Course Description
This course provides basic information regarding risk management, prevention, recognition, first aid, taping and wrapping of athletic injuries. The student will be required to successfully demonstrate basic strapping techniques, bandaging, splinting, CPR/AED and First Aid. The course can lead to certification in first aid, CPR/AED (if desired).

*Certification fees should be made payable to the American Red Cross. These fees will be collected in class.

Prerequisites:
Junior or Senior standing.

Course Goals and Objectives
After this course, the student should be able to:
1. understand common injuries and illnesses related to athletics.
2. understand and demonstrate proficiency in basic taping and wrapping techniques.
3. utilize First Aid techniques. (established by American Red Cross)
4. utilize cardiopulmonary resuscitation (CPR) techniques. (established by American Red Cross)
5. demonstrate a basic knowledge of how to care for an injured athlete and provide the basic standard of care to them (i.e. splinting, First Aid, bandaging).
6. demonstrate understanding of risk management techniques.

Textbook Information
We will use various readings, handouts, and lecture notes in this course.

Required:
2. Standard First Aid with CPR/AED—Adult Participant’s Kit

Other selected materials will be placed on reserve or given as handouts.
Expectations and General Policies

The course will follow a lecture/laboratory format.

Policies:

1. Students are expected to be in **EVERY** class on time.
2. Each absence or tardy will result in a reduction of your total points.
3. You are not to text message or read outside materials during class time (i.e., newspapers, notes/books for other courses). If you are caught doing so expect that points will be deducted from your grade and/or you will be asked to leave.
4. All phones and other electronic devices should be turned off during class time.
5. There will be **NO** make-ups for any missed exams, quizzes, projects, or assignments unless otherwise specified. **NO EXCEPTIONS**
6. **Academic dishonesty will not be tolerated.** Students are referred to the University policies regarding plagiarism and academic dishonesty.

<table>
<thead>
<tr>
<th>Grading Policies</th>
<th>Point Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Examination #1</td>
<td>100 (16.6%)</td>
</tr>
<tr>
<td>Examination #2</td>
<td>100 (16.6%)</td>
</tr>
<tr>
<td>Examination #3</td>
<td>100 (16.6%)</td>
</tr>
<tr>
<td>Final Examination</td>
<td>100 (16.6%)</td>
</tr>
<tr>
<td>Quizzes</td>
<td>50 (8.3%)</td>
</tr>
<tr>
<td>Review Questions</td>
<td>50 (8.3%)</td>
</tr>
<tr>
<td>In the News</td>
<td>25 (4.1%)</td>
</tr>
<tr>
<td>Lab Participation</td>
<td>25 (4.1%)</td>
</tr>
<tr>
<td>CPR/1st Aid</td>
<td>25 (4.1%)</td>
</tr>
<tr>
<td>Participation/Attendance</td>
<td>25 (4.1%)</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>600 (100%)</strong></td>
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</tbody>
</table>

- **Examinations**- will cover all lecture, discussion and lab material. The format of the exams will be objective in nature, consisting of multiple choice and true/false. Short answer may also be incorporated as appropriate. Each exam will be given during the scheduled class period and will take approximately one-hour to complete.
  - *If you have special testing considerations, please make the instructor aware of them during the first day of class.*
- **Quizzes**- will be objective or short-answer in nature. The **points** will count towards your total quiz grade of **50 points**. Information presented during lecture as well as lab will be used in the quizzes. Quizzes will be given during the first 5 minutes of class time. With this in mind, **do not be late!** If you are late for class, **you may not make-up the quiz once it has started.**
- **Review Questions**- In conjunction with the posted lecture notes you will find questions for each chapter. You need to type your responses to these questions/activities and bring them to class to be collected and discussed. These will not be accepted if received via e-mail or if turned in late
- **In the News**- You will be required to present one article/event that has been in the news in the last calendar year. **The presentation should be 5 minutes long.** During this time you are to present (not read) the article you found. It is up to you to explain how the article/event relates to materials covered in this course as well as your future role in athletics/sports/physical activity. You should type up your presentation material and include an appropriate article citation!
**Lab Participation**- There will be a series of labs (taping/wrapping, FA/CPR, etc). You must be present & participate to receive points for these.

