



Nursing and Health Professions Division
3322 College Drive, Vineland, NJ 08360
856-691-8600

HS 218 Prevention and Care of Athletic Injuries

Syllabus

Lecture Hours/Credits: 3/3

Catalog Description

Prerequisites: BI106

Students are also strongly encouraged to take HS105 Introduction to Athletic Training before taking HS218 Prevention and Care of Athletic Injuries.

This class provides an examination of current practices and procedures in the basic pathology, prevention and care of athletic injuries. The laboratory experience exposes students to wound care, padding, and the art and science of athletic injury taping. An observational clinical field experience will be required.

Textbook and Course Materials

It is the responsibility of the student to confirm with the bookstore and/or their instructor the textbook, handbook, and any other materials required for their specific course and section.

Click here to see current textbook prices at cccnj.bncollege.com.

Evaluation Assessment

Online Proctoring

All courses offered at RCSJ, whether they are web-enhanced, hybrid, or fully online, may include assessments that make use of Online Proctoring. To find out more about Online Proctoring, and to learn about the minimum technical requirements, visit rcsj.edu/elearning/online-proctoring.

Grading Distribution

Grading to be determined by individual instructors.

Individual instructors may include the following assessment(s):

- Class participation/Attendance
- Quizzes and lecture exams
- Final Exam
- Lab reports (incl. field trips)
- Project

Grading

The grading scale for each course and section will be determined by the instructor and distributed the first day of class.

Rowan College of South Jersey Core Competencies

(Based on the NJCCC General Education Foundation - August 15, 2007; Revised 2011; Adopted 2014)

This comprehensive list reflects the core competencies that are essential for all RCSJ graduates; however, each program varies regarding competencies required for a specific degree. Critical thinking is embedded in all courses, while teamwork and personal skills are embedded in many courses.

1. **Written and Oral Communication:** Students will communicate effectively in both speech and writing.
2. **Quantitative Knowledge and Skills:** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems
3. **Scientific Knowledge and Reasoning:** Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.
4. **Technological Competency:** Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals
5. **Society and Human Behavior:** Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.
6. **Humanistic Perspective:** Students will analyze works in the fields of art, history, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language
7. **Historical Perspective:** Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.
8. **Global and Cultural Awareness:** Students will understand the importance of a global perspective and culturally diverse peoples.
9. **Ethical Reasoning and Action:** Students will understand ethical issues and situations.
10. **Information Literacy:** Students will address an information need by locating, evaluating, and effectively using information.

HS 218 Core Competencies

This course focuses on three of RCSJ's Core Competencies:

- [Add Core Competencies here](#)

Student Learning Outcomes: HS 218 Prevention and Care of Athletic Injuries

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Explain the risk factors associated with physical activity.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the accepted guidelines, recommendations, and policy and position statements of applicable governing agencies related to activity during extreme weather conditions.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Interpret data obtained from a wet bulb globe temperature (WGBT) or other similar device that measures heat and humidity to determine the scheduling, type, and duration of activity.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the components and purpose of periodization within a physical conditioning program		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips)

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
		<ul style="list-style-type: none"> • Project
<p>Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication</p>		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
<p>Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.</p>		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
<p>Recognize the clinical signs and symptoms of environmental stress.</p>		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
<p>Select and fit appropriate standard protective equipment on the patient for safe participation in sport and/or physical activity. This includes but is not limited to: Shoulder Pads; Helmet/Headgear; Footwear; Mouth guard; Prophylactic Knee Brace; Prophylactic Ankle Brace; Other Equipment (as appropriate)</p>		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
<p>Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with</p>		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
sound anatomical and biomechanical principles.		
Obtain, interpret, and make decisions regarding environmental data. This includes, but is not limited to the ability to		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Operate a sling psychrometer and/or wet bulb globe index		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Formulate and implement a comprehensive, proactive emergency action plan specific to lightening safety		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Access local weather/environmental information		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Assess hydration status using weight charts, urine color charts, or specific gravity measurements		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
orthopedic injuries, illnesses and diseases to the body's systems		<ul style="list-style-type: none"> • Lab reports (incl. field trips) • Project
Describe the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, patients, administrators, health care professionals, parents/guardians, and other appropriate personnel.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the effectiveness of taping, wrapping, bracing, and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the legal, moral, and ethical parameters that define the scope of first aid and emergency care and identify the proper roles and responsibilities of the certified athletic trainer.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Determine what emergency care supplies and equipment are necessary for circumstances in which the athletic trainer is the responsible first responder.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
universal precautions for the cleansing and dressing of wounds.		<ul style="list-style-type: none"> • Lab reports (incl. field trips) • Project
Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the signs, symptoms, and pathology of acute inflammation		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify the signs and symptoms of head trauma, including loss of consciousness, changes in standardized neurological function, cranial nerve assessment, and other symptoms that indicate underlying trauma.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Define cerebral concussion, list the signs and symptoms of concussions, identify the methods for determining the neurocognitive status of a patient who sustains a concussion and describe contemporary concepts for the management and return-to-participation of a patient who sustains a concussion.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify the signs, symptoms, and treatment of patients suffering from adverse reactions to environmental conditions.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 218 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Describe home care and self-treatment plans of acute injuries and illnesses		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe strategies for reducing the frequency and severity of asthma attacks.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the relationship of injury assessment to the systematic observation of the person as a whole		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the nature of diagnostic tests of the neurological function of cranial nerves, spinal nerves, and peripheral nerves using myotomes, dermatomes, and reflexes.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Assess neurological status, including cranial nerve function, myotomes, dermatomes and reflexes, and circulatory status.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the roles of special tests in injury assessment		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

