



## FSS 238 / Introduction to Sports Injury Management

**Credits: 3.00**

**CRN: 90158 / Term: 201909**

### Instructor Information

**Instructor Name:** Dr. Maritza Diaz-Collazo

**Instructor Phone:** 520-225-4233

**Instructor Email:** [Maritza.Diaz.Collazo@tusd1.org](mailto:Maritza.Diaz.Collazo@tusd1.org) You can expect to receive a response within 24 hours during the workweek, Monday through Friday.

**Office Location/Hours:** FSS 115, inside of PCC Athletic Training Room. Your instructor is available by appointment for in-person meetings or online chat. Email your instructor to schedule a time.

**Department Head:** 520-206-6685 Nancy Gamboian

### Course Information

**Course Description:** Introduction to principles and techniques of preventing, recognizing, treating, and rehabilitating sports related injuries. Includes overview of sports injury management, recognition of common sports injuries, taping/wrapping techniques, principles of rehabilitation, and event preparation and risk management.

**Expectation of coursework hours:** Students are expected to spend 2-3 hours outside of class for every hour they spend in class working on classroom assignments, projects, readings, etc. Your instructor and college counselors can assist in setting up a time management plan to help you be successful in managing the course workload.

**Course Meeting Days/Time:** Monday-Friday

**Required Textbook:** Andrew Winterstein, "Athletic Training Student Primer-A Foundation for Success" 2nd edition

**Other Required Materials:** None

### Student Learning Outcomes

#### **Course Learning Outcomes:**

Upon completion of the course, the student will be able to do the following:

1. Identify the anatomical structures, etiology, and pathology associated with recognizing common sports related injuries/illness.
2. Explain the three phases of soft tissue healing and the use of the appropriate therapeutic modalities and exercises during each phase.
3. Explain and demonstrate the sports injury assessment procedure and the components of an emergency action plan.
4. Perform an initial sports concussion assessment using the Sports Concussion Assessment Tool (SAC)

5. Perform wrapping/taping techniques utilized in sports injury management.

## Grade and Instructor Policies

### **Grade Determination and Grading Policies:**

There will be 10 quizzes (20 pts. each) and 3 unit exams (100 pts. each) as the primary basis for your class grade. The class notebook and the ankle injury assessment will be worth 100 points. Students will research 3 different topics and complete an activity; each activity will be worth 100 points. There will be a 20-point grade point deduction for failing to complete be active in labs. Rehabilitation labs will be given 100 points each. Excessive absences/tardiness, and incomplete class assignments will negatively impact your final grade.

### **Grade Point Values: (Maximum Total points = 1400 Grade Points)**

Quiz#1 -10= 200 points	3 Exams = 300 points	Ankle Assessment/taping = 100 points
<b>Totals Quiz = 200 points</b>	<b>3 Research activity =100 each</b>	<i>Optional Final = 100 points – if person has an “A” they do not take the final</i>
	<b>Totals = 600 points</b>	<b>5 Rehabilitation-100 points each</b>
		<b>Totals = 600 points</b>

As described above, aside from your quiz & exam scores, your final grade points may be influenced by several factors including grade point penalties for excessive absences, non-completion of class assignments, submission of an extra credit project, and taking the optional final exam which can be used to replace your two lowest quiz scores or your lowest unit exam score. Students cannot make up labs-they will receive a zero for being absent.

**Final Course Grade Totals:**

1400-1260= A	979- 840= D
1259-1120 = B	839 & BELOW = F
1119-980 = C	

### **Class Lab Requirements:**

1. **ANKLE INJURY ASSESSMENT**- Explain/demonstrate the anatomical structures and the four steps utilized in assessing an ankle injury.
2. **TAPING/WRAPPING** – Demonstrate the correct pattern, wrinkle free, and functional.
3. Explain rehabilitation techniques and reasoning for each.

### **Student Learning Resources:**

Class Handouts, PowerPoint Slides, Clinical Lab Sessions, Quiz/Exam Reviews

**EXTRA CREDIT: (Limited to 20 points):** Aztecs in-season games/report (10 points per event, participating in the event does not include), PowerPoint Presentation, Injury Report with video clip (Includes mechanism of injury, category of injury, assessment of injury, treatment of injury)