**FA/CPR** - successful completion of standard first aid skills and certification exam will earn you **25 points** towards your course final grade. **You must be present during all skills testing and lecture to be eligible for certification. To receive your card you also have to pay the ARC fee.**

**Attendance/Participation**- regular attendance is expected for this class. If you adhere to the course policies on attendance, you will receive all participation points toward your final grade. Points will be deducted for both absences and tardies. You are considered tardy if you arrive after attendance is complete. **If you arrive late to class it is your responsibility to inform the instructor of your presence so that you are not marked absent.**

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### Tentative Course Schedule

<table>
<thead>
<tr>
<th>DATES</th>
<th>TOPIC(s)</th>
<th>READINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/15</td>
<td>Course Introduction, Review of Syllabus</td>
<td>None</td>
</tr>
<tr>
<td>1/17</td>
<td>The Sports Medicine Team and Their Roles</td>
<td>Arnheim &amp; Prentice Chapter 1</td>
</tr>
<tr>
<td>1/22</td>
<td>Organizing &amp; Administering an Athletic Health Care Program</td>
<td>Arnheim &amp; Prentice Chapter 2</td>
</tr>
<tr>
<td>1/24</td>
<td>Legal Liability &amp; Insurance</td>
<td>Arnheim &amp; Prentice Chapter 3</td>
</tr>
<tr>
<td>1/29</td>
<td>Preventing Injuries Through Fitness Training</td>
<td>Arnheim &amp; Prentice Chapter 4</td>
</tr>
<tr>
<td>1/31</td>
<td>Preventing &amp; Managing Injuries in Young Athletes</td>
<td>Arnheim &amp; Prentice Chapter 25</td>
</tr>
<tr>
<td>2/5</td>
<td>Nutritional Considerations &amp; Substance Abuse</td>
<td>Arnheim &amp; Prentice Chapter 5 &amp; 24</td>
</tr>
<tr>
<td>2/7</td>
<td>Protective Sports Equipment</td>
<td>Arnheim &amp; Prentice Chapter 6</td>
</tr>
<tr>
<td>2/12</td>
<td>Exam 1</td>
<td>Ch 1-6, 24 &amp; 25</td>
</tr>
<tr>
<td>2/14-3/7</td>
<td>Understanding Adverse Environmental Conditions,</td>
<td>Arnheim &amp; Prentice Chapter 7-9</td>
</tr>
<tr>
<td>(Meet at alternate location for B&amp;T)</td>
<td>Emergency Situations &amp; Injury Assessment Bloodborne Pathogens &amp; Wound Care Skills Testing, Lab &amp; Lecture</td>
<td>FA/CPR/AED</td>
</tr>
<tr>
<td>3/19-3/21</td>
<td>Bandaging &amp; Taping Techniques (dress comfortably)</td>
<td>Arnheim &amp; Prentice Chapter 10</td>
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<tr>
<td></td>
<td><strong>Meet outside Arena on 3/5/13 &amp; 3/7/13</strong></td>
<td>Lab – Common Tapings</td>
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<tr>
<td>3/26</td>
<td>Basics of Injury Rehabilitation</td>
<td>Arnheim &amp; Prentice Chapter 11</td>
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<tr>
<td>3/28</td>
<td>Exam 2</td>
<td>Ch 7-12 &amp; ARC</td>
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<tr>
<td>4/2-4/11</td>
<td>The Foot, Ankle &amp; Lower Leg</td>
<td>Arnheim &amp; Prentice Chapter 14 &amp; 15</td>
</tr>
<tr>
<td></td>
<td>The Knee, Thigh, Hip, Groin &amp; Pelvis</td>
<td>Arnheim &amp; Prentice Chapter 16 &amp; 17</td>
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<tr>
<td>4/16</td>
<td>Exam 3</td>
<td>Ch 14-17</td>
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<tr>
<td>4/18-5/2</td>
<td>Upper Extremity Orthopedic Concerns</td>
<td>Arnheim &amp; Prentice Chapter 18-19</td>
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<tr>
<td></td>
<td>The Spine</td>
<td>Arnheim &amp; Prentice Chapter 20</td>
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<td>Thorax &amp; Abdomen/Head, Face, Eyes, Ears, Nose &amp; Throat</td>
<td>Arnheim &amp; Prentice Chapter 21</td>
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<td>Gen Med &amp; Additional Health Concerns</td>
<td>Arnheim &amp; Prentice Chapter 22</td>
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<td>Arnheim &amp; Prentice Chapter 23</td>
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<tr>
<td>5/9 (10:10am-12:10 PM)</td>
<td>Final Exam</td>
<td>Ch 18-23</td>
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**The above syllabus is subject to change at the discretion of the instructor**
## Basic Rubric for ITN Presentation

<table>
<thead>
<tr>
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<th>Maximum Points</th>
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<tbody>
<tr>
<td>Citation</td>
<td>3</td>
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<tr>
<td>Time</td>
<td>3</td>
</tr>
<tr>
<td>Presentation Quality (Voice, Clarity, Use of Quality Source)</td>
<td>5</td>
</tr>
<tr>
<td>Relevance to your Major area (written)</td>
<td>7</td>
</tr>
<tr>
<td>Relevance to course material (written)</td>
<td>7</td>
</tr>
<tr>
<td><strong>Total Points</strong></td>
<td><strong>25</strong></td>
</tr>
</tbody>
</table>