

USC Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

HBIO-441L – Prevention of Athletic Injuries

Units: 4 units

Term—Day—Time: TuTh 12:30—1:50, JMC 103

IMPORTANT:

The general formula for contact hours is as follows:

Courses must meet for a minimum of one 50 minute session per unit per week over a semester.

(Please refer to the *Contact Hours Reference*, located at usc.edu/curriculum/resources.)

Location: JMC 103

Instructor: Helaine Lopes, Ph.D., ATC

Office Hours: Hours by appointment only

Contact Info: Telephone: (213) 740-9983

Email: lopes@usc.edu

Course Description

Application of scientific principles to conditioning, protecting, and rehabilitating the athlete. *Course Prerequisite: EXSC 301L or BISC 312Lx.*

Learning Objectives

- To gain knowledge of rehabilitation principles.
- To gain hands-on experience using skills necessary to tape athletic injuries.

Required Readings and Supplementary Materials:

Arnheim's Principles of Athletic Training: A Competency-Based Approach, 13th Ed., Prentice, McGraw-Hill, 2008.

Description and Assessment of Assignments:

Paper

Subject matter must consist of an area of athletic medicine that differentiates from exercise physiology/nutrition (e.g. injuries and rehabilitation are good topics). Papers written on topics such as nutrition, environmental training (e.g. altitude training), cardiovascular responses to training, physiology of muscle (e.g. fast and slow twitch fibers), biomechanics, etc. WILL NOT be accepted. ***Must be 3-5 pages, with 3 JOURNAL references and bibliography included.***

Grading Breakdown

How will students be graded overall, including the assignments detailed above. Participation should be no more than 15%, unless justified for a higher amount. All must total 100%.

Assignment	Points	% of Grade
Midterm #1 (written)		20%
Midterm #2 (written)		20%
Midterm #3 (written)		20%
Final (written)		20%
Taping		15%
Paper		5%
TOTAL	0	1

Grading Scale

Grades will be curved

Additional Policies

Course Policy on Make-ups

A request to take a make-up exam may be granted if the student provides evidence of necessity (i.e. letter from a doctor, plane ticket to a game), before the date of the scheduled exam (unless the medical problem occurred on the day of the exam). The

make-up exam may be different from the regular exam and may be proctored by personnel who do not have extensive knowledge in the area being tested.

Course Schedule:

- 8/25 Athletic Training and other Health Care Professions
- 8/27 Organization/Administration; Legal concerns
- 9/1 Taping; Equipment
- 9/3 Training; Conditioning
- 9/8 Psychosocial issues
- 9/10 Nutrition
- 9/15 **Exam #1 (written)**
- 9/17 Environment
- 9/22 Emergency Procedures/Acute care; Shock
- 9/24 Off-the field examination
- 9/29 Wounds: general injuries and bloodborne pathogens
- 10/1 Tissue Healing,
- 10/6 Modalities and Medications
- 10/8 **Exam #2**
- 10/13 Foot
- 10/15 Ankle, lower leg
- 10/20 Knee
- 10/22 Hip, groin, pelvis
- 10/27 **Exam #3**
- 10/29 Thorax and abdomen, Illness
- 11/3 Spine
- 11/5 Head: concussions
- 11/10 Head and face
- 11/12 Hand
- 11/17 Wrist and forearm
- 11/19 Elbow
- 11/24 Shoulder
- 11/26 **Thanksgiving**
- 12/1 Final Review; practice for practical
- 12/3 **Practical Exam**
- 12/8 Study Day
- 12/15 **Final 11:00 AM – 1:00 PM**

Statement on Academic Conduct and Support Systems

Academic Conduct

Plagiarism – presenting someone else’s ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in *SCampus* in Section 11, *Behavior Violating University Standards*<https://scampus.usc.edu/1100-behavior-violating-university-standards-and-appropriate-sanctions/>. Other forms of academic dishonesty are equally unacceptable. See additional information in *SCampus* and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct/>.

Discrimination, sexual assault, and harassment are not tolerated by the university. You are encouraged to report any incidents to the *Office of Equity and Diversity* <http://equity.usc.edu/> or to the *Department of Public Safety* <http://capsnet.usc.edu/department/department-public-safety/online-forms/contact-us>. This is important for the safety whole USC community. Another member of the university community – such as a friend, classmate, advisor, or faculty member – can help initiate the report, or can initiate the report on behalf of another person. *The Center for Women and Men* <http://www.usc.edu/student-affairs/cwm/> provides 24/7 confidential support, and the sexual assault resource center webpage sarc@usc.edu describes reporting options and other resources.

Support Systems

A number of USC’s schools provide support for students who need help with scholarly writing. Check with your advisor or program staff to find out more. Students whose primary language is not English should check with the *American Language Institute* <http://dornsife.usc.edu/ali>, which sponsors courses and workshops specifically for international graduate students. *The Office of Disability Services and Programs* http://sait.usc.edu/academicsupport/centerprograms/dsp/home_index.html provides certification for students with disabilities and helps arrange the relevant accommodations. If an officially declared emergency makes travel to campus infeasible, *USC Emergency Information* <http://emergency.usc.edu/> will provide safety and other updates, including ways in which instruction will be continued by means of blackboard, teleconferencing, and other technology.