



**Course Syllabus: Care and Prevention of Athletic Injuries**  
**Gunn College of Health Sciences and Human Services**  
ATRN 1073, X10  
Fall 2023

**Contact Information**

Instructor: William T. Lyons, M,S. ATC, LAT  
Office: D.L. Ligon 211  
Office hours: M,T, TH, F, 1-2 PM, W 11-12 PM, other by appointment  
Office phone: (940) 397.4824  
Cell Phone: 307-760-4363 –text preferred  
E-mail: william.lyons@msutexas.edu

**Textbook and Instructional Materials**

Prentice, William, **'Essentials of Athletic Injury Management'**, McGraw-Hill, 12<sup>th</sup> edition, 2020, ISBN13: 9781264931187

**Course Description**

This course is to introduce basic concepts and theories of prevention and care of athletic and sports related injuries to students studying coaching, physical education teaching, exercise physiology, and strength and conditioning.

**Course Objectives**

The purpose of this course is to provide the prospective coach with the basic skills necessary to provide basic care for the injured athlete. Upon completion of this course the student should be able to apply and understand the following care and prevention skills.

1. The student will be able to describe the sports medicine team and the roles and responsibilities of each member, the interactions between each, and the importance in prevention, emergency care and injury management.
2. The student will be able to describe the basic parts, setup, and purposes of the yearly physical exam. Including the disqualifying conditions for sport.
3. The students will be able to identify the records that must be maintained by the athletic training and how HIPPA and FIRPA apply to these records.
4. The student will be able to use and discuss other basic prevention concepts such as:
  - a. Flexibility
  - b. Conditioning
  - c. Protective equipment

- d. Protective taping and padding
- e. Competition and practice organization
- f. Environmental stresses

5. The student will be able to describe and set up an emergency action plan and the care of basic emergencies that they may come in contact with.

5. The student will be able to understand the liabilities and risks associated with sports injury management.

6. The student will be able to recognize and develop basic care plans for the following injured body parts:

- a. Head and Cervical Spine
- b. Shoulder
- c. Hand and Wrist
- d. Knee
- e. Lower leg, ankle, and foot

**Notice**

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor. Any changes will be posted in a timely manner on the D2L NEWS section for this course

**Tentative Course Schedule**

**Course Schedule**

<b>Week</b>	<b>Activities/Assignments/Exams</b>	<b>Due Date</b>
Week 1 8/28 to 9/3	Read Syllabus and Chapter 1 The sports medicine team. <b>Complete discussion 1</b> , "Introduce yourself"	<b>Discussion 1 Due 9/04 by 11:00 PM</b>
Week 2 9/4 to 9/10	Read Chapter 2 Organization and Administration and Chapter 3 Legal Liability, Read Athletics and the Law handout.	
Week 3 9/11 to 9/17	Read Chapter 6 Sports Equipment and Chapter 7 Environmental conditions, <b>Complete discussion 2</b> "Know your roll", Start assignment Real Life 101	<b>Discussion 2 Due 9/18 by 11:00 PM</b>
Week 4 9/18 to 9/24	Read chapters 8; Emergency situations and Injury assessment and 9; Blood borne pathogens, <b>Real Life 101 Assignment due</b>	<b>Real Life 101 due by 11:00PM 9/25</b>
Week 5 9/25 to 10/01	Read chapters 4; prevention of injury and 11; Injury rehabilitation basics; Start Emergency Action Plan Assignment, <b>Test Unit 1 over chapters 1,2,3,6,7,8,9</b>	<b>Test 1 Opens 9/25 6:00 AM closes 9/27 11:00 PM</b>
Week 6 10/02 to 10/8	Read Chapter 13; Recognizing different sport injuries	
Week 7 10/9 to 10/15	Read Chapter 14; The Foot and Toes <b>Emergency Action Plan Due</b>	<b>Emergency Action Plan due 10/16 11:00 PM</b>

