



Fall 2026

## Course Information

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Course Number: HPER 207  
Course Title: Prevention and Care of Injuries  
Credit Hours: 3.00  
Course location: HIGH SCHOOL

West Fargo High School room 204K

### 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 \$92.78/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

[NDSCS Dual Credit - YouTube](#)-help to walk through application process

[Apply to NDSCS - North Dakota State College of Science](#)[North Dakota State College of Science](#)

## Instructor Information

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- Heidi Balvik
- **Phone:** 701-356-2050
- **Email:** [heidi.balvik@west-fargo.k12.nd.us](mailto:heidi.balvik@west-fargo.k12.nd.us)
- **Office Location:** 204K
- **Office Hours:** 2:00-3:30

## Course Description

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This course will provide students with the principles of athletic training. Students will learn prevention, recognition, treatment of athletic injuries, organization and administration of athletic training and basic taping techniques. (F)

## Textbook and Required Materials

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- Sports medicine Essentials

**Subtitle:** Core concepts in athletic training and fitness instruction

**Authors:** Jim Clover

**Edition:** 3rd Edition

## Learning Goals/Outcomes

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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

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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 Infinite campus.

## Grading Scale

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Grading Scale

| Letter Grade | Percent      |
|--------------|--------------|
| A            | 100% - 90%   |
| B            | 89.99% - 80% |
| C            | 79.99% - 70% |
| D            | 69.99% - 60% |
| F            | 59.99% - 0%  |

## Attendance Policy

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Regular attendance, promptness and participation in classes, laboratories and/or shops are expected of each student. For more information, refer to the NDSCS College Catalog under [Attendance Policy](#).

If you have a planned absence, I expect you will communicate that with me prior to the date either in person or via email. If you have an unexpected absence please email me that you will not be in class that day prior to class time. I expect that you will make up a test ASAP so you do not fall behind with the next unit. You will have until the next class block to make up your test unless other arrangements are made prior. If you miss a test I will place a 0 in the grade book until the test is made up. If you make up the test by then end of the unit you will receive 1/2 credit unless other arrangements are made. If you do not make up the test by the start of the next unit it will remain in 0 in the grade book and will not be able to be made up. Communication is key!

Homework: If it is not turned in by the beginning of class on it's due date you will receive a 0. If you turn it in late you will receive 1/2 credit. Due dates and times will be posted on Schoology or on the board in class. If you do not complete the homework by the start of the next unit, your grade will remain a 0 and you will not be able to submit it. Communication is key!

## Tie to Assessment Outcomes

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In this class there will be multiple group assignments and hands on activities. Participation, communication and completion will be graded. Tests will be complete at the end of each unit.

## Course/Student Expectations

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Students are expected to use their official NDSCS email in the course, this is where communications from the college and your instructors will be sent. If you need assistance with your email, visit [NDSCS IT Service Desk/Email](#), or call the ITS Service Desk at 701-671-3333.

Please contact me via WFHS email. [hbalvik@west-fargo.k12.nd.us](mailto:hbalvik@west-fargo.k12.nd.us)

I will be contacting your students through Schoology or their school email. I encourage them to check their email as I will send messages at times for reminders.

I expect students will have their assignments completed on time and will be ready to test on the dates provided to them. See attendance policy for more information.

### **OBSERVATIONS:**

An observation/tour will be available for those students demonstrating a 75% in the course and showing the ability to represent WFHS at an offsite establishment 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/tour. If you are ineligible for observations, you will be required to do a Non-Observation assignment. If you are eligible for an observation and do not attend, you will receive a zero, unless you have an excused absence for that day. Observations are a privilege to enhance learning.

## Instructor Expectations

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I expect students to use their class time wisely as there will be group projects/activities. I expect that they are respectful to their peers/instructor and collaborate appropriately and respectfully while in a group setting.

I expect that absences will be communicated prior for full credit assignment and test grading. See expectations for communication under attendance policy.

