



North Dakota State College of Science

## Syllabus

Fall 2024



### Course Information

Course Number: HPER 207  
Course Title: Prevention and Care of Athletic Injuries  
Credit Hours: 3 credits

### Instructor Information

Instructor: Heidi Balvik  
Phone: 701-356-2050  
Email: [hbalvik@west-fargo.k12.nd.us](mailto:hbalvik@west-fargo.k12.nd.us)  
Office: 204k  
Office Hours:

### NDSCS Instructor Information

Instructor: Sean Owens, ATC  
Phone: 218-643-2694 ext. 4220  
Email: Sean.Owens@ndus.edu  
Office Location: BAC 190  
Office Hours: Hours as Arranged

### Course Description

Give a foundation of Athletic Training and sports medicine. The course is designed to give the student general foundations and concepts relative to injury prevention, evaluation, management, and rehabilitation. In addition we will focus on related careers, nutrition, infection control and emergency preparedness.

### Textbook and Required Materials

Clover, Jim. Sports Medicine Essentials, 3rd Edition, Cengage Learning. Boston, Copyright 2016. ISBN 13: 978-1-133-28124-5.

For Lab, please wear comfortable clothing.

### Learning Goals/Outcomes

Upon completion of this course, the student will be able to:

1. Identify medical specialists who make up a quality sports medicine team.
2. Realize the duties commonly expected of the dual role played by the coach/athletic trainer.
3. Utilize supplies and equipment in the athletic training room.
4. Apply scientific principles in physical conditioning to a specifically designed training program.
5. Demonstrate and describe the purpose of taping techniques presented in class.
6. Identify common treatments and rehabilitation procedures for various athletic injuries.
7. Identify nutritional needs of athletes and develop meal plans to meet requirements for energy used in

athletics and apply these needs to a specifically designed program.

8. Develop first aid skills and recognition skills of athletic injuries

### **Grading and Evaluation**

The grade represents being prepared for class, cooperation with others, listening skills, interest and participation in class and skills, skills performance and attitude, and attendance. Cheating will not be tolerated! Official grades for this class can be found in Power School.

### **Grading Scale**

<b>90-100%</b>	<b>A</b>
<b>80-89%</b>	<b>B</b>
<b>70-79%</b>	<b>C</b>
<b>60-69%</b>	<b>D</b>
<b>Below 60%</b>	<b>F</b>

When exams are given, they will be taken in class with the instructor.

### **DUAL CREDIT OPTION**

This is available for those students who wish to obtain college credit. The student (parent or guardian) will be responsible for the cost of the credits. WFPS will assist you in getting the right paperwork to work with NDSCS for credit, however the rest is up to you. **Cost is \$89.43/per credit.** (subject to change) Please note this is a 3 credit class.

If you receive Free or Reduced Lunch program, you may be eligible for dual credit payment by the Bank of North Dakota. Please see me if you would like more information on this option.

### **OBSERVATIONS:**

An observation will be available for those students demonstrating a 75% in the course at the time observations are scheduled. Ultimately, the student observation opportunity may be at the discretion of the instructor and/or administration. Qualified students shall have a minimum of one observation. If you are ineligible for observations, you will be required to do a Non-Observation. If you are eligible for an observation and do not attend, you will receive a zero. Observations are a privilege to enhance learning.

Observations will be completed with an Athletic Trainer at West Fargo Sheyenne High School. Any school missed will be excused as an activity.

### **Tie to Assessment Outcomes**

Click here to insert assessment outcomes. Include the tie to program and/or general education assessment outcomes.

### **ADA Statement**

Any student who feels they may need an accommodation based on the impact of a disability should contact their instructor privately to discuss specific needs. Please contact the Accessibility Coordinator at [NDSCS.Accessibility@ndscs.edu](mailto:NDSCS.Accessibility@ndscs.edu) or by phone at 701-671-2623 as soon as possible in the semester to discuss possible accommodations.

### **Equal Opportunity Statement**

North Dakota State College of Science is an equal opportunity employer and equal opportunity educator. NDSCS is fully committed to equal opportunity in employment decisions and educational programs and activities. All practices are in compliance with all applicable federal

and state laws, for all individuals without regard to age, color, gender identity/expression, genetic information, marital status, national or ethnic origin, physical and mental ability status, public assistance status, race, religion, sex, sexual orientation, familial or parental status, status as a U.S. veteran/service member, or participation in lawful activity off the employer's premises during nonworking hours which is not in direct conflict with the essential business-related interests of the employer.

For more information, refer to the NDSCS College Catalog under [Non-Discrimination Statement and Equal Opportunity Policy](#).

### **Academic Integrity**

Acts of academic dishonesty, including but not limited to cheating, plagiarism, falsifying research data or results or assisting others to do the same will be cause for sanction up to and including reduction in grade, failure of course or removal from class. Repeat offenses may result in additional sanctions.

For more information, refer to the NDSCS College Catalog under [Academic and College Policies and Procedures](#).

Integrity is an NDSCS core value and there is an expectation that all students, as members of the college community, adhere to the highest levels of academic integrity.

Dishonesty in class, laboratory, shop work or tests is regarded as a serious offense and is Subject to disciplinary action by the instructor and dean of the respective division.

