GEORGE MASON UNIVERSITY  
School of Recreation, Health and Tourism

ATEP 203 – Prevention, Recognition, and Management of Athletic and Fitness Related Injuries (3)  
Spring 2012

DAY/TIME: NET  
LOCATION: NET

PROFESSOR: Shruti Ambegaonkar, MS, PT  
EMAIL ADDRESS: sambegao@gmu.edu

OFFICE LOCATION: OB 219  
PHONE NUMBER: 703-993-7156

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

Discussions
Students will participate in online discussions on Blackboard about several topics throughout the semester. The topic for each discussion will be available on Monday ~ 8 am (beginning of the discussion week). Discussions will be due by Sunday at 11:59 pm (end of discussion week) as listed on the syllabus.

Quizzes
Quizzes will be administered online on Blackboard throughout the semester as listed in the schedule. The quizzes may contain a combination of multiple choice, fill-in-the-blank, short answer or true/false questions. Quizzes will cover information from the reading assignments provided for the week.

Exams
Two online exams (one mid-term and one final) will be administered on Blackboard. The format of these examinations may be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test the material covered in the assigned readings and discussions. The final examination is cumulative.

COURSE GRADING SCALE

<table>
<thead>
<tr>
<th>ASSESSMENT METHOD</th>
<th>NUMBER</th>
<th>POINTS EACH</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussions</td>
<td>10</td>
<td>10</td>
<td>100</td>
</tr>
<tr>
<td>Quizzes</td>
<td>4</td>
<td>50</td>
<td>200</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>1</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Final Exam</td>
<td>1</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
<td></td>
<td><strong>500</strong></td>
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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.
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Reading Assignment</th>
<th>Topic</th>
<th>Assignment</th>
</tr>
</thead>
</table>
| 1    | 1/23 to 1/29 | Chapter 1          | Introduction to Course Sports Medicine Team Health Care Administration & Organization | Discussion 1:  
Due by 11:59 pm on 1/29  
-Introduction  
-Sports Medicine Organization |
| 2    | 1/30 to 2/5  | Chapter 2          | Rules of operation Record Keeping Budget and Facilities | QUIZ 1  
Due by 11:59 pm on 2/5 |
| 3    | 2/6 to 2/12  | Chapter 3          | Legal Concerns Insurance                              | Discussion 2:  
-Texas Tech Mike Leach Case  
Due by 11:59 pm on 2/12 |
| 4    | 2/13 to 2/19 | Chapter 4          | Conditioning Warm up and Cool down Strength, Power, Endurance Cardiorespiratory Fitness | Discussion 3:  
-ACSM/NSCA Position Statements  
QUIZ 2  
Due by 11:59 pm on 2/19 |
| 5    | 2/20 to 2/26 | Chapter 7          | Emergency Action Plan Injury Assessments              | Discussion 4:  
-EAP Development  
-NATA Emergency Planning  
Due by 11:59 pm on 2/26 |
| 6    | 2/27 to 3/4  | Chapter 8          | Blood Borne Pathogens                                 | Discussion 5:  
-NATA Position Statement  
Due by 11:59 pm on 3/4 |
| 7    | 3/5 to 3/11  | MID-TERM EXAM      |                                                     |                                                     |
| 8    | 3/12 to 3/18 | Chapter 9          | Environmental Considerations                          | Discussion 6:  
NATA Position Statement  
Due by 11:59 pm on 3/18 |
| 9    | 3/19 to 3/25 | Chapter 13         | Injury Recognition Process of Healing                 | Discussion 7:  
Personal Injury and treatment  
Due by 11:59 pm on 3/25 |
<p>| 10   | 3/26 to 4/1  | <em>SPRING BREAK</em>     |                                                     |                                                     |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Date Range</th>
<th>Chapter</th>
<th>Topic</th>
<th>Quiz/Discussion Due Date</th>
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<tbody>
<tr>
<td>11</td>
<td>4/2 to 4/8</td>
<td>Chapter 25</td>
<td>Age Considerations</td>
<td>QUIZ 3 Due by 11:59 pm on 4/8</td>
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<tr>
<td>12</td>
<td>4/9 to 4/15</td>
<td>Chapter 6</td>
<td>Protecting the Athlete</td>
<td>Discussion 8: NATA, NSCA, NCAA, NFL &amp; Other Positional Statements Due by 11:59 pm on 4/15</td>
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<tr>
<td>13</td>
<td>4/16 to 4/22</td>
<td>Chapter 12</td>
<td>Psychological Aspects of Injury</td>
<td>QUIZ 4 Due by 11:59 pm on 4/22</td>
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<td>14</td>
<td>4/23 to 4/29</td>
<td>Current Topics</td>
<td>Concussion</td>
<td>Discussion 9: Zurich Consensus Statement/CDC Due by 11:59 pm on 4/29</td>
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<tr>
<td>15</td>
<td>4/30 to 5/4</td>
<td>Current Topics</td>
<td></td>
<td>Discussion 10 Due by 11:59 pm on 5/4</td>
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<tr>
<td>16</td>
<td></td>
<td></td>
<td>FINAL EXAM – Available 5/8 ~8am to 5/11 ~11pm</td>
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*Note: Faculty reserves the right to alter the schedule as necessary.*

**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/].

• 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].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.