ATEP 245L-02
Athletic Injury Prevention & Management Lab
FALL 2012

Time: Thursdays 3:00-6:00pm
Place: PCTR 146 or Silcox 215
Instructor: Colby Mangum, ATC, SCAT
Office Hours: By Appointment with Instructor
Email: mangumlc@cofc.edu
Teaching Asst: Grace Popham, Athletic Training Student

Course Description: This laboratory course is designed to introduce students to the psychomotor skills and scientific principles of athletic taping, bracing, and wrapping.

Course Objectives: The student will:
1. Demonstrate appropriate preventative taping, wrapping, splinting and bracing techniques.
2. Understand and demonstrate appropriate triage and emergency care procedures including the supplies required to provide this care in accordance with OSHA precautions.
3. Understand and demonstrate appropriate management of a suspected cervical spine injury with and without protective equipment.
4. Understand and demonstrate the ability to obtain patient status through the components of a secondary survey.
5. Demonstrate selection and application of various patient transportation skills to include ambulatory aid and short-distance transport techniques.

Prerequisites: None


Supplies: Students are responsible for purchasing their own taping supplies for class and are responsible for bringing those supplies with them to each class period. Needed supplies include approximately one case of 1 ½” athletic tape and six rolls of taping underwrap. Students may purchase these supplies from the College of Charleston Sports Medicine Staff for $50.00. Checks should be made payable to the Cougar Club-Sports Medicine.

OAKS: This course will be administered using OAKS. Please refer to the course site on OAKS to obtain course information and materials.
**ATTENDANCE:** Class attendance is vital to success in this course. Therefore, it is your responsibility as the student to attend all class meetings. If extreme circumstances necessitate an absence, you will be held responsible for the class material covered during your absence. Class activities, assignments or evaluations missed due to unexcused absences will result in a grade of **zero (0)** for that assignment. You are allowed **two (2)** unexcused absences without penalty (with the exception of assignments as noted above). Any additional unexcused absences will result in a **five (5) points** deduction from your final point total. **Three (3) tardies** is equal to one unexcused absence. Being tardy is considered reporting to class after the fifteen-minute grace period. It is your responsibility to see the instructor to ensure the absence is changed to a Tardy. If you enter class late and miss any graded quiz or assignment you will not be allowed to complete the assignment.

Absences will be considered for excusal for the following: serious illness, hospitalization, death of a family member or close friend, or attendance at an event representing the College of Charleston (i.e. athletic team travel, gospel choir, WAVE, etc.) Appropriate documentation must be provided for an absence to be considered for excusal.

You are responsible for any class content/assignments you miss due to an absence. Any assignment/exam missed due to an **excused** absence must be made up within **one week** to receive full credit. It is your responsibility to schedule make-up work with the instructor.

**REQUIREMENTS:**

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points Assigned</th>
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</thead>
<tbody>
<tr>
<td>Skill Check-Off Sheets (30 @ 10 pts)</td>
<td>300 pts</td>
</tr>
<tr>
<td>Mid-Term Examination</td>
<td>100 pts</td>
</tr>
<tr>
<td>Final Examination</td>
<td>100 pts</td>
</tr>
<tr>
<td><strong>TOTAL POINTS</strong></td>
<td><strong>500 PTS</strong></td>
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</tbody>
</table>

**DESCRIPTION OF COURSE REQUIREMENTS:**

**Skill Check-Off Sheets (30 @ 10 pts ea):** Each psychomotor skill covered in the class will have a skill check-off sheet associated with it. Skills will be taught and practiced then checked-off by the instructor during the next lab period. Students are encouraged to practice on their own outside of the lab setting to perfect their skills. Students will be expected to check-off on the skill on the date assigned. Students missing instruction of the skill due to an excused absence may schedule an appointment with the instructor for instruction and subsequent check-off of the skill. Students missing instruction of the skill due to an unexcused absence will be required to complete the check-off to the best of their ability.
All skill sheets are housed on OAKS. Students are responsible for printing the required skill sheet and bringing it with them to their check-off. The instructor will NOT provide check-off sheets. Failure to bring the appropriate skill sheet will result in a grade of 0 for that skill.

**Examinations (Mid-Term & Final 100 pts ea)** There will be a mid-term and a final practical examination covering the psychomotor skills learned during that portion of the semester.

