

East Los Angeles College
PE 709 - Advanced Care and Prevention of Athletic Injuries

Spring 2012

Section # 2542

F 9:00 AM to 11:05 AM

General Information:

Instructor: Diane Stankevitz, MS, ATC, CSCS, EMT

Cell: (626) 833-5763

Email: contact@athleticmedicine.net

Office: (323) 265-8611

www.athleticmedicine.net

Office Hours: By Appointment

Textbook:

Required Text: Arnheim, Daniel D. and Prentice, William E. Principles of Athletic Training, Mosby Year Book 10th ed.

COURSE OBJECTIVES:

This course is designed to provide the future coach, physical educator, and athletic trainer with the basic theoretical knowledge and technical skills necessary for the proper and effective management of common sports related injuries. Specific objectives include development of the student's:

Appreciation of the legal and moral responsibility to provide proper health care services for injured athletes.

Understanding of the proper role of the coach, physical educator, and athletic trainer in the prevention, initial management, and rehabilitation of sports related injuries.

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Ability to recognize the characteristic "signs and symptoms" of common sports related injuries.

Ability to apply protective taping, bandaging, and special padding for common sports related injuries.

ATTENDANCE POLICY:

Attendance is required and roll will be taken each day. All excused absences require an authorized note. Acceptable absences include: illness, bereavement, field trip, athletic competition, and the like. If you become seriously ill or injured and you miss class for an extended period of time, please contact the instructor as soon as possible. Unacceptable excuses include: babysitting, job interview, traffic, car problems, and the like. Each student will be awarded a total of 20 points for each day attended. Each absence will result in a loss of those points. Tardies will result in a 10 point deduction. If the student is late more than twenty minutes, it will count as an absence. If you miss a class, it is your responsibility to get the notes, handouts, and any announcements you missed. Instructor reserves the right to drop any student with more than two absences. Not attending the final day will result in a deduction of your grade by one letter.

COURSE REQUIREMENTS:

A quiz will be given at the beginning of each class. If you are late to class or absent, you will NOT be given the quiz. A final written comprehensive examination will also be given. Cheating on exams will not be tolerated. You will be warned and then subject to being dropped from the class. In addition to the written examinations, a course notebook containing all of the student's work for the semester will be due. Each week the student will be required to successfully perform introductory skills. CELL PHONES AND PAGERS (including walkie-talkie) must be TURNED OFF (not on vibrate) during class. If your cell phone or pager rings during class, 50 points will be deducted from your total points. An additional 50 points will be deducted if you answer your call.

Student Learning Outcome:

Student will be able to:

- 1 Recognize, evaluate, and assess sport-related injuries through a series of special test.
- 2 Provide immediate care and establish treatment, rehabilitation, and reconditioning programs for sport-related injuries, as well as plan a proper nutritional and training guideline for sport-related injury prevention.
- 3 Advance to a four-year institution's athletic training program.