Bergen Community College
Health Professions
Department of Wellness & Exercise Science

WEX-184 Sports Medicine

Basic Information about Course and Instructor

Semester and year: All
Course and Section Number: Sports Medicine WEX 184
Meeting Times and Locations: TBD

Instructor: Associate Professor Danielle Coppola-Oliveri
Office Location: G-211
Phone: 201-493-3660
Departmental Secretary: TBD
Office Hours: TBD
Email Address: dcoppola@bergen.edu

Course Description

3 lecture hours; 3 Credits
Prerequisites: NONE

Sports Medicine will provide students with an overview on the scientific, evidence-based, and clinical foundations of athletic training. This course will explore the different domains of athletic training with an emphasis on professional development and responsibilities, risk management, general and musculoskeletal conditions and pathology of sport injuries.

Student Learning Objectives: As a result of meeting the requirements in this course, students will be able to:

1. Develop knowledge for the profession of athletic training including roles and responsibilities, employment settings and operation in various settings.
2. Develop knowledge for the legal and ethical issues related to athletic injuries including policies and procedures.
3. Administer taping and wrapping techniques to specific upper and lower body anatomy.
4. Analyze nutrition requirements and fitness and conditioning strategies.
5. Identify the different environmental considerations and the effects on athletic performance.
6. Identify the safety standards and the proper application for protective equipment to the upper and lower body.
7. Develop and comprehend the domains of athletic training and how it relates to prevention, immediate care, evaluation, treatment and rehabilitation of athletic injuries.
8. Develop and analyze the policies and procedures applied to athletic training protocols and facilities.
9. Identify functional anatomy of the body and how it relates to athletic injuries.
10. Develop knowledge and application for general and musculoskeletal conditions.

Means of Assessment

Student Learning Objectives	Suggested Means of Assessment
1. Develop knowledge for the profession of athletic training including roles and responsibilities, employment settings and operation in various settings	Students will define and identify in writing the historical foundation and various professional organizations and employment settings for the athletic training profession.
2. Develop knowledge for the legal and ethical issues related to athletic injuries including policies and procedures.	Students will define and analyze in writing the legal considerations and concepts for the athletic trainer and how to reduce and minimize the chances of litigation.
3. Administer taping and wrapping techniques to specific upper and lower body anatomy.	Students will apply elastic and non elastic wrapping to specific upper and lower body anatomy.
4. Analyze nutrition requirements and fitness and conditioning strategies	Students will identify in writing the different fitness and conditioning techniques. In addition, the specific nutrition requirements. Students will assess body composition and measurement through the use of hand held devices.
5. Identify the different environmental considerations and the effects on athletic performance.	Students will define and identify in writing the environmental considerations and how it effects athletic performance.
6. Identify the safety standards and the proper application for protective equipment to the upper and lower body.	Students will identify in writing and safety standards, legal concerns and application for protective equipment used for the upper and lower body.
7. Develop and comprehend the domains of athletic training and how it relates to prevention, immediate care, evaluation, treatment and rehabilitation of athletic injuries.	Students will demonstrate through activity and in writing the ways in which athletic injuries can be prevented, treated and rehabilitated. In addition, to demonstrate through assessment athletic injury evaluation and immediate care.
8. Develop and analyze the policies and procedures applied to athletic training protocols and facilities.	Students will identify in writing the strategic plans for conducting and operating athletic training programs and identify in writing the policies and procedures that should be enforced in an athletic training setting.
9. Identify functional anatomy of the body and how it relates to athletic injuries.	Students will identify in writing and application the anatomical locations of the musculoskeletal system that are commonly injured in athletics.
10. Develop knowledge and application for general and musculoskeletal conditions.	Students will analyze the pathologies of sports injury specific to the musculoskeletal system and general medical conditions.

Course Content

Fundamentals of athletic training is to provide students with scientific, evidence-based and the clinical foundations of athletic training to help students become competent health care professionals. Content of the course will include:

Course Orientation	• Explanation of the procedures and course requirements. • Overview of course: lecture components • Explanation of evaluation: exams, quizzes, writing and reading assignments • Facilities and resources based on semester availability. (gymnasium, fitness centers, computer labs, library, etc.)
Professional Development and responsibilities	• Explanation of the athletic trainer as a health care provider • Historical perspectives • Employment settings for the athletic trainer • Requirements and state regulations of the athletic trainer • Roles and responsibilities of the athletic trainer • Overview of the entire sports medicine athletic training team • Operation in the secondary school, college, clinic, hospital, corporate and industrial setting
Legal concerns, ethical and insurance issues	• Legal concerns for the athletic trainer • Insurance considerations • Establishing a system for athletic training health care • Record keeping • Software programming for athletic training
Wrapping and taping	• Wrapping • Nonelastic and elastic adhesive taping • Common taping procedures
Risk Management	• Fitness and conditioning techniques • Principles of conditioning • Relationships between athletic trainer and strength and conditioning coach • Periodization and conditioning • Nutrition basics • Nutrition requirements • Body composition and weight control
Environmental Considerations	• Hyperthermia and Hypothermia • Altitude sickness • Lightening safety • Synthetic turf • Air pollution • Overexposure to sun
Protective equipment	• Safety standards for sports equipment and facilities • Legal concerns in using protective

	equipment • Head, face, neck trunk and thorax protection • Lower extremity protective equipment • Elbow, wrist and hand protection
Domains of athletic training	• Prevention, anatomy, recognition and conditions related to: Upper body, lower body, Head, thorax and abdomen
Pathology of Sports Injury	• Mechanisms and characteristics of Musculoskeletal and nerve trauma • Tissue response to injury • Bone and soft tissue healing • Body mechanics and injury susceptibility
Management skills	• Psychosocial intervention: psychological factors in rehabilitation • On the field acute care and emergency procedures • Off the field injury evaluation • Infectious diseases, bloodborne pathogen and universal precautions • Using therapeutic modalities and exercise in rehabilitation • Pharmacology, drugs and sports
Musculoskeletal conditions	• Upper and Lower body: • Anatomy, assessment, recognition and management of specific injuries and conditions • Rehabilitation techniques
General Medical Conditions	• Head, face, eyes, ears, nose and throat injuries • Thorax, abdomen anatomy, assessment, recognition and management of specific injuries and conditions • Skin disorders • Bacterial, fungal, viral infections

