

USC Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

HBIO-441L – Prevention of Athletic Injuries

Units: 4 units

Fall 2021

Day: Monday, Time: 5:00 PM - 7:50 PM

Location: SOS B44

Instructor: Helaine Lopes, Ph.D., ATC

Office: PED 109c

Office Hours: By appointment only

Telephone: (213) 740-4356

Email: lopes@usc.edu

Special office hour appointments should be organized in advance via email correspondence to *lopes@usc.edu*.

Email protocol

I may not respond to emails sent from non-USC accounts, so do your best to email from your USC account. When sending an email it is best to include in the subject line: the course number and your full name. Although I will do my best to reply immediately, you should receive a reply within 24 hours on weekdays and 48 hours on weekends. For complex questions, the student may be encouraged to schedule a visit during office hours.

As of 04/05/2021; this syllabus may be amended as we get more news regarding Covid-related issues.

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.
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- 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 or 16th 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.**

Assignment	Points	% of Grade
Midterm #1 (written)		20%
Midterm #2 (written)		20%
Practical		25%
Final (written)		30%
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.

Course Schedule:

- 8/23 Athletic Training and other Health Care Professions (Pp. 2-40)
8/30 Legal concerns (41-86); Taping; Equipment (Pp. 181-242)
Psychosocial issues (Pp. 286-305)
9/6 **Labor Day**
9/13 Fitness and Conditioning (Pp. 88-127)
9/20 Nutrition (Pp. 128- 155)
Environment (Pp. 156-180)
9/27 **Exam #1 (written).**
10/4 Emergency Procedures/Acute Care; Shock (Pp. 306-343)
Off the field examination (Pp. 344-370)
10/11 Wounds: general injuries and bloodborne pathogens (372-387)
Tissue Healing (Pp. 243-284); Modalities and Medications (Pp. 388-494)
10/18 **Exam #2 (written).**
10/25 Foot, ankle and lower leg (Pp. 496-568)
11/1 Knee, hip, groin and pelvis (Pp. 569, 652)
11/8 Thorax, abdomen, illness, spine (Pp. 842-875; 753-804);
11/15 Head and Face (Pp. 806-841)
11/22 Hand, Elbow, Shoulder (Pp. 653-752); Review
11/29 Practical Exam

12/3 **Classes end**
12/6 **Study Day**
12/13 **Final Exam 4:30 PM - 6:30 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:

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.