

# USC Dornsife

Dana and David Dornsife  
College of Letters, Arts  
and Sciences

**HBIO-441L – Prevention of Athletic Injuries**

**Units: 4 units**

**Fall 2023, 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](mailto: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**, 16<sup>th</sup> or 17<sup>th</sup> 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	20%
Midterm #2 (written)	20	20%
Practical	15	15%
Final (written)	40	40%
Paper	5	5%
<b>TOTAL</b>	100	100%

## 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:**

8/21 Athletic Training and other Health Care Professions (Chapter 1,2)

8/228 Legal concerns (41-86); Taping; Equipment (Chapter 3,7,8)

Psychosocial issues (Chapter 11)

9/4 **Labor Day**

9/11 Fitness and Conditioning (Chapter 4)

9/18 Nutrition (Chapter); Environment (Chapter 5)

9/25 **Exam #1 (written).**

10/2 Emergency Procedures/Acute Care; Shock (Chapter 12); Off the field examination (Chapter 13)

10/09 Wounds: general injuries and bloodborne pathogens (Chapter 9,14)

Tissue Healing (Chapter 10); Modalities and Medications (Chapter 15,17)

10/16 Foot, ankle and lower leg (Chapter 18,19)

10/23 **Exam #2 (written).**

10/30 Knee, hip, groin and pelvis (Chapter 20,21)

11/6 Thorax, abdomen, illness, spine (Chapter 27,25);

11/13 Head and Face (Chapter 26)

11/20 Hand, Elbow, Shoulder (Chapter 22,23,24); Review

11/27 Practical Exam

**12/1 Classes end**

**12/4 Study Day**

**12/11 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](http://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](http://policy.usc.edu/scientific-misconduct).

### **Support Systems:**

*Student Health Counseling Services - (213) 740-7711 – 24/7 on call*  
[engemannshc.usc.edu/counseling](http://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](http://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](http://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](http://equity.usc.edu), [titleix.usc.edu](http://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](http://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](http://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](http://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](http://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](http://dps.usc.edu), [emergency.usc.edu](http://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](http://dps.usc.edu)

Non-emergency assistance or information.