## Tentative Course Schedule

- 8/2 Orientation & Pre-Test
- 8/3 Terminology from chapter 1 - Chapter 1 & 4: Athletic Training Profession and educational resources
- 8/6 Chapter 1 activity
- 8/7 Chapter 1 review /questions/answers
- 8/8 Chapter 1
- 8/9 Chapter 4-terminology
- 8/10 Chapter 4 Questions and answers
- 8/13 Chapter 4 Questions and answers
- 8/14 Quiz#1 on 1&4- start Chapter 10/terminology
- 8/15 Chapter 10
- 8/15 Chapter 10
- 8/16 Chapter 10: Activity
- 8/17 Chapter 11: Terminology
- 8/2 Chapter 11 Activity
- 8/21 QUIZ #2- CHAPTER 10,11
- 8/22 REVIEW FOR EXAM #1-chapters 1,4,10,11
- 8/23 Exam #1
- 8/24 Chapter 12-Environmental Concerns /Legal liability
- 8/27 Chapter 12 activity
- 8/28 Chapter 12 questions and answers
- 8/29 Chapter 12 review
- 8/30 Review of all terminology
- 8/31 Review of all chapters
- 9/3 No School Labor Day
- 9/4 Chapter 13
- 9/5 Chapter 13
- 9/6 Chapter 13
- 9/7 Chapter13
- 9/10 Chapter 5: Injuries to foot and ankle
- 9/11 Chapter 5
- 9/12 Chapter 5
- 9/13 Chapter 5

9/14 Parent teacher conference  
9/17 Chapter 6  
9/18 Quiz # 3  
9/19 Chapter 6 -terminology  
9/20 Chapter 6 Activity  
9/21 Chapter 6 review and questions  
9/24 Lab Session: Orthopedic  
9/25 Lab Session: Ankle Wrap  
9/26 Guest Speaker  
9/27 Lab Session: Ankle Wrap  
9/28 Chapter 7  
10/1 Chapter 7  
10/2 Chapter 7  
10/3 Chapter 7  
10/4 Review for exam  
10/5 Exam 2  
10/8-10/12 Fall Break  
10/15 Chapter 8  
10/16 Chapter 8  
10/17 Chapter 8  
10/18 Chapter 8  
10/19 Review of Chapters  
10/22 Chapter 9  
10/23 Chapter 9  
10/24 Chapter 9  
10/25 Chapter 9- research activity  
10/26 Chapter 2  
10/29 Chapter 2  
10/30 Chapter 2  
10/31 Chapter 2  
11/1 Chapter 3  
11/2 Chapter 3  
11/5 Chapter 3  
11/6 Quiz #4  
11/7 Chapter 3  
11/8 Chapter 14

11/9 Chapter 14

11/12 Chapter 14

11/13 Chapter 14

11/14 Chapter 14

11/15 Chapter 15

11/16 Chapter 15

11/19 Chapter 15

11/20 Chapter 15

**11/22-23- Thanksgiving Break**

11/26 Review of chapter 2,3

11/27 Review of chapter 2,3

11/28 Review of chapter 14,15

11/29 Review of chapter 14,15

11/30 Review of chapter 14,15

**12/3 Quiz #5**

12/4 Chapter 16

12/5 Chapter 16

12/6 Chapter 16

12/7 Chapter 16

12/10 Chapter 16

12/11 Research data on injuries

12/12 Research data on injuries

12/13 Review for Exam

12/14 Review for Exam

12/17- exams

12/18- exams

12/19- exams

12/20-Christmas Break

**Spring Semester- During January 2019-May 2019 the areas that will be covered in detail are the signs, symptoms prevention, treatment and rehabilitation techniques for all injuries discussed during 1 semester. Students will also research specific injuries that are of interest to them and prepare a presentation for rehabilitation class. A detailed schedule will be supplied to students on the first day of class.**

### **Attendance Requirements/Active Participation**

A failure to participate as required may result in loss of financial aid and failure in the class. For every credit hour of your classes you should plan to spend approximately two to three hours outside of class studying each week. [Attendance requirements \(https://www.pima.edu/programs-](https://www.pima.edu/programs-)

[courses/credit-programs-degrees/attendance.html](https://www.pima.edu/courses/credit-programs-degrees/attendance.html))

## Course-Specific Attendance and Participation:

After your second absence, each absence will result in a 5-point grade point penalty. Regardless of the reason, upon attaining your fifth absence you will be dropped from the course. ***A student who is unable to successfully complete the course may complete a self-initiated withdrawal by April 5th, 2018. After this deadline has passed, if a student fails to complete the course requirements, they will receive an "F" as their final course grade. An "I" (Incomplete) final grade is not an option for this course.***

## Key Dates

**Course Start Date:** Wednesday, 8/2/2018

**Course End Date:** Tuesday, 5/23/2018

**Final Exam/Project Date:** Wednesday, 5/23/2018

## Student Resources and Policies

**Student resources:** tutoring, libraries, computer commons, advising, code of conduct, complaint process. [Student resources https://www.pima.edu/current-students/index.html](https://www.pima.edu/current-students/index.html)

**Student policies:** plagiarism, use of copyrighted materials, financial aid benefits, ADA information, FERPA, and mandatory reporting laws at: [Policies www.pima.edu/syllabusresources](http://www.pima.edu/syllabusresources)