

GEORGE MASON UNIVERSITY
School of Recreation, Health, and Tourism

ATEP 203 – DL1 — Prevention, Recognition, and Management of Athletic and Fitness Related Injuries (3)
Spring 2015

DAY/TIME:	On-line: asynchronous;	LOCATION:	Online
PROFESSOR:	Dr. Shane Caswell, ATC	EMAIL ADDRESS:	scaswell@gmu.edu
OFFICE LOCATION:	Bull Run Hall 201C	PHONE NUMBER:	703-993-4638
OFFICE HOURS:	By appointment in office or via live chat on Blackboard	FAX NUMBER:	703-993-2025

PREREQUISITES/COREQUISITES

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.

DELIVERY METHOD

This course will be delivered online using an asynchronous format via the Blackboard learning management system (LMS) housed in the MyMason portal. You will log in to the Blackboard course site using your Mason email name (everything before “@masonlive.gmu.edu) and email password. The course site will be available on Jan 21, 2015.

TECHNICAL REQUIREMENTS

To participate in this course, students will need the following resources:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox are recommended. Opera and Safari are not compatible with Blackboard.
- Note: Google Chrome is not a compatible browser with this courses required online text book or materials
- Consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.
- Students may be asked to create logins and passwords on supplemental websites and/or to download trial software to their computer or tablet as part of the course requirements.
- The following software plug-ins for PCs and Macs respectively, are available for free downloading by clicking on the link next to each plug-in:
 - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
 - Windows Media Player: <http://windows.microsoft.com/en-US/windows/downloads/windows-media-player>

COURSE EXPECTATIONS

- **Course Week:** Because asynchronous courses do not have a “fixed” meeting day, our week will start on Monday and finish on Sunday.
- **Log-in Frequency:** Students must actively check the course Blackboard site and their GMU email for communications from the instructor, at a minimum this should be 2 times per week.
- **Participation:** Students are expected to actively engage in all course activities throughout the semester, which include viewing of all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- **Technical Competence:** Students are expected to demonstrate competence in the use of all course technology. Students are expected to seek assistance if they are struggling with technical components of the course.
- **Technical Issues:** Students should expect that they could experience some technical difficulties at some point in the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- **Workload:** Expect to log in to this course at least three times a week to read announcements, participate in the discussions, and work on course materials. Remember, this course is not self-paced. There are specific deadlines and due dates listed in the CLASS SCHEDULE section of this syllabus to which you are expected to adhere. It is the student’s responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Advising:** If you would like to schedule a one-on-one meeting to discuss course requirements, content or other course-related issues, and you are unable to come to the Mason campus, we can meet via telephone or web conference. Send me an email to schedule your one-on-one session and include your preferred meeting method and suggested dates/times.

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 on-line course is designed to prepare you to identify and manage a variety of injuries and conditions associated with athletic and physical activities. This course is approved by the American Sports Education Program (ASEP) and successful completion of the final exam (80% or higher) will place your name on the ASEP National Coaches Registry.

See the following link for the registry:

https://www.asep.com/registry_coaches/coaches.cfm?&CFID=197522&CFTOKEN=46267957.

NATURE OF COURSE DELIVERY

On-line.

REQUIRED READINGS

Flegel, M. J. (2014). *Sports First Aid, 5th Edition*. Human Kinetics.

*eBook: ISBN: 9781450481519 – Sport First Aid Online-5th Edition With eBook

(Order from www.asep.com) -- \$40

- Note: The ebook may be downloaded for reading offline on your computer or your handheld devices but will require the following:
 - Computer: Adobe Digital Edition. This can be downloaded for free at:
 - <http://www.adobe.com/solutions/ebook/digital-editions/download.html>
 - Hand Held Device: Bluefire Reader. This can be downloaded for free at:
 - MAC/iOS: <https://itunes.apple.com/us/app/bluefire-reader/id394275498?mt=8>
 - PC/Android: https://play.google.com/store/apps/details?id=com.bluefirereader&feature=search_result

SUGGESTED READINGS

*Paper Edition: ISBN: 9781450476904 – Sport First Aid Online-5th Edition

(Order from www.asep.com) -- \$50

Rehberg, R. S. (2013). *Sports Emergency Care: A Team Approach, 2nd Edition*. Slack, Inc.

*Located in the GMU Bookstore.

EVALUATION

This course will be graded on a point system with a total of 300 possible points.

Blackboard Student Introduction

Each student will participate in a discussion that will be located on the course Blackboard site. Students will include all requested information that is located in the discussion.

Due Date: Monday, January 26, 2015 at 11:59PM

Unit/Chapter Materials, Activities, and Quizzes

This course is presented using a variety of online materials organized in a series 3 parts divided into 16 units. Each unit (except for 16) in the online text consists of reading materials, videos, activities, and culminates in a quiz. All unit activities and corresponding quizzes are pass/fail assignments. Students must provide proof of completion of each unit by the assigned due date.

