



WACO, TEXAS

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**COURSE SYLLABUS  
AND  
INSTRUCTOR PLAN**

**Care and Prevention of Athletic Injuries**

**PHED 2356.35**

**Rebecca Railsback**

**NOTE: This is a 16-week course.**

**COVID 19 Notice:**

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website at <https://www.mclennan.edu/crisis-management/coronavirus-updates/index.html> on any changes to these guidelines.

**Course Description:**

Introduce students to athletic training as a career as well as making them proficient in recognizing common sport injuries and how those injuries are treated.

**Prerequisites and/or Corequisites:**

*None.*

**Instructor Information:**

**Instructor:** Becky Railsback, M.S.Ed., ATC, LAT

**Office:** HPE 114/Highlands Gym

**Phone:** 254-299-8848/254-716-7133

**Email:** brailsback@mclennan.edu

**Office Hours:** By appointment

**Required Text & Materials:**

Arnheim's Principles of Athletic Training, 17<sup>th</sup> Ed. By: William Prentice

[MCC Bookstore Website](#)

**Methods of Teaching and Learning:**

This will be an online course that relies on student participation through the use of discussion boards, active note taking, assignments, quizzes and exams. This course will be challenging, but with a high level of engagement, there will be a high level of success and retention of material.

**Course Objectives and/or Competencies:**

1. Understand the components of an athletic injury/illness prevention program.
2. Understand common risk factors for injury or illness for various sports.
3. Identify injuries associated with sport participation.
4. Understand the principles of emergency first aid as it applies to athletes/patients.
5. Identify with recommendations by professional associations regarding athletic participation.
6. Understand the role of the certified athletic trainer in providing professional, ethical and legal parameters in association with the health care, intervention, and referral of the active population.
7. Understand the certified athletic trainer's role in the Sports Medicine Team and as a liaison between the physically active, athletic personnel, health care professionals, parents/guardians, and the public.
8. Know and demonstrate use of standard terminology of athletic injuries and communication with medical personnel.

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9. Recognize the roles and functional of allied medical professionals.
10. Understand the history of athletic training and its professional organizations.

## Course Outline or Schedule:

### Tentative Calendar

Week #	Chapter	Topic	Homework
1		Intro	
1	Ch. 1-3	The Athletic Trainer as a Health Care Provider	Worksheet 1
2	Ch. 4-6	Conditioning, Nutrition, and Environmental Considerations	
2	Ch. 4-6	Conditioning, Nutrition, and Environmental Considerations	Worksheet 2
3	Ch. 9 & 10	Tissue Injury and Responses/Review	Worksheet 3
3	Ch. 12-14	On and Off-Field Emergency Care and Evaluation	Worksheet 4
4	Ch. 15-17	Modalities, Exercise, and Medications	Library assignment #1: Effectiveness of Modalities
4	Ch. 15-17	Modalities, Exercise, and Medications /Review	
5		Review	
5		<b><u>EXAM 1</u></b>	Library assignment #1 Due
6	Ch. 18	The Foot	Worksheet 5
6			
7	Ch. 19	The Ankle and Lower Leg	Worksheet 6
7			
8	Ch. 20	The Knee and Related structures	Worksheet 7 Library Assignment #2: Knee Injury Prevention
8			
9		Thigh, Hip , Groin, and Pelvis	Worksheet 8
9			
10	Ch. 25	The Spine	Worksheet 9
10			
11		Review	
11		<b><u>EXAM 2</u></b>	Library Assignment #2 Due
12	Ch. 22	The Shoulder Complex	Worksheet 10
12			
13	Ch. 23	The Elbow	Worksheet 11

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13			
14	Ch. 24	The Forearm Wrist Hand/Fingers	Worksheet 12
14			
15	Ch. 26-27	Head, Face, Eyes, Ears, Nose, & Throat	Concussion Research Paper
15			
16	Ch. 26-27	Head, Face, Eyes, Ears, Nose, & Throat	
16		Review	
TBA		<b><i>FINAL EXAM</i></b>	Concussion Research Paper Due

### **Course Grading Information:**

#### **Grading Procedures**

Grades will be awarded based off a percentage of the total points that can be earned from assignments and tests.