**EXAM POLICY:** Notification will be provided well in advance (via class announcement and OAKS posting) of any change of an exam date. Please note that if you miss a scheduled exam you will earn zero (0) points for that particular examination. **No make-up examinations will be given, unless written documentation is obtained.** It is the instructor’s prerogative to give an alternate exam if deemed necessary. If you know you will be unable to attend an examination due to an excused absence (i.e. athletic participation, religious holiday, etc.) you must notify the instructor at least one week prior to the absence so alternative arrangements may be made.

**GRADING SCALE:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
</tr>
<tr>
<td>A-</td>
<td>88-89%</td>
</tr>
<tr>
<td>B+</td>
<td>85-87%</td>
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<tr>
<td>B</td>
<td>80-84%</td>
</tr>
<tr>
<td>B-</td>
<td>78-79%</td>
</tr>
<tr>
<td>C+</td>
<td>75-77%</td>
</tr>
<tr>
<td>C</td>
<td>70-74%</td>
</tr>
<tr>
<td>C-</td>
<td>68-69%</td>
</tr>
<tr>
<td>D+</td>
<td>66-67%</td>
</tr>
<tr>
<td>D</td>
<td>64-65%</td>
</tr>
<tr>
<td>D-</td>
<td>62-63%</td>
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<tr>
<td>F</td>
<td>&lt;62%</td>
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**Honor Code and Academic Integrity**

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each instance is examined to determine the degree of deception involved.

Incidents where the professor believes the student’s actions are clearly related more to ignorance, miscommunication, or uncertainty, can be addressed by consultation with the student. We will craft a written resolution designed to help prevent the student from repeating the error in the future. The resolution, submitted by form and signed by both the professor and the student, is forwarded to the Dean of Students and remains on file.
Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

It is important for students to remember that unauthorized collaboration--working together without permission-- is a form of cheating. Unless a professor specifies that students can work together on an assignment and/or test, no collaboration is permitted. Other forms of cheating include possessing or using an unauthorized study aid (such as a PDA), copying from another’s exam, fabricating data, and giving unauthorized assistance.

Remember, research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the professor.

Students can find a complete version of the Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/studentaffairs/general_info/studenthandbook.html.

ATHLETIC TRAINING COMPETENCIES: The following competencies are taught and evaluated in this course. These competencies meet requirements set forth by the CAATE (Commission for the Accreditation of Athletic Training Education Programs).

C-4 Demonstrate the ability to perform scene, primary, and secondary surveys.

AC-19 Explain the proper procedures for managing external hemorrhage (eg, direct pressure, pressure points, tourniquets) and the rationale for use of each.

AC-20 Select and use the appropriate procedure for managing external hemorrhage.

AC-21 Explain aseptic or sterile techniques, approved sanitation methods, and universal precautions used in the cleaning, closure, and dressing of wounds.

AC-22 Select and use appropriate procedures for the cleaning, closure, and dressing of wounds, identifying when referral is necessary.

AC-37 Select and apply appropriate splinting material to stabilize an injured body area.

AC-38 Apply appropriate immediate treatment to protect the injured area and minimize the effects of hypoxic and enzymatic injury.
AC-39  Select and implement the appropriate ambulatory aid based on the patient's injury and activity and participation restrictions.

AC-40  Determine the proper transportation technique based on the patient's condition and findings of the immediate examination.

AC-41  Identify the criteria used in the decision-making process to transport the injured patient for further medical examination.

AC-42  Select and use the appropriate short-distance transportation methods, such as the log roll or lift and slide, for an injured patient in different situations.

AC-43  Instruct the patient in home care and self-treatment plans for acute conditions.

CE-20  Use standard techniques and procedures for the clinical examination of common injuries, conditions, illnesses, and diseases including, but not limited to:

CE-20h.1  pulse

CE-20h.2  blood pressure

CE-20j.4  temperature

CE-21  Assess and interpret findings from a physical examination that is based on the patient's clinical presentation. This exam can include:

CE-21j.3  respirations

CE-21p.2  temperature

CE-22  Determine when the findings of an examination warrant referral of the patient.

PHP-7  Implement disinfectant procedures to prevent the spread of infectious diseases and to comply with Occupational Safety and Health Administration (OSHA) and other federal regulations.

PHP-23  Apply preventive taping and wrapping procedures, splints, braces, and other special protective devices.
PS-18  Provide appropriate education regarding the condition and plan of care to
the patient and appropriately discussion with others as needed and as appropriate to
protect patient privacy.

TI-16  Fabricate and apply taping, wrapping, supportive, and protective devices
to facilitate return to function.

**COURSE SCHEDULE:** This schedule is tentative and subject to change based on class
progress.
Comp: Denotes CAATE competencies addressed in the lesson.