## Academic Integrity

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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.

## Statement on use of Artificial Intelligence (AI)

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### Use is Prohibited

The use of artificial intelligence, machine learning models, or other AI technologies to complete any assignments or assessments in this course is strictly prohibited. All work submitted must be entirely your own original work. Submitting work generated by AI systems constitutes academic dishonesty and will result in disciplinary action according to college policies. If you have any questions about what constitutes authorized assistance versus unauthorized AI use, please consult with me.

## Course and Instructor Evaluations Statement

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As part of our commitment to continuously improve the quality of instruction and learning experiences, we ask that you complete the course and instructor evaluations at the end of the semester. These evaluations will be distributed via email and posted on the Blackboard course shell during the final 2-3 weeks of the course. Your feedback is essential in helping us assess and enhance the course content, teaching methods, and overall student experience.

## ADA Statement

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"NDSCS is committed to creating a learning environment that supports the needs of all students. If you have a disability and require accommodations, please contact the Accessibility Coordinator as soon as possible. Accommodations are determined on an individual basis in compliance with the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

For more information about Student Accessibility Services, visit Old Main 230A, call 701-671-2623, or email [NDSCS.Accessibility@ndscs.edu](mailto:NDSCS.Accessibility@ndscs.edu). You can also find details and schedule a meeting by visiting [NDSCS Student Accessibility Services](#).

## Equal Opportunity Statement

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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](#).

## Continuity of Instruction

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NDSCS is committed to the continuity of instruction in the event of a significant operational disruption or closure that may result in the suspension of activities, including in-person classes at NDSCS. An emergency closing of the College, campus closure, or suspension of in-person classes does not equate to a suspension of instruction. However, the means of instructional delivery may change.

## Land Acknowledgement Statement

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NDSCS acknowledges that we occupy the sacred ancestral lands of the First Nations cultures of North Dakota. Without them, we would not have access to our gathering, dialogue, and learning spaces.

Dear Parents/Guardians,

My name is Heidi Balvik, and I am excited to have your student enrolled in one of our Health Science courses (Health Science I, Health Science II, Prevention and Care of Athletic Injuries, and/or Certified Nursing Assistant).

As part of these courses, students will have the opportunity to explore healthcare careers through facility tours, job shadowing/observations, guest experiences, and hands-on learning activities. These experiences are an important component of the curriculum, and students are expected to attend and actively participate.

To be eligible for these opportunities, students must be passing the course and maintain good attendance. Students who choose not to attend or skip a scheduled observation or tour without prior approval will receive a zero for that day's assignment.

These off-campus experiences are graded based on participation, punctuality, professionalism, and respectful behavior toward fellow students, instructors, and the professionals hosting the experience.

I understand that circumstances may arise that prevent a student from attending. If this occurs, students are expected to communicate with me before the scheduled experience, either in person or by email. When appropriate, a makeup assignment will be provided so students have the opportunity to earn credit for the missed experience.

Please review the information with your student, complete and sign the form below, and return it at your earliest convenience to indicate that you have read and understand the expectations for this course.

If you have any questions or concerns, please feel free to contact me at [hbalvik@west-fargo.k12.nd.us](mailto:hbalvik@west-fargo.k12.nd.us).

Thank you for your support. I look forward to helping your student explore the many opportunities available in the healthcare field.

Sincerely,

**Heidi Balvik**

Health Science Instructor

West Fargo High School

Students name\_\_\_\_\_

Circle which class/classes they are in:

Health Science 1    Health Science 2    Prevention and Care of Athletic Injuries    CNA

I understand and have read the expectations of the class/classes above and understand that it is an expectation that my student will be present for observations/tours.

Parent/Guardian Signature\_\_\_\_\_

Please circle one:

My Student can attend observations/tours YES    NO

My student can drive to observations/tours: YES    NO

My student can find another ride to observations/tours YES    NO