

Location: Flemington Rm. 146 from 2:30-3:20pm

Semester / Year: Fall/2017

Course Start Date: Thursday, August 24, 2017

Course End Date: Tuesday, December 05, 2017

Professor Name: Jordan Nowell

Professor Email: jnowell@trinitybiblecollege.edu

Course Description:

This course is designed to educate the student in the field of athletic injuries. It will combine classroom learning with hands-on learning that will properly and effectively allow the student to be capable and competent in the areas of preventing and handling athletic injuries.

Standards:

This course is standards-driven. That is, the text, activities, lectures, assignments, and assessments are all designed to meet certain standards established by the state of North Dakota ESPB and InTASC. These standards include:

InTASC:

Standard 1: Learner Development

Standard 2: Learning Differences

Standard 3: Learning Environments

Standard 5: Application of Content

Standard 6: Assessment

Standard 7: Planning for Instruction

Standard 8: Instructional Strategies

Standard 10: Leadership and Collaboration

ESPB:

08025.1 Content Knowledge

08025.2 Growth and Development

Course Objectives:

Upon successful completion of this course, the student should be able:

1. To effectively diagnose an injury.

2. To prescribe an adequate plan of recovery for an injured athlete.
3. To demonstrate knowledge that helps to prevent injuries to athletes.
4. To operate in a professional and rational manner during an athletic emergency.
5. To be able to effectively communicate with an athlete in their time of need.
7. To understand how to enhance and maintain an appropriate equipment inventory.
8. To emphasize the safety of the students participating in athletics.

Institutional Mission Statement:

Trinity Bible College is a biblically based institution of higher education providing a Christ-centered Pentecostal environment for academic and spiritual preparation of men and women for ministry in church vocations and for service in other professions.

Spiritual Formation Statement:

Students are expected to recognize the connection between physical and spiritual health and ways to direct students toward healthy lifetime habits. Students should realize their godly responsibility to recognize that their bodies are the temple of God and that they need to take care of themselves and develop healthy habits throughout their lifetime. Students should also recognize that they are role models for their students in their physical appearance and habits, academics, and social relationships, as well as in areas of spiritual beliefs and habits.

Required Textbooks:

Arnheim's Principles of Athletic Training: A Competency-Based Approach By: William E. Prentice

Course Outline:

Thursday, 8/24	Syllabus Day
Tuesday, 8/29	Chapter 3 – Legal Concerns and Insurance Issues
Thursday, 8/31	Chapter 4 – Conditioning Techniques
Tuesday, 9/5	Taping Day: Technique
Thursday, 9/7	Chapter 5 – Nutrition and Supplements
Tuesday, 9/12	Chapter 8 – Bandaging and Taping
Thursday, 9/14	Paper #1 Due (Ankle Braces vs. Taping) – Taping Day
Tuesday, 9/19	Chapter 9 - Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
Thursday, 9/21	Chapter 10 – Tissue Response to Injury (Study Guide)
Tuesday, 9/26	Test #1
Thursday, 9/28	Taping Day
Tuesday, 10/3	Chapter 12 - On-the-Field Acute Care and Emergency Procedures
Thursday, 10/5	Chapter 13 – Off the Field Injury Evaluation
Tuesday, 10/10	Paper #2 Due (Optimal Pregame Meals/Research) - Taping Day
Thursday, 10/12	Chapter 14 - Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
Tuesday, 10/17	Chapter 17 – Pharmacology, Drugs, and Sports

10/19-10/22	Fall Break
Tuesday, 10/24	Chapter 18 – The Foot (Hand out Study Guide)
Thursday, 10/26	Paper #3 Due (RICE Research) - Taping Day
Tuesday, 10/31	Test #2
Thursday, 11/2	Taping Day
Tuesday, 11/7	Chapter 19 – The Ankle and Lower Leg
Thursday, 11/9	Taping Day
Tuesday, 11/14	Basketball Trip
Thursday, 11/16	Chapter 20 – The Knee and Related Structures (Hand out Study Guide)
Tuesday, 11/21	Basketball Trip
11/22-11/26	Thanksgiving
Tuesday, 11/28	Basketball Trip
Thursday, 11/30	Paper #4 Due (Pre/Post-Workout Dietary Research) - Final's Week Preparation
12/4-12/7	Finals Week – Test #3

Methodology:

1. Lecture and class discussion
2. Student presentations and participation in cooperative learning activities
3. Review of current literature pertaining to Health and P.E
4. Video/self reflection evaluations

Course Requirements:

Late Work

Work will be due by 11:59pm of the date it is due unless it is a classroom activity. Once considered late, it will not be accepted.

