

# **CLARENDON COLLEGE**

## **Division of Science & Health**

**Course Name:** PHED 2356 Care & Prevention of Athletic Injuries

**Credit Hours:** 3

**Semester:** Fall 2024

**Classroom Location:** ADMIN 102

**Instructor:** Brad Vanden Boogaard

**Office Location:** Instructional Center

**Phone:** 806-874-4800

**Email:** brad.vandenboogaard@clarendoncollege.edu

**Office Hours:** by appointment

### **Course Description:**

Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training.

### **Statement of Purpose**

This class partially satisfies the requirements for the Associate Degree at Clarendon College, provides a foundation in the care for athletic injuries, and is designed for transfer to a senior college.

### **No Required Textbook**

### **Student Requirements**

Students are expected to complete all assigned work by the date and time due.

### **Methods of Instruction**

Lecture

Handouts

Group work

Individual demonstration

Discussion

### **Course Objectives**

As a result of this course, you should be able to:

1. Exhibit a foundation of understanding in the care of athletic injuries.
2. List and explain the members of the Emergency Team.
3. Understand the legalities/liabilities associated with athletic training.
4. Prepare students to follow and meet the ethical and professional standards in athletic training profession.

### **Grading Policies:**

You will receive a grade in this class based on the following:

**Participation: 10%**

**Tests: 50%**

**Research Project: 20%** Research Project will be over topic of your choice. Research will include: anatomy, function, how the injury occurs, treatment, and prevention

**Quizzes/Assignments: 20%**

The final semester grades will be figured as set in the current catalog:

90 to 100 = A      80 to 89 = B      70 to 79 = C    60 to 69 = D    Below 59 = F

A student's final grade will be made available through Campus Connect at Clarendon College's website.

### **Attendance**

You will receive 2 unexcused absences for the semester. On the third absence, and all following, the attendance grade will be lowered by 5 points.

### **Course Schedule**

Unit 1 – Foundations of Care and Prevention

    Unit Exam - 12.5% of final grade

Unit 2 – Lower Body Injuries

    Unit Exam - 12.5% of final grade

Unit 3 – Upper Body Injuries

### **Classroom Policies:**

You are required to attend every meeting. The use of cell phones in class is prohibited unless authorized by the instructor.

### **Classroom Conduct**

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Cheating violations include, but are not limited to: (1) obtaining an examination , classroom activity, or laboratory exercise by stealing or collusion; (2) discovering the content of an examination , classroom activity, laboratory exercise, or homework assignment before it is given; (3) using an unauthorized source of information during an examination , classroom activity, laboratory exercise, or homework assignment ; (4) entering an office or building to obtain unfair advantage; (5) taking an examination for another person; (6) completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; (7) altering grade records; (8) using any unauthorized form of electronic communication device during an examination, classroom activity, or laboratory exercise; (9) Plagiarism. Plagiarism is the using, stating, offering, or reporting as one's own, an idea, expression, or production of another person without proper credit.

Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Dean of Students when a student is caught cheating in the course, whether it be a workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved. Students who are reported as cheating to the Dean of Students more than once shall be disciplined by the Dean.

### **Student Rights and Responsibilities**

Student's rights and responsibilities are listed on the College website at:

<http://www.clarendoncollege.edu/Resources/Student%20Services/StudentRightsResponsibilities.pdf>.

**Accommodations Statement:** REQUIREMENTS OF THE AMERICANS WITH DISABILITIES ACTIn accordance with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, any student who feels that he or she may need any special assistance or accommodation because of an impairment or disabling condition should contact the Associate Dean of Enrollment Services at 806-874-4837 or [janean.reish@clarendoncollege.edu](mailto:janean.reish@clarendoncollege.edu) or visit the Clarendon campus at Clarendon College. It is the policy of Clarendon College to provide reasonable accommodation as required to afford equal educational opportunity. It is the student's responsibility to contact the Associate Dean of Enrollment Services.

### **Dropping a Course:**

A student who is enrolled in a developmental course for TSI purposes may not drop his/her only developmental course unless the student completely withdraws from the college. A student may drop any other course with a grade of "W" any time after the census date for the semester and on or before the end of the 12<sup>th</sup> week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar. The request for permission to drop a course is initiated by the student by procuring a drop form from the Office of Student Services. (Refer to other policies concerning this issue in the current college catalog online.)

**Withdrawal:** If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript.

A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12<sup>th</sup> class day.

**Remember, a student is only allowed to drop the same class twice before he/she will be charged triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the Fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6, he/she will no longer be able to withdraw from any classes.**

### **Campus Carry:**

Information regarding campus carry policies can be found at <http://www.clarendoncollege.edu/campuscarry>

**Nondiscrimination Policy:**

Clarendon College, in accordance with applicable federal and state law, prohibits discrimination, including harassment, on the basis of race, color, national or ethnic origin, religion, sex, disability, age, sexual orientation, or veteran status.

It is the policy of Clarendon College not to discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin, or sexual orientation. Harassment of a student in class, i.e., a pattern of behavior directed against a particular student with the intent of humiliating or intimidating that student will not be tolerated. The mere expression of one's ideas is not harassment and is fully protected by academic freedom, but personal harassment of individual students is not permitted.

**Course Outline:**

Foundations of Care and Prevention

Concepts of Sports Injury

The Athletic Health Care Team

The Law of Sports Injury

Sports-Injury Prevention

The Psychology of Injury

Nutritional Considerations

Emergency Plan and Initial Injury Evaluation

Hot Cold Injuries

Lower Body Injuries:

    Anatomy of Lower Body

    Injuries to the Foot, Ankle, Shin, Knee, and Hip

Upper Body Injuries:

    Anatomy of Upper Body

    Injuries to the Spine, Shoulder, Neck, Head, Elbow, and Head

Final exam on date/time as posted on Final Exam Schedule on Clarendon College website.