<b>Week</b>	<b>Activities/Assignments/Exams</b>	<b>Due Date</b>
Week 8 10/16 to 10/22	Chapter 15; Ankle and Lower Leg,	
Week 9 10/13 to 10/29	Read Chapter 16; The Knee and Related Structures, <b>Discussion 3 "Environmental concepts" due</b>	<b>Discussion 3 Due 10/30 11:00 PM</b>
Week 10 10/30- to 11/05	Read Chapter 20; Spine <b>Test Unit 2 over Chapters 4, 11, 13, 14, 15, 16</b>	<b>Test 2 Opens 11/06 6:00 AM closes 11/08 11:00 PM</b>
Week 11 11/6 to 11/12	Read Chapter 21; Abdomen and Thorax	
Week 12 11/13 to 11/19	Read Chapter 22; Head and Face	
Week 13 11/20 to 11/26	Read Chapter 17; Thigh, Hip, Groin, and Pelvis	
Week 14 11/27 to 12/3	Read Chapter 18; Shoulder Complex <b>Discussion 4 Program Administration Due</b>	<b>Discussion 4 Due by 11/28 11:00 PM</b>
Week 15 12/4- to 12/10	Read Chapter 19; Elbow, wrist, forearm	
Week 16 12/10- to 12/15	Finals Week <b>Test Unit 3 over Chapters 20, 21, 22, 17, 18, 19</b>	<b>Test 3 Opens 12/10 6:00 AM closes 12/12 11:00 PM</b>

### **Desire-to-Learn (D2L)**

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact me at [william.lyons@msutexas.edu](mailto:william.lyons@msutexas.edu) . This class does NOT give you the time to be lost or not understand a concept. I will check my e-mail often and will be in my office daily to answer phone calls or messages. Please ask questions and let me help you! As the student it is your responsibility to log on to D2L frequently (not just weekly). All-important announcements, due date reminders, etc. will be posted under the course NEWS and calendar section for this course.

### **Online Discussions**

There are no scheduled "chat" sessions. There are four discussion topics/questions that will be posted. Each is worth 25 points (possible 100 points). To earn credit for participation, you must respond to the initial post from the instructor and then **post an additional response to TWO other students stating your opinion or providing additional information that is constructive to the discussion.** The discussions allow you to engage and interact with other students. All posting must be informative and NOT disruptive,

rude or contain foul language. It is "ok" to disagree but keep your postings "respectful and polite". Brief statements such as "I agree", "That's what I think" etc. will not be counted as a post. Be thoughtful and thorough on your comments.

### Exams

There will be three-unit exams. Each exam is worth 100 points and will be timed. The exams will be a combination of multiple choice, true false, and fill in the blank questions. **Please plan your time accordingly. MAKE SURE YOU READ ALL ASSIGNED MATERIAL ESPECIALLY TEXT CHAPTERS.** If you chose not to read the text you will have great difficulty passing the course with an acceptable grade. **Please Note all exams will be given through the lock down browser in D2L, and will require the Respondus LockDown Browser. Please note: Chrome books do not work with D2L. You will need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab.)**

### Grading

Student's grade will be determined as a percentage of the total points possible for the class; 90-100 % = A, 80-89% = B, 70-79% = C, 60-69% = D, below 60% = F

Course Evaluation: Points allocated to each assignment, discussion, exams

Assignments	Points
Unit Exams (3 x 100)	300
Discussions ( 4 x 25	100
Real Life 101	25
Emergency Action Plan	100
Total Points	525

Grading Scale: Total points for final grade.

Grade	Points
A	472 to 525
B	420 to 471
C	367 to 419
D	315 to 366
F	Less than 314

### Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of

work not the individuals to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

### **Late Work**

Assignments are DUE on the posted date or dates as per the course schedule, late assignment, discussions, will not be accepted. Therefore, it is the student's responsibility to make sure all work is submitted on time.  
you stipulate

### **Online Computer Requirements**

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. **Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. If you are having computer difficulty contact me at [william.lyons@msutexas.edu](mailto:william.lyons@msutexas.edu) immediately. If it is after hours (5:00 PM) text me at 307-760-4363 and I will address the issue as soon as possible. If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into [D2L](#).

### **Disability Support Services**

Midwestern State University is committed to providing equal access for qualified students with disabilities to all university courses and programs, and by law all students with disabilities are guaranteed a learning environment that provides reasonable accommodation of their disability. This guarantee is provided through Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. The ADA reads: "No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subject to discrimination by any such entity." The Director of Disability Support Services serves as the ADA Coordinator and may be contacted at (940) 397.4140, TDD (940) 397.4515, or 3410 Taft Blvd., Clark Student Center 168.

### **College Policies**

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

### Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

### Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.