

STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

American Public University System

The Ultimate Advantage is an Educated Mind

Department of Sports and Health Sciences

SPHE 317

Sports Medicine

3 Credit Hours

8 weeks

Prerequisite(s): None

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Instructor Information

Instructor:

Email:

Office Hours:

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Course Description (Catalog)

SPHE317 Sports Medicine (3 hours)

This course in sports medicine explores the causes and prevention of common sports injuries. You will learn the prognosis and treatment of injuries by examining the anatomy of the injured area of the body

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through diagrams and interactive websites. Each section of the course covers a certain category of injuries; you will learn what sport or particular athlete is more at risk. Each student will be required to submit a course paper on a specific injury that includes case studies from appropriate references. It is recommended that students complete SPHE 421 Kinesiology before enrolling in this course.

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Course Scope

This course in Sports Medicine is an intensive study of athletic injuries, their prevention, diagnosis, treatment, and recovery. The major muscles and bones of the body will be covered. Major preventive measures will be studied and the major sports injuries will be addressed. This course will provide the medical treatments associated with the major sports injuries.

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Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives** (L.O.):

1. Identify the role of the certified athletic trainer as a member of the sports medicine team.
2. Understand trauma and how the body responds to injury.
3. Identify the primary injuries to the ankle, foot and lower leg and how to treat them.
4. Identify the primary injuries to the spine and how to treat them.
5. Identify the primary injuries to the knee, thigh and hip and how to treat them.
6. Identify the primary injuries to the shoulder and elbow and how to treat them.
7. Identify the primary injuries to the wrist, and hand and how to treat them.
8. Identify the primary injuries to the face, thorax and abdomen.
9. Know the importance of rehabilitation of sports injuries.
10. Identify and understand skin problems in athletic participants.
11. Learn the specific problems of female and elderly athletes.
12. Recognize nutrition as a science.

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Course Delivery Method

This course, SPHE317 Sports Medicine, delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted. **The initial post for each forum is required to be submitted by**

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Thursday at midnight. The responses to others are to be submitted by midnight on Sunday. Late forum assignments will not be accepted. Assigned faculty will support the students throughout this eight-week course.

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Course Materials

Required Course Textbooks:

Book Number	Authors	Book Title	Publication Info	ISBN
SPHE317-0	Prentice, W.E., Bobo, L.S. & Benson, A.A.	Principles of Athletic Training	McGraw Hill	9781121112681

Textbook in APA format:

Prentice, W.E., Bobo, L.S. & Benson, A.A. (2011). *Principles of Athletic Training*. New York: McGraw Hill

Required Readings:

See Course Outline

Additional Resources:

In the Course Materials folder there are additional course articles, and up to date APA handouts.

Websites

In addition to the required course texts the following public domain Websites are useful. Please abide by the university's academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address
The OWL at Purdue	http://owl.english.purdue.edu/
APA Style Homepage	http://www.apastyle.org/index.aspx

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Evaluation Procedures

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Graded Assignment	Percent of Final Grade
Week 1 – Forum 1	2
- Peer Reviewed Journal Article Assignment	6
- Quiz 1	5
Week 2 – Forum 2	2
- Case study 1	5
- Quiz 2	5
Week 3 – Forum 3	2
- Quiz 3	5
Week 4 – Forum 4	2
- Quiz 4	5
Week 5 – Forum 5	2
- Case Study 2	5
- Quiz 5	5
Week 6 – Forum 6	2
- Quiz 6	5
Week 7 – Forum 7	2
- Quiz 7	5
Week 8 – Forum 8	2
-Quiz 8	5
- Injury Paper Due	13

Total	100

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8 – Week Course Outline

<u>Week</u>	<u>Topic(s)</u>	<u>Learning Objective(s)</u>	<u>Reading(s)</u>	<u>Assignment(s)</u>
1	The athletic trainer as a	<u>1</u>	Read Chapter 1 in the Prentice	1) Forum 1 2) Peer Reviewed

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	health care provider		textbook <i>Principles of Athletic Training</i> APA/Plagiarism documents	Journal Article 3) Quiz 1
2	Pathology of Sports Injury	<u>2</u>	Read Chapters 2 -4 in the Prentice textbook. <i>Principles of Athletic Training</i>	1) Forum 2 2) Case Study 1 3) Quiz 2
3	Foot, Ankle and Lower Leg	<u>3,9</u>	Read Chapters 5-7 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 3 2) Quiz 3
4	Knee,Thigh, Hip, groin and pelvis Injuries	<u>5,9</u>	Read Chapters 8-9 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 4 2) Quiz 4
5	Shoulder and elbow injuries	<u>6,9</u>	Read Chapters 10-11 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 5 2) Case Study 2 3) Quiz 5
6	Forearm, wrist,hand fingers, spine, head, face, eyes,ears, nose and throat	<u>4,7,9</u>	Read Chapters 12-14 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 6 2) Quiz 6
7	Thorax and abdomen, skin disorders	<u>8,9</u>	Read Chapters 15-17 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 7 2) Quiz 7
8	Additional general medical conditions and nutrition	<u>10,11,12</u>	Read Chapters 18-19 in the Prentice textbook <i>Principles of Athletic Training</i>	1) Forum 8 2) Quiz 8 3) Injury Paper

Please see the [Student Handbook](#) to reference the University's grading scale

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Policies

Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

[Drop/Withdrawal Policy](#)

[Plagiarism Policy](#)

[Extension Process and Policy](#)

[Disability Accommodations](#)

WRITING EXPECTATIONS

All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

CITATION AND REFERENCE STYLE

Attention Please: Students will follow the [APA Style Manual, 6th Edition](#) as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the [APA Style Manual, 6th Edition](#).

LATE ASSIGNMENTS

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and will result in points being deducted from your grade. Point deductions equal approximately ½ a full letter grade per day the assignment is late. A full letter grade is A, B, C, etc. For a 10 point assignment, each day would result in a .5 point deduction. Late discussion board posts are not accepted. You must post your initial post by Thursday of each week to receive credit for it and responses must be posted by Sunday at midnight to receive credit.

NETIQUETTE

Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

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- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Educator classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

DISCLAIMER STATEMENT

Course content may vary from the outline to meet the needs of this particular group.

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Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- **Charles Town Library and Inter Library Loan:** The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books:** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Turnitin.com:** Turnitin.com is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.
- **Tutor.com:** AMU and APU Civilian & Coast Guard students are eligible for 10 free hours of tutoring provided by APUS. Tutor.com connects you with a professional tutor online 24/7 to provide help with assignments, studying, test prep, resume writing, and more. Tutor.com is tutoring the way it was meant to be. You get expert tutoring whenever you need help, and you work one-to-one with your tutor in your online classroom on your specific problem until it is done.

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Request a Library Guide for your course (<http://apus.libguides.com/index.php>)

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The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu