

George Mason University
College of Education and Human Development
Athletic Training

ATEP 203 – DL1 — Prevention, Recognition, and Management of Athletic and Fitness Related
Injuries (3)]
3 Credits, Fall 2017
On-line: asynchronous

Faculty

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Prerequisites/Corequisites

None

University Catalog 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 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.

Course 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 August 28, 2017.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

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.

Professional Standards

Not Applicable

Required Texts

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.

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

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.

- **Assignments and/or Examinations**

This is a Performance-Based Assessment

- 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
- **Certification in Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator , and First aid**
 - Students must demonstrate written proof (e.g. official course transcript or card) of current certification in Cardiopulmonary Resuscitation (CPR), Automated External Defibrillator, and First Aid
 - Acceptable courses include:
 - ATEP 120 First Aid /Emergency Care
 - Multiple sections offered this semester
 - American Heart Association – Heartsaver First Aid/CPR/AED/First Aid
 - American Red Cross- Adult and Pediatric First Aid/CPR/AED/First Aide
 - All students will be required to demonstrate written proof of current certification by Wednesday December 13, 2017

- **Final Examination**

- This examination covers all content in the online reading materials, videos, activities, and quizzes from Units 1-15. Please note that the 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.

- **Grading**

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
CPR/AED/First Aid Cert.	1	1 (Pass/Fail)	50
Final Examination	1	100	100
TOTAL	—	—	350

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

- A: 350 – 325 pts. (93%)
- A-: 324 – 315 pts. (90%)
- B+: 314 – 304 pts. (87%)
- B: 303 – 290 pts. (83%)
- B-: 289 – 280 pts. (80%)
- C+: 279 – 269 pts. (77%)
- C: 268 – 255 pts. (73%)
- C-: 254 – 245 pts. (70%)
- D: 244 – 220 pts. (63%)
- F: < 219 pts.

LATE ASSIGNMENTS

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

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

WEEK	DATES	TOPIC	ONLINE UNIT ASSIGNMENT
1	8-28 to 9-3	Introduction & Orientation to Course	Course Introduction & Blackboard Introductory Discussion 9-3-17 at 11:59PM
2	9-4 to 9-10	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 9-10-17 at 11:59PM
3	9-11 to 9-17	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 9-17-17 at 11:59PM
4	9-18 to 9-24	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 9-24-17 at 11:59PM
5	9-25 to 10-1	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 10-1-17 at 11:59PM
6	10-2 to 10-8	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 10-8-17 at 11:59PM
7	10-9 to 10-15	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 10-15-17 at 11:59PM
8	10-16 to 10-22	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 10-22-17 at 11:59PM
9	10-23 to 10-29	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 10-29-17 at 11:59PM
10	10-30 to 11-5	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 11-5-17 at 11:59PM
11	11-6 to 11-12	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 11-12-17 at 11:59PM
12	11-13 to 11-19	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 11-19-17 at 11:59PM
13	11-20 to 11-26	THANKSGIVING RECESS	THANKSGIVING RECESS
14	11-27 to 12-3	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 12-3-17 at 11:59PM
15	12-4 to 12-10	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 12-10-17 at 11:59PM
16	12-11 to 12-13	FINAL EXAMINATION: *Due by 11:59pm on Wednesday, December 12 2017	

Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

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: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- 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 Mason 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 with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <https://cehd.gmu.edu/students/> .