Care and Prevention of Sports Injuries

KINS 68-043215

Fall 2017
PE 100K
Monday and Wednesday 8:30- 9:55 a.m.

Instructor: Bob Brown Phone: (707) 476- 4239
Email: bob-brown@redwoods.edu
Office Hour: T & TH 8:30-9:30 PE 100 I

Course Description (catalog description as described in course outline):
This course will focus on the general care and prevention of sports injuries. Intended for exercise enthusiasts and students interested in coaching, physical education, athletic training and the fitness profession, this course provides basic information on a variety of topics relating to health care for physically active and competitive athletes.

Student Learning Outcomes (as described in course outline):
1. Construct a conditioning program for the rehabilitation and prevention of sports injuries that conforms to sound principles of conditioning.
2. Analyze the steps used for initial assessment of sports injuries and apply the appropriate criteria used in making the appropriate decision as to the proper care or referral.
3. Assess the appropriate application PRICE (Protect, Rest, Ice, Compression, and Elevation) in the initial care of musculoskeletal injuries.
4. Identify the basic components and goals of a rehabilitation program.
5. Identify the different types of sports injuries and their proper treatment for specific body sites (starting with the foot and working up to the head).

Course Requirements: Students are required to attend all classes and actively participate in class discussions. Students will be responsible for taking adequate notes from class lectures. Students are also responsible for turning in all assignments on time.

Class Communication: Canvas will be used to post grades as well as notes and announcements. It is important that you actively check your canvas and your email for information regarding classes. Communication is KEY for the success in this class. If you have any questions or concerns feel free to email me or call my office. I regularly check emails.

Attendance Policy: Attendance is the most important factor in passing the course. Each missed class without notification will result in not receiving your attendance point. If you miss more than 4 classes you will receive no attendance points for the whole semester. Excessive absences of 6 classes missed will be subject to being dropped from the course. It is your responsibility to get any course material missed due to an absence. This class will have both lecture and activity/participation days throughout the semester.
Tests/Quizzes: Throughout the semester we will have chapter quizzes and tests. If a quiz or test is missed due to an unexcused absence the student has one week to make up the quiz for partial credit. Material for quizzes will be in the textbook as well as discussed during class.

Group participation: There will be multiple group projects and assignments where you will have to work together within your group to complete the appropriate tasks. Projects and assignments will be turned in prior to the end of class.

Homework assignments: Worksheets will be assigned for chapters and will be due at the beginning of the following class.

Grading Procedures:

A = 90-100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F= 59 and below

Special Accommodations

College of the Redwoods complies with the Americans with Disabilities Act in making reasonable accommodations for qualified students with disabilities. Please present your written accommodation request at least one week before the first test so that necessary arrangements can be made. No last-minute arrangements or post-test adjustments will be made. If you have a disability or believe you might benefit from disability related services and may need accommodations, please see me or contact Disabled Students Programs and Services. Students may make requests for alternative media by contacting DSPS at 707-476-4280.

Academic Support

Academic support is available at Counseling and Advising and includes academic advising and educational planning, Academic Support Center for tutoring and proctored tests, and Extended Opportunity Programs & Services, for eligible students, with advising, assistance, tutoring, and more.

Academic Honesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student’s status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at: www.redwoods.edu/district/board/new/chapter5/documents/AP5500StudentConductCodeandDisciplinaryProceduresrev1.pdf Additional information about the rights and responsibilities of
students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods website.

**Disruptive Classroom Behavior**

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor’s directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process a disruptive student may be temporarily removed from class. In addition, he or she may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website at:


Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the college catalog and on the College of the Redwoods website.

**Emergency Procedures for the Eureka campus:**

Please review the campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). The Eureka campus emergency map is available at: (http://www.redwoods.edu/Eureka/campus-maps/EurekaMap_emergency.pdf). For more information on Public Safety, go to http://redwoods.edu/safety/ In an emergency that requires an evacuation of the building:

- Be aware of all marked exits from your area and building.
- Once outside, move to the nearest evacuation point outside your building.
- Keep streets and walkways clear for emergency vehicles and personnel.
- Do not leave campus, unless it has been deemed safe by the Incident Commander or campus authorities. (CR’s lower parking lot and Tompkins Hill Rd are within the Tsunami Zone.)

**RAVE** – College of the Redwoods has implemented an emergency alert system. In the event of an emergency on campus you can receive an alert through your personal email and/or phones at your home, office, and cell. Registration is necessary in order to receive emergency alerts. Please go to https://www.GetRave.com/login/Redwoods and use the “Register” button on the top right portion of the registration page to create an account. During the registration process you can elect to add additional information, such as office phone, home phone, cell phone, and personal email. Please use your CR email address as your primary Registration Email. Your CR email address ends with “redwoods.edu.” Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions.

*College of the Redwoods is committed to equal opportunity in employment, admission to the college, and in the conduct of all of its programs and activities.*