

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 2135 – Basic Care and Prevention of Athletic Injuries
Spring 2013

Instructor: John Storsved, HSD, ATC

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Office Hours: M/W 8:30-9:30; T/R 9:00-10:00 or by appointment

Textbook: Essentials of Athletic Training Management 8th edition, Prentice, WE

Course

Description: The study of the primary cause of injuries; analysis of preventative measures; care of injuries in relation to the type of tissue involved.

Specific Course Goals: Upon successful completion of this course, the student:

1. Will develop an understanding of the responsibility of each member of the sports medicine team, including during an emergency/injury scenario as demonstrated by satisfactory performance on written examinations.
2. Will be able to discuss the role of conditioning, nutrition, and the environment in regards to athletic injury, and how those factors can be used to prevent such an injury as demonstrated by satisfactory performance on written examinations.
3. Will comprehend the mechanical principles and theories behind sports trauma or injury, with a focus on the biomechanics of tissue damage and response, as measured by satisfactory performance on written examinations.
4. Will exhibit proficiency in the safe, effective selection and application of various protective devices as measured by satisfactory performance on written examinations and satisfactory demonstration on the practical laboratory exams.
5. Will exhibit the ability to critically analyze an emergency situation and describe an appropriate action as measured by completion of written assignment.

Attendance: Each of you is responsible for the materials covered in class. To assist you in focusing on the objectives, you are required to attend all classes unless previously excused by the instructor. You must be present on the day of examinations or prior arrangements must be made with the instructor. Attendance will be taken regularly. You are permitted 3 absences after which each additional absence will result in a 5 point reduction in your final grade.

Academic Misconduct:

It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code. Examples of academic misconduct are cheating, plagiarism, and excessive absences. Please consult the Student Handbook for the official academic misconduct policy. Any academic misconduct will be dealt with according to the Student Handbook and the discretion of the instructor.

Disability Statement:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (217-581-6583).

Student Success Center:

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Grading:

Your final grade will be determined by a combination of didactic/lecture scores (70%) and lab/practical scores (30%). The lecture grade will be determined by the 3 regular exams (about 50 points each), assignments/quizzes (about 100 points) and the final exam (about 100 points). The lab score will include a weekly lab activity assignment (about 10 points each) and the final practical examination (about 30 points).

Lab sessions:

Attendance at and completion of all labs is required. Late labs or assignments will receive a reduced grade unless arrangements have been made with the instructor prior to the due date.

Approximate Course Outline:

Week 1	Jan 8 – 10	Introduction, Chpt 1	Intro/Attendance
Week 2	Jan 15 – 17	Chapter 1	Sports Med Team
Week 3	Jan 22 – 24	Chapter 2	PPE's & EAP's
Week 4	Jan 29 – 31	Chapter 3	Wound Care
Week 5	Feb 5 – 7	Chapter 4	Exam 1 (Classroom)
Week 6	Feb 12 – 14	Chapter 5	Transporting the athlete
Week 7	Feb 19 – 21	Chapter 7	Transporting the athlete
Week 8	Feb 26 – 28	Chapter 8	Taping
Week 9	March 5 – 7	Chapter 6	Exam 2 (Classroom)
Week 10	March 12 – 14	SPRING BREAK	
Week 11	March 19 – 21	Chapter 9	Taping
Week 12	March 26 – 28	Chapter 10	Taping
Week 13	April 2 – 4	Chapter 13	Taping
Week 14	April 9 – 11	Chapter 14/15	Exam 3 (Classroom)
Week 15	April 16 – 18	Chapter 16/17	Taping
Week 16	April 23 – 25	Chapter 18/19	Taping

Final Exam Tuesday, April 30 2:45 – 4:45

Instructor reserves the right to change course outline depending upon course needs.