You also need to take the test on the test date. If you need to miss a test date, I need to know before the test. If you fail to show up, without prior warning, you will be docked a letter grade for that test.

Assignments

1. **Reading, attendance, class discussion and active class participation: (50 pts) (Standard 3, 6, 08025.1)** Readings from the assigned text will be the focus for lecture and class discussion as well as for cooperative learning activities. You will be required to participate in various in class activities and some which require outside research which will count for the participation points. Regular class attendance is important and will count against you if you are not present
2. **Exams: (75 points each/ 225 Pts Total) Due: Test dates provided above. (Standard 1, 2)** There will be **three** exams. No make-up tests are permitted *except* in the case of an

emergency. In the event of a college-related trip or other excused absence, please contact the instructor **BEFORE the scheduled test** in order to take the test before leaving. You may be asked (for points) on some tests, whether or not you have read the assigned materials in preparation for the test.

3. Chapter Hands-on Assignments: (Standard 5, 6, 8, 10, 08025.1, and 08025.2) Four papers will be written on various topics pertaining to the care and prevention of athletic injuries. (Rubric to be handed out)

4. Taping Assignments: (Standard 3, 5, 6, 8, 10, and 08025.2) This assignment will be done in class.

Grading Procedure:

Evaluation

Active class participation	_____ 50 pts
Exams (3 @ 75 pts each)	_____ 225 Pts
Chapter Hands-on Assignments	_____ 200 Pts
4 Articles	_____ 200 Pts
TOTAL	_____ 675 Pts

Grading Scale

A	=	(94-100%)
A-	=	(90-93.99)
B+	=	(87-89.99)
B	=	(83-86.99)
B-	=	(80-82.99)
C+	=	(77-79.99)
C	=	(73-76.99)
C-	=	(70-72.99)
D+	=	(67-69.99)
D	=	(63-66.99)
D-	=	(60-62.99)
F	=	(0-59.99)

Additional Material / Addendums

InTASC

Standard 1: Learner Development: The teacher understands how learners grow and develop, recognizing that patterns of learning and development vary individually within and across the cognitive, linguistic, social, emotional, and physical areas, and designs and implements developmentally appropriate and challenging learning experiences.

Standard 2: Learning Differences: The teacher uses understanding of individual differences and diverse cultures and communities to ensure inclusive learning environments that enable each learner to meet high standards.

Standard 3: Learning Environments: The teacher works with others to create environments that support individual and collaborative learning and that encourage positive social interaction, active engagement in learning, and self motivation.

Standard 5: Application of Content: The teacher understands how to connect concepts and use differing perspectives to engage learners in critical thinking, creativity, collaborative problem solving related to authentic local and global issues.

Standard 6: Assessment: The teacher understands and uses multiple methods of assessment to engage learners in their own growth, to monitor learner progress, and to guide the teacher's and learner's decision making.

Standard 8: Instructional Strategies: The teacher understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.

Standard 10: Leadership and Collaboration: The teacher seeks appropriate leadership roles and opportunities to take responsibility for student learning to collaborate with learners, families, colleagues, other school professionals, and community members to ensure learner growth, and to advance the profession.

ESPB:

08025.1 Content Knowledge The program requires study of physical education content and disciplinary concepts related to the development of a physically educated person. The teacher candidate studies biological sciences pertaining to the structure and function of the human body including the principles of human movement, exercise physiology, and biomechanical analysis, first aid, nutrition, and injury prevention.

08025.2 Growth and Development The program requires study of how individuals learn, develop and provide opportunities that support their physical, cognitive, social, and emotional development, human growth, sexual development, the application of growth and development concepts to create learning experiences such as the development of fundamental motor skills, individual/dual and team sports, movement, dance, aquatics, outdoor pursuits, and health related fitness.

This syllabus is provided to students and participants for their general guidance only. It does not constitute a contract; either expresses or implied, and is subject to change without notice.

Trinity Bible College
50 South 6th Avenue
Ellendale, North Dakota 58436

Phone: 701.349.3621

Fax: 701.349.5786

www.trinitybiblecollege.edu