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Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the use of diagnostic tests and imaging techniques based on their applicability in the assessment of an injury when prescribed by a physician		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the clinical signs and symptoms of environmental stress.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe and identify postural deformities		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain medical terminology and abbreviations necessary to communicate with physicians and other health professionals		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Topical Outline

- Risk Management
- Pathology
- Professional Development
- Therapeutic Exercise
- Acute Care
- Medical Conditions
- Diagnosis

Affirmative Action Statement

The Board of Trustees is committed to providing a work and academic environment that maintains and promotes affirmative action and equal opportunity for all employees and students without discrimination on the basis of certain enumerated and protected categories. These categories are race, creed (religion), color, national origin, nationality, ancestry, age, sex (including pregnancy and sexual harassment), marital status, domestic partnership or civil union status, affectional or sexual orientation, gender identity or expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, or mental or physical disability, including AIDS and HIV related illnesses.

For questions concerning discrimination, contact Almarie J. Jones, Special Assistant to the President, Diversity and Equity/Title IX and Compliance, 856-415-2154 or ajones@rcsj.edu or (Cumberland) Nathaniel Alridge, Jr., JD, Director, Diversity and Equity/Title IX and Judicial Affairs, 856-691-8600, ext. 1414 or nalridge@rcsj.edu. For disability issues or any barriers in the learning or physical environment related to a document condition/disability please contact: Gloucester campus – Dennis M. Cook, Director, Department of Special Services, ADA/504 Officer at 856-415-2265 or dcook@rcsj.edu; or Cumberland Campus – Meredith Vicente, Senior Director, Physical & Learning Disabilities, Center for Academic & Student Success (CASS) at 856-691-6900 ext. 1282 or mvicent1@rcsj.edu

Department of Special Services

The Department of Special Services, located in the Enrollment and Student Services building, within the Testing Center, welcomes students of all abilities. The staff members in Special Services are committed to providing support services and ensuring equal access to eligible students with documented conditions/disabilities as outlined by the Americans with Disabilities Act (ADA) and the Americans with Disabilities Act with Amendments Act (ADAAA). For more information, please visit our website-[Department of Special Services](#) or call 856-691-8600 x1445 or x1487.

Reporting Allegations of Sexual Assault Resource Referrals (8/2020)

Cumberland Campus

There are multiple safe places for students to report allegations of sexual assault, both on and off campus. Reports of sexual assault can be made to any of the following offices listed in the chart below.

All students are encouraged to report alleged crimes on campus. Employees must report crimes that pose an immediate threat to the campus to the Security Office, the local Police Department or the Sheriff's Office.

Service	Resource	Phone Number/Location/Website
Non-Confidential Reporting Law Enforcement	Vineland Police Dept. Millville Police Department Cumberland Co. Sheriff's Office Cumberland County Emergency Services Cumberland Campus Security 856-200-4706 (Direct)	856-691-4111 856-825-7010 856-451-4449 9-1-1 Andres Lopez, Director Safety and Security 856-691-8600, ext. 1777
Non-Confidential On-Campus Reporting Support Services	Almarie J. Jones Special Assistant to the President Diversity and Equity, Title IX and Compliance Nathaniel Alridge, Jr., JD, Director Diversity and Equity, Title IX and Judicial Affairs Kellie W. Slade Executive Director Student Services, Student Life	856-415-2154 College Center, room116 ajones@rcsj.edu 856-200-4712 nalridge@rcsj.edu Academic Building, 2nd floor 856-200-4615 kslade@rcsj.edu Student Life Building (near gym)
Confidential On-Campus Counseling and Support Services	Heather Bense, LCSW, ACS Director _____ John Wojtowicz, LSW, VACW Mental Health Counselor Student Counseling and Wellness Center	856-200-4759 hbense@rcsj.edu Academic Building downstairs _____ 856-200-4760 jwojtowicz@rcsj.edu Academic Building – 1st floor
Confidential Off-Campus Full-Service Support	Center for Family Services – Services Empowering Rights of Victims (SERV)	24/7 Hotlines Cumberland Co. – 1-800-225-0196 Camden & Glo. Co. 1-866-295-7378 centerffs.org/serv
Sexual Assault Nurse Examiner on Site	Inspira Medical Center Vineland	1505 W. Sherman Ave., Vineland, NJ 856-641-8000