

USC
Dornsife

Dana and David Dornsife
College of Letters, Arts
and Sciences

HBIO-441L – Prevention of Athletic Injuries

Units: 4 units

Fall 2022, Day: Monday, Time: 5:00pm-7:50pm

Location: SOS B44

Instructor: Helaine Lopes, Ph.D., ATC

Office Hours: Hours by appointment only

Contact Info: Telephone:

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 treatment of typical athletic injuries
- to gain knowledge of prevention of typical athletic injuries
- to gain hands-on experience using skills necessary to tape athletic injuries and learn the skills needed to tape an ankle to prevent injuries due to ankle inversion.
- to use research articles in order to write a paper regarding an athletic injury of their choice.

Required Readings and Supplementary Materials:

Arnheim's Principles of Athletic Training: A Competency-Based Approach, 16th or 17th 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		15%
Final (written)		40%
Paper		5%
TOTAL	0	100
TOTAL		

Grading Scale

Grades will be curved.

Exams and the paper will not be given a letter grade. **Only the final grade will be given a letter grade.**

The practical examination requires you to be in limited physical contact with another student. If you have any concerns, please let me know on the first week of class.

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.

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

Technology in the Classroom

- Handouts will be provided through BB before class so that they will be available during lecture. You will receive the powerpoint also before class so that you can “fill in the blanks,” beforehand.
- To keep the lecture moving, there may not be enough time to complete the handouts during lecture.
- I encourage you to use your personal electronic device (laptop, ipads), for academic purposes directly related to class. Those using a device for purposes not directly related to the class will be required to put the device away. I may ask for all devices to be put away to ensure focus on class activities.
- Please turn off or disable all cell phones or other electronic communication devices during classtime. If you have an emergency that needs to be addressed during class, please excuse yourself from the classroom.

Course Schedule:

8/22 Athletic Training and other Health Care Professions (Chapter)

8/29 Legal concerns (41-86); Taping; Equipment (Chapter)
Psychosocial issues (Chapter)

9/5 **Labor Day**

9/12 Fitness and Conditioning (Chapter)

9/19 Nutrition (Chapter); Environment (Chapter)

9/26 **Exam #1 (written).**

10/3 Emergency Procedures/Acute Care; Shock (Chapter); Off the field examination (Chapter)

10/10 Wounds: general injuries and bloodborne pathogens (Chapter)
Tissue Healing (Pp. 243-284); Modalities and Medications (Chapter)

10/17 **Exam #2 (written).**

10/24 Foot, ankle and lower leg (Chapter)

10/31 Knee, hip, groin and pelvis (Chapter)

11/7 Thorax, abdomen, illness, spine (Chapter);

11/14 Head and Face (Chapter)

11/21 Hand, Elbow, Shoulder (Chapter); Review

11/28 Practical Exam

12/2 Classes end

12/5 Study Day

12/12 Final 4:30pm-6:30pm

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 [Research and Scholarship Misconduct](#).

Students and Disability Accommodations:

USC welcomes students with disabilities into all of the University’s educational programs. The Office of Student Accessibility Services (OSAS) is responsible for the determination of appropriate accommodations for students who encounter disability-related barriers. Once a student has completed the OSAS process (registration, initial appointment, and submitted documentation) and accommodations are determined to be reasonable and appropriate, a Letter of Accommodation (LOA) will be available to generate for each course. The LOA must be given to each course instructor by the student and followed up with a discussion. This should be done as early in the semester as possible as accommodations are not retroactive. More information can be found at osas.usc.edu. You may contact OSAS at (213) 740-0776 or via email at osasfrontdesk@usc.edu.

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 for Equity, Equal Opportunity, and Title IX (EEO-TIX) - (213) 740-5086
eeotix.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 for Equity, Equal Opportunity, and Title for appropriate investigation, supportive measures, and response.

The Office of Student Accessibility Services (OSAS) - (213) 740-0776
osas.usc.edu

OSAS ensures equal access for students with disabilities through providing academic accommodations and auxiliary aids in accordance with federal laws and university policy.

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, Equity and Inclusion - (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.

Occupational Therapy Faculty Practice - (323) 442-3340 or otfp@med.usc.edu

chan.usc.edu/otfp

Confidential Lifestyle Redesign services for USC students to support health promoting habits and routines that enhance quality of life and academic performance.