

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

**ATEP 203 – Prevention, Recognition, and Management of Athletic and Fitness Related
Injuries (3)
Summer 2011 1A**

DAY/TIME:	NET	LOCATION:	NET
PROFESSOR:	Dr. Shane Caswell, PhD, ATC	EMAIL ADDRESS:	scaswell@gmu.edu
OFFICE LOCATION:	Bull Run Hall 208C	PHONE NUMBER:	703-993-
OFFICE HOURS:	By appointment	FAX NUMBER:	703-993-2025

PREREQUISITES: None

COURSE DESCRIPTION

Provides coaches and fitness professionals with theory on the prevention, recognition, and management of injuries and conditions that occur in athletic competition and recreational fitness activities.

COURSE OBJECTIVES

At the completion of this course students should be able to:

1. Demonstrate understanding of the roles and responsibilities of a coach or fitness professional in the prevention of injury;
2. Identify responsibilities of the sports medicine team and related disciplines;
3. Evaluate the accepted guidelines, recommendations, and policy and position statements of professional organizations and governing bodies relating to the prevention, care and overall management of injuries and conditions that occur in athletic competition and recreational fitness activities;
4. Describe current legislative and governance policies and issues related to the prevention of and care for injuries and conditions associated with athletic competition and recreational fitness activities;
5. Demonstrate an appreciation for evidence-based practices in the care and overall management of injuries and conditions that occur in athletic competition and recreational fitness activities;
6. Identify rules and requirements specific to sport or activity for protective equipment and devices;
7. Illustrate how tissues of the body respond to injury;
8. Classify basic musculoskeletal injuries and mechanisms;
9. Outline the basic process of injury evaluation; and
10. Identify the basic psychological components of injury.

COURSE OVERVIEW

This didactic course will offer students the opportunity to examine the position statements from the National Athletic Trainers' Association, American College of Sports Medicine, National Strength and Conditioning Association, National Collegiate Athletic Association, and National Federation of State High School Associations regarding safety precautions, and management of basic injuries to the upper and lower extremity.

All content will be delivered via the George Mason University Blackboard System 9.1. This is accessed through the "My Mason" portal located on the main page of the University.

REQUIRED TEXTBOOK

Prentice, W.E. (2006). Essentials of Athletic Injury Management (8th ed). McGraw-Hill

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written exams, activities and discussions. This course will be graded on a point system, with a total of 500 possible points.

COURSE GRADING SCALE

ASSESSMENT METHOD	NUMBER	POINTS EACH	Total Points
Discussions	7	20	140
Activities	3	50	150
Midterm Exam	1	105	105
Final Exam	1	105	105
		TOTAL	500

The student's final letter grade will be earned based on the following scale:

- A: 465 – 500 pts. (93%)
- A-: 450 – 464 pts. (90%)
- B+: 435 – 449 pts. (87%)
- B: 415 – 434 pts. (83%)
- B-: 400 – 414 pts. (80%)
- C+: 385 – 399 pts. (77%)
- C: 365 – 384 pts. (73%)
- C-: 350 – 364 pts. (70%)
- D: 315 – 349 pts. (63%)
- F: < 315 pts.

SCHEDULE

Week	Date	Topic	Assignment
1	5-26 to 5-31	Introduction to Course Sports Medicine Team Health Care Administration & Organization	<i>Discussions:</i> -Introduction -Sports Medicine Organization -Chp 2 Professional Application
2	5-31 to 6-6	Legal Concerns Emergency Planning and Injury Assessment Blood Borne Pathogens	<i>Discussions:</i> -Liability & Insurance <i>Activity:</i> -EAP Development
Available 6-8~8am to 6-10~11pm		Mid Term Exam	
3	6-6 to 6-13	Environmental Considerations Injury Recognition	<i>Discussions:</i> -NATA Position Statements <i>Activity:</i> -Injury Presentation
4	6-13 to 6-20	Youth Aged Considerations Equipment Considerations	<i>Discussions:</i> -Youth Considerations -Equipment
5	6-20 to 6-24	Psychosocial Considerations Current Topics	<i>Activities:</i> -Current Topics
Available 6-22~8am to 6-24~11pm		Final Exam	

Note: Faculty reserves the right to alter the schedule as necessary.

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].

GSE faculty may add at the conclusion:

- For additional information on the College of Education and Human Development, Graduate School of Education, please visit our website [See <http://gse.gmu.edu/>].

RHT faculty may add at the conclusion:

For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>