)

TUESDAY & THURSDAY - 9:30-10:45 a.m.

CARE & PREVENTION OF SPORT INJURIES COURSE:

Principles and techniques of athletic training, with emphasis on areas appropriate to coaches, recreational personnel, pre-professional physical therapists and nurses. Topics include sports injury prevention, emergency care, recognition, follow-up care and external support application.

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OFFICE HOURS: 11- Noon (M-W-F), 3:00-4:00 p.m. (M-W) and by appointment!

COURSE OBJECTIVES:

1. To encourage, develop and measure the students understanding of organizing and establishing an effective athletic care system.

2. To encourage, develop and demonstrate a working knowledge of injury prevention related to physical and sports related activity.

3. To encourage, develop and demonstrate knowledge in recognition and management of specific injuries and conditions.

4. To encourage, develop and measure appropriate application of external support for a variety of joint and soft tissue disabilities.

5. To develop and measure the functional capabilities to provide initial emergency care and proper management of blood borne pathogens.


TENTATIVE CLASS CALENDAR:

Course orientation, handout for presentation; discuss optional paper (TBA), Pre-tape test, Sports Medicine overview, Management of an athletic training program, Legal liability & Insurance. (Chapters: 1,2,3)

Fitness training, conditioning, nutritional considerations. (Chapters: 4,5)

Psychological aspects of sports injury, environmental factors. (Chapters: 9,10)

Emergency care procedures, Primary/Secondary assessment, Blood borne pathogens and management, Bandaging/Taping techniques. Pathogen management (10 points), Initial Assessment/Spinal injury (25 points). (Chapters: 7,8,11)

Protective sports equipment, Acute vs. Chronic injury recognition, Healing process, Basics of injury rehab. (Chapters: 6,12,13)

Presentations & Review for Midterm (Presentations - 25 points) (See handout)
Midterm Written Exam (150 points) Chapters 1-13, lectures & handouts. Review test. Shoulder (Chapter 18) **Midterm will be before spring break!**

**SPRING BREAK! MARCH 17-21 SAFE TRAVELS!**

Foot, Ankle & Lower leg/Lab (Chapters: 14,15) (Worksheet 10 points)
Knee, Thigh, Hip, Groin/Lab (Chapters: 16,17) (Worksheet 10 points)
Review lower extremities & shoulder/Lab
Elbow, Forearm, Wrist, Hand/Lab (Chapter 19) (Worksheet 10 Points)  
**Week #12 Optional Paper Due.**
Spine/Thorax, Abdomen, Head, Face (Chapters: 20,21,22)/Lab Review upper extremities.
General medical conditions, Young athletes (Chapters: 23,24)
Practical Application (Mandatory Ankle & one other taping application) (50 Points)
Final Written Exam (150 points) Chapters: 14-24, lectures & handouts. TBA Finals week.

**EQUIPMENT NEEDED FOR CLASS:** To dress comfortably during labs and hands-on application. May be on the floor or ground at this time.

**EVALUATION:** GRADES WILL BE BASED ON THE FOLLOWING ITEMS:

1. Tests – 2 @ 150 Points each  
   Midterm: Ch. 1-13, lectures & handouts  
   Final: Ch. 14-24, lectures & handouts  
   **300 Points**
   ##TESTS WILL BE GIVEN DURING CLASS HOURS ON THE DAY SCHEDULED ON THE CLASS CALENDAR. MAKE-UP TESTS WILL NOT BE GIVEN.##

2. Practical Application (Ankle & Other)(25/25)  
   **50 Points**

3. Blood borne pathogen management  
   **10 Points**

4. Initial assessment/Spine injury management  
   **25 Points**

5. Class presentation before Midterm  
   **25 Points**

6. Class Worksheets – 10 pts each (3)  
   **30 Points**

7. Peer Website worksheet  
   **10 Points**  
   **450 Points**

**Optional Bonus Points (Not factored into total points)**

Written Paper on Injury (See handout) Due 12th week of class. (25 points)
**GRADING:** (450 Points) (Plus or minus will be factored in accordingly).

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>92%</td>
<td>414</td>
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<tr>
<td>B</td>
<td>82%</td>
<td>369</td>
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<td>C</td>
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<td>D</td>
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<td>F</td>
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*Attendance will be a factor in final grading!*

**NOTES:**

THE INSTRUCTOR RESERVES THE RIGHT TO ADJUST GRADES ACCORDING TO ABSENCE, TARDINESS AND CLASS PARTICIPATION. **MORE THAN TWO UNEXCUSED ABSENCES WILL DROP YOUR TOTAL POINTS ONE/HALF GRADE.**

NO MAKE-UP TEST WILL BE GIVEN UNLESS YOU MAKE PRIOR ARRANGEMENTS WITH ME AND ONLY IN CASES OF EMERGENCIES.

INDIVIDUALS WHO HAVE DISABILITIES, EITHER PERMANENT OR TEMPORARY, WHICH MAY AFFECT THEIR ABILITY TO PERFORM IN THE COURSE ARE STRONGLY ENCOURAGED TO INFORM THE INSTRUCTOR AT THE START OF THE SEMESTER. ADAPTIONS OF METHODS, MATERIALS, OR TESTING MAY BE MADE AS REQUIRED TO PROVIDE EQUITABLE PARTICIPATION.