

George Mason University
College of Education and Human Development
Division of Health and Human Performance
Athletic Training Education Program

ATEP 203 (Section: C01) – Prevention, Recognition, and Management of
Athletic and Fitness Related Injuries
3 credit hours, Summer 2021
NET Based Course

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. Offered by School of Kinesiology. Limited to three attempts.

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. Being registered is not a requirement for this course but it is encouraged and may be required by other organizations/programs.

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 (johndoe@masonlive.gmu.edu) and email password. The course site will be available on **June 1, 2021**. This course is accelerated and does **not** run the entire semester.

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with a standard up-to-date browser, either Internet Explorer or Mozilla Firefox is required (note: Opera and Safari are not compatible with Blackboard).
- Students must maintain 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 course requirements.
- The following software plug-ins for PCs and Macs, respectively, are available for free download:
 - 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.bluefire.bluefirereader&hl=en_US
 - Adobe Acrobat Reader: <http://get.adobe.com/reader/>
 - Windows Media Player: <https://www.microsoft.com/en-us/download/details.aspx?id=20426>

Expectations

- Course Week: Because asynchronous courses do not have a “fixed” meeting day, our week will **start on Sunday and finish on Saturday**. Your assignment must be completed by 11:59pm on Saturday for credit.
- Log-in Frequency: Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at **least 5 times** per week.
- Participation: Students are expected to actively engage in all course activities throughout the semester, which includes viewing 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 who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues: Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues. *Do not wait until Saturday, there is no technical support on the weekends.*

- **Workload:** Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- **Instructor Support:** Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues. You can meet with the instructor via telephone or web conference. Students should email the instructor to schedule a one-on-one session, including their preferred meeting method and suggested dates/times.
- **Netiquette:** The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.
- **Accommodations:** Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

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

None

Required Texts

Main Page (<http://www.asep.com/>) Look towards the bottom for a link to CoachEducation, click organizations, type in George Mason University. Course is at the bottom.

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

*eBook: ISBN: 9781450481519 – Sport First Aid Online-5th Edition With eBook -- \$40

Suggested Reading/References

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.

- **Unit Chapter, Material, 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 (AED), 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 (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 July 1, 2021

- **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.

- **Grading Policies**

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

- **Grading Scale**

A = 325-350	B+ = 304-314	C+ = 269-279	D = 220-244
A- = 315-324	B = 290-303	C = 255-268	F = < 219
	B- = 280-289	C- = 245-254	

- **LATE ASSIGNMENTS**

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

- **Professional Dispositions**

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: <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/api/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.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/>).
- 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 Office of Student Support staff helps students negotiate life situations by connecting them with appropriate campus and off-campus resources. Students in need of these services may contact the office by phone (703-993-5376). Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://studentsupport.gmu.edu/>, and the OSS staff will follow up with the student.

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

Class Schedule

WEEK	DATES	TOPIC	CHAPTER ASSIGNMENT
1	6/1 to 6/6	Introduction & Orientation to Course Part 1: Introduction to Sport First Aid – Unit/Chapter 1 - Your Role on the Athletic Health Care Team 2 – Sport First Aid Game Plan Part 2: Basic Sport First Aid Skills – Units/Chapter 3 – Anatomy and Sport Injury Terminology	Course Introduction & Blackboard Introductory Discussion Read, complete activities, and quiz Chapters 1, 2, 3 by 6-6-2021 at 11:59PM
2	6/7 to 6/13	Part 2: Basic Sport First Aid Skills – Units/Chapter 4 – Emergency Action Steps 5 – Physical Assessment and First Aid Techniques 6 – Moving Injured or Sick Athletes	Read, complete activities, and quiz Chapters 4, 5, 6 by 6-13-2021 at 11:59PM
3	6/14 to 6/20	Part 3: Basic Sport First Aid Skills – Unit/Chapter 7 – Respiratory Emergencies and Illnesses 8 – Head, Spine, and Nerve Injuries 9 – Internal Organ Injuries	Read, complete activities, and quiz Chapters 7, 8, 9 by 6-20-2021 at 11:59PM
4	6/21 to 6/27	Part 3: Basic Sport First Aid Skills – Unit/Chapter 10 – Sudden Illness 11 – Weather Related Problems 12 – Upper Body Musculoskeletal Injuries 13 – Lower Body Musculoskeletal Injuries	Read, complete activities, and quiz Chapters 10, 11, 12, 13 by 6/27/2021 at 11:59PM
5	6/27 to 7/3	Part 3: Basic Sport First Aid Skills – Unit/Chapter 14 – Facial and Scalp Injuries 15 – Skin Problems 16 - Sport First Aid Field Clinic (<i>Note: No Unit Quiz</i>) <i>Final exam</i>	Read, complete activities, and quiz Chapters 14, 15, 16 by 7-3-2021 at 11:59PM
		CPR AED First Aid Card (submit any time)	7-3-2021

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

Special Requirements

This course requires the use of the online website/portal as described in the required textbook section. You'll be able to complete your activities and assignments there.

E-mail Correspondence

Only messages that originate from a George Mason University address will be accepted. The following is an appropriate professional format for **every** communication, not just the first contact:

Dear Professor Sedory (*Beginning salutation*)

I am looking forward to your class. (*Text body*)

Regards, (*Ending Salutation*)

(*Your name*)