Special Features of the Course

- The use of learning technologies in the course will include powerpoint, youtube, McGraw Hill *connect*, worldwide web and moodle to include web enhanced features.
- The layout of this course will consist of weekly powerpoints. Powerpoint presentations will include online resources such as the worldwide web and youtube to enhance learning topics.
- All lecture material and handouts will be available through moodle. Students can login to moodle with their Bergen credentials and have access to all available information. Information will become available every Sunday.

Course Texts and/or Other Study Materials

Prentice E., William **Principles of Athletic Training. A guide to Evidence-Based Clinical Practice 16th edition. McGraw Hill, 2017**

Research, Writing and/or Examination Requirements
Students are required to complete a variety of writing assignments and workshops in the course. These assignments and workshops may include class discussions, in and out of class writing assignments, case studies and performance skills. Examinations both written and skill assignment in addition to written quizzes will also be assessed.

Grading Policy

The final grade is based on a "grading package". Participation and quality of effort within each portion of this package will determine your status at the end of the semester. The available points assigned to each section are as follows:

Total 400 semester points. Points may vary based on the amount of assignments accumulation during the semester.

360 and above .....A
340 – 359 points.....B+
320 - 339 points.....B
300 - 319 points C
280 - 299 points…….…....……...D
260 - 279 points…….…….……..F

Attendance: 50 points: There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

Written assignments: 100 points: Writing assignments, case studies and worksheets will be assigned regularly for class. Each assignment is worth a different amount. All assignments are due at the next class meeting unless otherwise stated. An assignment that is missed is allowed 1 week for submission or all points will be forfeited.

Workshops: 100 points: Workshops will be during class time only. Proper attire is required for participation in these workshops. If you come to class unprepared for any of the workshops, you will not earn the points assigned to that particular workshop. If you miss a workshop you will not be rewarded the workshop points.

Exams and quizzes: 150 points: There will be 3 quizzes (10 points each) throughout the semester. The quizzes will be in a written format and emphasize weekly learning topics. There are 2 skills assessment exams (50 points each). These exams are practical and require taping and wrapping methods to be applied. If you miss an exam or quiz for ANY reason, you must have documentation. Make up must be completed within 1 week. No make up for the exam or quiz without appropriate documentation.

Attendance Policy

BCC Attendance Policy:

All students are expected to attend punctually every scheduled meeting of each course in which they are registered. Attendance and lateness policies and sanctions are to be determined by the instructor for each section of each course. These will be established in writing on the individual course outline. Attendance will be kept by the instructor for administrative and counseling purposes.

Attendance Policy in this Course:

There is 1 allowed absence. Any class missed after 1 will result in a 5-point deduction. Other points may be deducted for in class assignments missed. Every late or early leave will result in a deduction of 2.5 points. Classes cannot be made up. Absences can be excused with proper documentation.

Student and Faculty Support Services [optional but recommended]

The Office of Specialized Services	Room S-131	201-612-5270 www.bergen.edu/oss ossinfo@bergen.edu
The Sidney Silverman Library	Room L-226	Main Building, Pitkin Education Center, L-wing, 2nd Floor. Paramus Library Hours: (201) 447-7131 or visit http://www.bergen.edu/library/calendar/gcal.htm Paramus Service Desk: (201) 447-7970 Meadowlands Location: 1280 Wall Street, Lyndhurst 2nd Floor Meadowlands Library Hours: http://www.bergen.edu/library/calendar/gcal.htm Meadowlands Service Desk: (201) 301-9692 www.bergen.edu/library
The Distance Learning Office-for any problems you may have accessing your online courses	Room C-334	201-612-5581 psimms@bergen.edu
Testing Center	Room S-127	(201) 447-7202

Course Calendar

*The course syllabi is a tentative outline and is subject to change. Assignments and the total points accumulated by the end of the semester may change depending on the material covered. These changes will become known to all students in advance.

Week(s)	Date(s) Fall/Spring	Topics/Activities/Assignments
1-2	September/January	*Topic*: Orientation, AT as a health care provider, Organization and Administration; Chapter 1, Chapter 2 & Chapter 3 *Activities and Assignments*: Class discussions, Worksheets Assessment pre-participation exam

3-4	September/January-February	Quiz 1 *Topic*: Mechanisms for musculoskeletal trauma, Tissue response to injury; Chapters 9-11 *Activities and Assignments*: Self and partner taping and bracing Worksheet and Case Study
5	October/February	Quiz 2 *Topic*: On and off the field assessments and emergency responses. Chapter 12 & Chapter 13 *Activities and Assignments*: Self and Partner taping and bracing Worksheet and Case Study
6-8	October/February-March	Quiz 3 Topic Wrapping and Taping; Chapter 8 Activities and Assignments: Self and Partner taping and bracing Worksheet and Case Study
9-11	November/March	*Topic*: Lower Body Chapter 18-21 *Activities and Assignments*: Self and partner taping and bracing Worksheet and Case Study
12	November/March-April	Exam 1- Skills Assessment
13-14	November-December/April	*Topic*: Upper Body; Chapter 22-24 *Activities and Assignments*: Self and partner taping and bracing Worksheet and Case Study
15	December/May	Exam 2- Skills Assessment