

USC
Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

HBIO-441L – Prevention of Athletic Injuries

Units: 4 units

Fall 2020, Day: Monday, Time: 4:00pm-6:50pm

Location: WPH 106

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, 15th 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)		25%
Midterm #2 (written)		25%
Final (written)		30%
Taping		15%
Paper		5%
TOTAL	0	1
TOTAL		

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.

Updated syllabus/requirements:

HBIO 441L is a hybrid class, meaning that some classes will be held on campus.

I will send a questionnaire to each of you to see what I can do to make the most out of the class in this situation. I will then have an individual designated time (decided upon by both of us), where each of you can meet with me personally on a zoom meeting.

Lectures will be online until the first Exam.

We will meet as a class for the Exam and afterward go over the practical exam instructions (i.e. taping an ankle). At that time, I will also give you supplies (pre-wrap and tape), so that you can practice at home.

The next 3 lectures will be online followed by an in-class meeting for exam #2. At that time, you will be able to go over taping procedures with me. Since I am not sure what the “distancing” rules will be at that time, we will have to see if you can show me how you tape and ask questions.

Our 3rd meeting will be for the practical examination and will be done on the last day of class (sign-ups)

Our last In person meeting will be for the written final.

Course Schedule:

- 8/17 Athletic Training and other Health Care Professions (Pp. 2-40)
Legal concerns (41-86); Taping; Equipment (Pp. 181-242)
- 8/24 Psychosocial issues (Pp. 286-305)
Fitness and Conditioning (Pp. 88-127)
- 8/31 Nutrition (Pp. 128- 155)
Environment (Pp. 156-180)
- 9/7 **Labor Day**
- 9/14 **Exam #1 (written). Introduction to taping IN PERSON**
- 9/21 Emergency Procedures/Acute Care; Shock (Pp. 306-343)
Off the field examination (Pp. 344-370)
- 9/28 Wounds: general injuries and bloodborne pathogens (372-387)
Tissue Healing (Pp. 243-284); Modalities and Medications (Pp. 388-494)
- 10/5 **Exam #2 (written). Review of taping IN PERSON**
- 10/12 Foot, ankle and lower leg (Pp. 496-568)
- 10/19 Knee, hip, groin and pelvis (Pp. 569, 652)
- 10/26 Thorax, abdomen, illness, spine (Pp. 842-875; 753-804); Head and Face (Pp. 806-841)
- 11/2 Hand, elbow, shoulder (Pp. 653-752); Review
- 11/9 **Practical In person (scheduled times during classtime) IN PERSON** Hand, elbow, shoulder (Pp. 653-752); Review

- 11/13 **Classes end**
- 11/16 **Study Day**
- 11/23 **Final 4-6 IN PERSON**

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:

Counseling and Mental Health - (213) 740-9355 – 24/7 on call
studenthealth.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) 740-9355(WELL), press “0” after hours – 24/7 on call
studenthealth.usc.edu/sexual-assault

Free and confidential therapy services, workshops, and training for situations related to gender-based harm.

Office of Equity and Diversity (OED) - (213) 740-5086 | Title IX – (213) 821-8298
equity.usc.edu, titleix.usc.edu

Information about how to get help or help someone affected by harassment or discrimination, rights of protected classes, reporting options, and additional resources for students, faculty, staff, visitors, and applicants.

Reporting Incidents of Bias or Harassment - (213) 740-5086 or (213) 821-8298
usc-advocate.symplicity.com/care_report

Avenue to report incidents of bias, hate crimes, and microaggressions to the Office of Equity and Diversity | Title IX for appropriate investigation, supportive measures, 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 Campus Support and Intervention - (213) 821-4710

campussupport.usc.edu

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.

Office of the Ombuds - (213) 821-9556 (UPC) / (323-442-0382 (HSC)

ombuds.usc.edu

A safe and confidential place to share your USC-related issues with a University Ombuds who will work with you to explore options or paths to manage your concern.