- Proof of completion must be demonstrated by digitally printing or performing a screen capture of the Unit Completion Report which is generated after you have successfully completed all unit activities and the quiz
- Each Unit Completion Report must be saved as a PDF, JPG or other image document and uploaded to the ATEP 203 Blackboard site by the assigned due date
- An example of a Unit Completion Report is provided on the ATEP 203 Blackboard site
- No late submissions will be accepted

Final Examination

This examination covers all content in the online reading materials, videos, activities, and quizzes from Units 1-15. Please note that unlike the unit quizzes each question of the ASEP Course Test may only be completed once. Be certain that you double check all answers before submitting. Please note, to be listed on the ASEP National Coaches Registry, students must achieve a score of 80% or higher on the ASEP examination.

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

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Online Discussion	1	20	20
Unit Completion Reports	15	12 (Pass/Fail)	180
Final Examination	1	100	100
TOTAL	—	—	300

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

A: 300 – 279 pts. (93%)	C+: 239 – 231 pts. (77%)
A-: 278 – 270 pts. (90%)	C: 230 – 219 pts. (73%)
B+: 269 – 261 pts. (87%)	C-: 218 – 210 pts. (70%)
B: 245 – 249 pts. (83%)	D: 209 – 189 pts. (63%)
B-: 248 – 240 pts. (80%)	F: < 189 pts.

LATE ASSIGNMENTS

All work is due at the indicated date and time (Eastern Standard Time). **NO LATE WORK WILL BE ACCEPTED**

TENTATIVE COURSE SCHEDULE

WEEK	DATES	TOPIC	ONLINE UNIT ASSIGNMENT
1	1-20 to 1-25	Introduction & Orientation to Course	Course Introduction & Blackboard Discussion
2	1-26 to 2-1	Part 1: Introduction to Sport First Aid – Unit/Chapter 1 - Your Role on the Athletic Health Care Team 2 – Sport First Aid Game Plan	Read chapter 1 & 2, complete all activities, complete quizzes, upload unit completion reports by 2-2-15 at 11:59PM
3	2-2 to 2-8	Part 2: Basic Sport First Aid Skills – Units/Chapter 3 – Anatomy and Sport Injury Terminology 4 – Emergency Action Steps	Read chapter 3 & 4, complete all activities, complete quizzes, upload unit completion reports by 2-9-15 at 11:59PM
4	2-9 to 2-15	Part 2: Basic Sport First Aid Skills – Unit/Chapter 5 – Physical Assessment and First Aid Techniques	Read chapter 5, complete all activities, complete quiz, upload unit completion report by 2-16-15 at 11:59PM
5	2-16 to 2-22	Part 2: Basic Sport First Aid Skills – Unit/Chapter 6 – Moving Injured or Sick Athletes	Read chapter 6, complete all activities, complete quiz, upload unit completion report by 2-23-15 at 11:59PM
6	2-23 to 3-1	Part 3: Basic Sport First Aid Skills – Unit/Chapter 7 – Respiratory Emergencies and Illnesses	Read chapter 7, complete all activities, complete quiz, upload unit completion report by 3-2-15 at 11:59PM
7	3-2 to 3-8	Part 3: Basic Sport First Aid Skills – Unit/Chapter 8 – Head, Spine, and Nerve Injuries	Read chapter 8, complete all activities, complete quiz, upload unit completion report by 3-9-15 at 11:59PM
8	3-9 to 3-15	<i>Spring Break</i>	
9	3-16 to 3-22	Part 3: Basic Sport First Aid Skills – Unit/Chapter 9 – Internal Organ Injuries	Read chapter 9, complete all activities, complete quiz, upload unit completion report by 3-23-15 at 11:59PM
10	3-23 to 3-29	Part 3: Basic Sport First Aid Skills – Unit/Chapter 10 – Sudden Illness	Read chapter 10, complete all activities, complete quiz, upload unit completion report by 3-30-15 at 11:59PM
11	3-30 to 4-5	Part 3: Basic Sport First Aid Skills – Unit/Chapter 11 – Weather Related Problems	Read chapter 11, complete all activities, complete quiz, upload unit completion report

			by 4-6-15 at 11:59PM
12	4-6 to 4-12	Part 3: Basic Sport First Aid Skills – Unit/Chapter 12 – Upper Body Musculoskeletal Injuries	Read chapter 12, complete all activities, complete quiz, upload unit completion report by 4-13-15 at 11:59PM
13	4-13 to 4-19	Part 3: Basic Sport First Aid Skills – Unit/Chapter 13 – Lower Body Musculoskeletal Injuries	Read chapter 13, complete all activities, complete quiz, upload unit completion report by 4-20-15 at 11:59PM
14	4-20 to 4-26	Part 3: Basic Sport First Aid Skills – Unit/Chapter 14 – Facial and Scalp Injuries	Read chapter 14, complete all activities, complete quiz, upload unit completion report by 4-27-15 at 11:59PM
15	4-27 to 5-4	Part 3: Basic Sport First Aid Skills – Unit/Chapter 15 – Skin Problems 16 - Sport First Aid Field Clinic (<i>Note: No Unit Quiz</i>)	Read chapter 15 & 16, complete all activities, complete quiz, upload unit 15 completion report by 5-4-15 at 11:59PM
16	5-6 to 5-13	FINAL EXAMINATION: *Due by 11:59pm on Wednesday, May 13 2015th	

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://oai.gmu.edu/honor-code/>].
- 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/policies/responsible-use-of-computing/>].
- 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.

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>].

PROFESSIONAL BEHAVIOR: Students are expected to exhibit professional behaviors and dispositions at all times.

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.