Unit Exams:	100 pts each
Final Exam:	200 pts
Homework:	10 pts each
Quizzes:	5 pts each
Discussion boards:	20 pts each
Library Assignments (3):	20 pts each

#### **Grading Scale**

A= 89.5+%; B+= 85.5-89.4%; B= 79.5-85.4%; C+= 75.5-79.4%; C= 69.5-75.4%; D= 60-69.4%; F= <60

#### **What will be graded:**

Library Assignment: You will need to search the McLennan library databases and find 3 articles over the course of the semester that relate to a topic that I will give you. Your assignment is to print out the articles and write a summary over them. They must be found in a peer-review publication related to the field of athletic training. More details will be coming as the semester progresses.

Homework: Every lesson will have a homework assignment that will be submitted through Brightspace and graded.

Quizzes: You will have pop quizzes periodically throughout the semester. Quizzes will have a time limit of 10 minutes. Each quiz will be a total of 5 points.

Exams: There will be 3 exams. 2 unit exams and the **COMPREHENSIVE** final exam. These exams will be timed, but you will have access to notes and your book. (With the time constraints placed on the exams, please be mindful of the time it takes to look up answers.)

Discussion Boards: Each unit will have 2 discussion boards. There will be one for the lesson and one called the "Athletic Training Room". The lesson DB will be graded on the quality of the content you post. You will be required to answer all prompts that I post and reply to at least 2 posts by your classmates. If there are no given prompts, you are to post a topic. Your classmates and I will then reply to your topic.

The "Athletic Training Room" DB is for you to ask questions, talk about experiences you may have had, or chat about the content in an informal way. This is YOUR discussion board between you and your classmates. I will pop in from time to time to keep the discussions going, help with questions, and add a little feedback.

**Late Work, Attendance, and Make Up Work Policies:**

There are no due dates to the course, but you will find it best to do the work week by week. This will keep you on track and able to keep up with the workload as well as keep meaningful posts in the discussions.

Even though this is an online class, you will still be required to "attend". Your attendance will be based on the submission of your assignments. Discussion boards, homework, library assignments all count. Classes normally meet twice a week, so you will have to "check in" at least twice a week. "Check in" means submitting one or more of these items. You will submit an assignment at least 2 times per week to get full attendance. You can check your attendance status in the Assessments tab under attendance. If you are having trouble logging in or turning in your assignments, please let me know.

**Student Behavioral Expectations or Conduct Policy:**

You will respect each other at all times. There will be no tolerance for rude or disrespectful posts or responses. If I get complaints, you will be reported to the appropriate administrator or board on campus. This may end up in your removal from the class or other disciplinary actions.

**[Click Here for the MCC Attendance/Absences Policy](https://www.mclennan.edu/highlander-guide/policies.html)**

**(<https://www.mclennan.edu/highlander-guide/policies.html>)**

Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

# McLennan

C O M M U N I T Y

## COLLEGE

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## ACADEMIC RESOURCES/POLICIES

### **Accommodations/ADA Statement:**

Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit [www.mclennan.edu/disability](http://www.mclennan.edu/disability).

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

[disabilities@mclennan.edu](mailto:disabilities@mclennan.edu)

254-299-8122

Room 319, Student Services Center

### **Title IX:**

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at [titleix@mclennan.edu](mailto:titleix@mclennan.edu) or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting <http://www.lighthouse-services.com/mclennan/>.

Go to McLennan's Title IX webpage at [www.mclennan.edu/titleix/](http://www.mclennan.edu/titleix/). It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

**Student Support/Resources:**

MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at <http://www.mclennan.edu/campus-resource-guide/>

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing [SuccessCoach@mclennan.edu](mailto:SuccessCoach@mclennan.edu). Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

**MCC Foundation Emergency Grant Fund:**

Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to <https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html> to find out more about the emergency grant. The application can be found at [https://www.mclennan.edu/foundation/docs/Emergency\\_Grant\\_Application.pdf](https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf).

**MCC Academic Integrity Statement:**

Go to [www.mclennan.edu/academic-integrity](http://www.mclennan.edu/academic-integrity) for information about academic integrity, dishonesty, and cheating.

**Minimum System Requirements to Utilize MCC's D2L|Brightspace:**

Go to <https://www.mclennan.edu/center-for-teaching-and-learning/Faculty-and-Staff-Commons/requirements.html> for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

**Minimum Technical Skills:**

Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

**Backup Plan for Technology:**

In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

**Email Policy:**

McLennan Community College would like to remind you of the policy (<http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf>) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

**Instructional Uses of Email:**

Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

**Email on Mobile Devices:**

The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email [Helpdesk@mclennan.edu](mailto:Helpdesk@mclennan.edu) for help.

**Forwarding Emails:**

You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

**Disclaimer:**

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.