<table>
<thead>
<tr>
<th>Date</th>
<th>Section 1</th>
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</table>
| 8/23 | Introduction to Lab  
RICE  
Compression Wraps  
Temperature  
*ice bags, comp wraps, thermometers*  
Comp: AC-38, 43; PHP-23; PS-18 |
| 8/30 | **Check-Off:**  
RICE  
Compression Wraps  
Temperature  
*ice bags, comp wraps, thermometers* |
|      | Splinting & Short Distance Transport  
*(Splints, spine board)*  
Height/Weight  
Comp: AC-37, 38, 40, 41, 42; CE-22; PHP-23; PS-18 |
| 9/6  | **Check-Off:**  
Splinting & Short Distance Transport  
Height/Weight  
*(Splints, spine board, scale)* |
|      | Hip Spicas  
Shoulder Spicas  
Body Type Assessment  
*(Comp wraps)*  
Comp: AC-43; PHP-23; PS-18 |
| 9/13 | **Check-Off:**  
Hip Spicas  
Shoulder Spicas  
Body Type Assessment  
*(Comp wraps)* |
|      | Crutch & Cane Fitting  
Respiration  
*(crutches, canes, pulse)* |
<table>
<thead>
<tr>
<th>Date</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 9/20  | Check-Off:  
Crutch & Cane Fitting  
Respiration *(crutches, canes)*  
Achilles Tendon  
Great Toe  
Foot: Arch Tape  
Blood Pressure *(tape, pre-wrap, BP cuff, stethoscope)*  
Comp: AC-43; PHP-23; PS-18 |
| 9/27  | Check-Off:  
Achilles Tendon  
Great Toe  
Foot: Arch Tape  
Blood Pressure *(tape, pre-wrap, BP cuff, stethoscope)*  
Closed Basketweave *(tape, pre-wrap)*  
Comp: AC-43; PHP-23; PS-18 |
| 10/4  | Check-Off:  
Closed Basketweave *(tape, pre-wrap)*  
AC Sprain  
Knee/Elbow Hyperextension *(tape, pre-wrap, comp wraps)*  
Comp: AC-43; PHP-23; PS-18 |
| 10/11 | MID-TERM EXAM |
| 10/18 | Check-Off:  
AC Sprain  
Knee/Elbow Hyperextension *(tape, pre-wrap, comp wraps)*  
Wrist/Hand  
Thumb Spica/Finger  
Pulse *(tape, pre-wrap)*  
Comp: AC-43; PHP-23; PS-18 |
| 10/25 | Check-Off:  
Wrist/Hand  
Thumb Spica/Finger  
Pulse *(tape, pre-wrap)*  
C Spine Stabilization  
Oxygen Saturation |
<table>
<thead>
<tr>
<th>Date</th>
<th>Check-Off:</th>
<th>Components</th>
</tr>
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</table>
| 11/1   | **C Spine Stabilization**  
**Oxygen Saturation**  
*(Spine Board, Pulse Oximeter)*                      | CE-22; PHP-23; PS-18 |
|        | Open Basketweave  
Shin Splints  
Brace Fitting  
*(tape, pre-wrap, compression wraps, braces)* |            |
| 11/8   | **Open Basketweave**  
**Shin Splints**  
**Brace Fitting**  
*(tape, pre-wrap, compression wraps, braces)* | AC-43; PHP-23; PS-18 |
|        | Open Wound  
Blister Care  
Mgt of External Hemorrhage  
*(Steri-Strip, Applicators, Gauze Gloves, Biohazard Bags)* |            |
| 11/15  | **Open Wound**  
**Blister Care**  
**Mgt of External Hemorrhage**  
*(Steri-Strip, Applicators, Gauze Gloves, Biohazard Bags)* |            |
|        | Review for Final Exam                                                                        |            |
| 11/22  | **Thanksgiving Holiday**                                                                     |            |
| 11/29  | **FINAL EXAM**                                                                              |            |

*Syllabus is tentative and subject to change.

- **Vital Signs** *(Distributed throughout semester 1-2/week)*
  - Temp
  - Ht/Wt and Body Type Assess
  - Respiration
  - BP
  - Pulse
  - Oxygen Saturation
  - Brace Fitting
  *(thermometers, scale, BP cuff, stethoscope, pulse oximeter, braces)*
  Comp: C-4; CE-20, 20h.1, 20h.2, 20j.4, 21, 21j.3, 21p.2, 22; PS-18