For more information, refer to the NDSCS Student Planner or College Catalog under College Policies and Basic Regulations of Conduct.

### **Disabilities and Special Needs**

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and the Student Accessibility Coordinator, Room 230A, Old Main (phone 671-2623) as early as possible in the term.

### **Non Discrimination Statement**

North Dakota State College of Science does not discriminate on the basis of age, color, gender identity/expression, genetic information, marital status, national or ethnic origin, mental or physical disability, public assistance status, race, religion, sex, sexual orientation, familial or parental status, status as a U.S. veteran/service member, or participation in lawful activity off the employer's premises during nonworking hours which is not in direct conflict with the essential business related interests of the employer. This non-discrimination statement applies to all phases of NDSCS's employment process, admissions, financial aid programs and all other aspects of its educational programs and activities.

Furthermore, this non-discrimination statement applies to sexual harassment and sexual violence (forms of sexual discrimination) if such conduct has a negative effect on an individual's educational or work environment, regardless if such conduct occurs on or off campus.

### **Attendance Policy**

Attendance and punctuality are expected in all class sessions. In-class discussions, activities, and projects are designed to actively involve you in the learning process; therefore, attendance will be key to your success in this course.

Accurate attendance will be taken. Absences known in advance (field trips, sport activities, family trips, appointments, etc.) must complete the work **in advance** or make other arrangements with the instructor.

If a student has an excused absence that could not be anticipated (illness or emergency) on the day of a test or the day the assignment is due, the test must be taken or work must be turned in on the date the student returns to school.

High school students must not be absent more than ten times from each semester course in which they are enrolled if they are to receive credit. Exceptions that may be approved include illness substantiated by a statement from a doctor, supporting a family, or other special circumstances approved by the principal.

### **Assignments/Make Up Policy:**

All assignments are due on time at the **beginning of class**. **Students are responsible for making-up assignments**. Late work will only be given half credit – based the grade given for the assignment. Unexcused absences will not be allowed to make up work and will be given a 0.

Remember assignments should be turned in via the delivery model given by the teacher. Any credit for late work is at the discretion of the instructor.

### **Classroom Conduct**

Students will come to class on-time and prepared for discussion. All students will be respectful of others' ideas and opinions. Participation in class is expected. Cell phones, and headphones will be turned off when you enter the classroom.

**Modified Course Delivery Expectations:** Include a statement indicating that this class will utilize multiple delivery strategies. The following statement is recommended: This class will utilize multiple delivery strategies to ensure that students and faculty are prepared in the event of a significant disruption of instruction. If a student is physically able and the technology exists, a faculty member may require students to attend/participate in a class through virtual or alternate delivery means. Students needing assistance with technology to access course material should contact the NDSCS ITS Service Desk, 701-671-3333.

**Course Disruption Modifications:** The following statement is recommended to provide instructors and departments necessary flexibility in the event of a significant course disruption: In the event of a significant disruption of instruction, NDSCS, the department and the instructor may modify the way this class is delivered, the meeting times, assignments, method of assessment and means of determining grades. These changes will be communicated to students in advance in the best manner possible, and students will be provided a reasonable timeframe in which to meet these expectations. Students are responsible for checking messages in a timely manner.

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**Prevention and Care of Athletic Injuries**  
**Course Outline**  
**\*Subject to change\***

Unit 1) Careers in Sports Medicine

Chapter 1 – Careers in Sports Medicine and Athletic Training  
Chapter 19: Strength and Conditioning Specialist

Unit 2) Legal and Ethical Considerations – **HIPPA Certification**

Chapter 2- Legal Considerations and Administration

Unit 3) Infection Control

Chapter 5: Infection Control and Bloodborne Pathogens

Unit 4) Emergency Preparedness and Assessment

- Chapter 3 Medical Conditions
- Chapters 4 Emergency Preparedness and Assessment
- Chapter 6 Vital Signs Assessment
- Chapter 7 Basic Life Support
- Chapter 8 Environmental Conditions
  - -CPR/First Aid- **Sudden Cardiac Arrest Certification/ CPR and First Aid Certification/Heat Illness Certification**
- Chapter 10 Assembling the First Aid Kits and Equipment Bags

Unit 5) Wellness of the Athlete

- Chapter 20 Physical Fitness Assessment
- Chapter 21 Nutrition and Weight Management – **Sports Nutrition Certification**
- Chapter 22 Physical Conditioning
- Chapter 23 Designing a Conditioning Program

Unit 6) Injuries

- Chapter 9 Injuries to the Tissue Injuries
- Chapter 12 Injuries to the Head and Spine- **Concussion Certification**
- Chapter 13 Injuries to the Upper Extremities
- Chapter 14 Injuries to the Chest and Abdomen
- Chapter 15 Injuries to the Pelvis and Lower Extremities- **ACL Injury Prevention Certification**

Unit 7) Therapeutic Modalities/Rehab

- Chapter 16 Return to Play
- Chapter 17 Therapeutic Modalities
- Chapter 18 Therapeutic Exercise for Rehabilitation

Unit 8) Taping and Wrapping

- Chapter 11 Taping and Wrapping

**FINAL EXAM: Written and Taping Skills Test (TBD/Subject to Change)**

**Developed/Revised:**

8.25.2022 AB