HBIO-441L – Prevention of Athletic Injuries
Units: 4 units
Fall 2019, Day: TuTh, Time: 12:30 PM—1:50 PM

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:

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%.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points</th>
<th>% of Grade</th>
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<tbody>
<tr>
<td>Midterm #1 (written)</td>
<td>20%</td>
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<tr>
<td>Midterm #2 (written)</td>
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<td>Midterm #3 (written)</td>
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<tr>
<td>Final (written)</td>
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<tr>
<td>Taping</td>
<td>15%</td>
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<tr>
<td>Paper</td>
<td>5%</td>
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<td><strong>TOTAL</strong></td>
<td>0</td>
<td><strong>1</strong></td>
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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:
8/27 Athletic Training and other Health Care Professions
8/29 Organization/Administration; Legal concerns
9/3 Taping; Equipment
9/5 Training; Conditioning
9/10 Psychosocial issues
9/12 Nutrition
9/17 Exam #1 (written)
9/19 Environment
9/24 Emergency Procedures/Acute care; Shock
9/26 Off-the field examination
9/27 Wounds: general injuries and bloodborne pathogens
10/1 Tissue Healing,
10/3 Modalities and Medications
10/8 Exam #2
10/10 Foot
10/15 Ankle, lower leg
10/22 Knee
10/24 Hip, groin, pelvis
10/29 Exam #3
10/31 Thorax and abdomen, Illness
11/5 Spine
11/7 Head: concussions
11/12 Head and face
11/14 Hand
11/19 Wrist and forearm
11/21 Elbow
11/26 Shoulder
11/28 Thanksgiving
12/3 Final Review; practice for practical
12/5 Practical Exam
12/10 Study Day
12/17 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 Part B, Section 11, “Behavior Violating University Standards” policy.usc.edu/scampus-part-b. Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, policy.usc.edu/scientific-misconduct.

Support Systems:

Student Health Counseling Services - (213) 740-7711 – 24/7 on call engemannshc.usc.edu/counseling
Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention.

National Suicide Prevention Lifeline - 1 (800) 273-8255 – 24/7 on call suicidepreventionlifeline.org
Free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Relationship and Sexual Violence Prevention Services (RSVP) - (213) 740-4900 – 24/7 on call engemannshc.usc.edu/rsvp
Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) | Title IX - (213) 740-5086 equity.usc.edu, titleix.usc.edu
Information about how to get help or help a survivor of harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants. The university prohibits discrimination or harassment based on the following protected characteristics: race, color, national origin, ancestry, religion, sex, gender, gender identity, gender expression, sexual orientation, age, physical disability, medical condition, mental disability, marital status, pregnancy, veteran status, genetic information, and any other characteristic which may be specified in applicable laws and governmental regulations.

Bias Assessment Response and Support - (213) 740-2421 studentaffairs.usc.edu/bias-assessment-response-support
Avenue to report incidents of bias, hate crimes, and microaggressions for appropriate investigation and response.

The Office of Disability Services and Programs - (213) 740-0776 dsp.usc.edu
Support and accommodations for students with disabilities. Services include assistance in providing readers/notetakers/interpreters, special accommodations for test taking needs, assistance with architectural barriers, assistive technology, and support for individual needs.

USC Support and Advocacy - (213) 821-4710
studentaffairs.usc.edu/ssa
Assists students and families in resolving complex personal, financial, and academic issues adversely affecting their success as a student.

Diversity at USC - (213) 740-2101
diversity.usc.edu
Information on events, programs and training, the Provost’s Diversity and Inclusion Council, Diversity Liaisons for each academic school, chronology, participation, and various resources for students.

USC Emergency - UPC: (213) 740-4321, HSC: (323) 442-1000 – 24/7 on call
dps.usc.edu, emergency.usc.edu
Emergency assistance and avenue to report a crime. Latest updates regarding safety, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible.

USC Department of Public Safety - UPC: (213) 740-6000, HSC: (323) 442-120 – 24/7 on call
dps.usc.edu
Non-emergency assistance or information.