UNIVERSITY OF NORTHERN COLORADO
COLLEGE OF NATURAL AND HEALTH SCIENCES
School of Sport and Exercise Science
SES 585 Advanced Prevention and Care Sports Injuries for Coaches

Instructor: Shannon Courtney – shannon.courtney@unco.edu
Contact Information: (W) 970-351-1860
Web site: http://bb.unco.edu
Course Dates: March 25th – May 3rd

Pre-requisite: proof of CPR/First Aid/ AED certification. Upload card to canvas or send via email to Shannon.courtney@unco.edu

Course Description: This course will expand on the recognitions and treatment of sports related injuries and conditions beyond first aid. Emphasis placed on prevention, immediate recognition treatment and referral of common sports injuries.

Course Objectives: Each student will be able to:
1. Develop pre and post season plans to ensure proper communication and expectations regarding emergency situations and pre-participation and reporting of injuries
2. Identify potential risks associates with play facilities, structures, equipment, and environmental conditions
3. Demonstrate strategies to prevent injuries as well as recognize the severity of the injuries and provide immediate care, basic rehabilitation and referral
4. Understand and accommodate physical and medical limitations and conditions that may limit an athlete’s ability to participate.
5. Develop a coaching handbook for quick reference to learned material

National Standards for Sport Coaches
This course meets the following Performance-Based Standards for Sports Coaches (NASPE, 2006):
Domain 2, Safety and Injury Prevention: Standards 5,6,7,8,9,10, 11


Course requirements: Complete all requirements in each unit by the date identified as the end of the unit (listed)

OUTLINE OF COURSE CONTENT – REFER TO COURSE UNITS ON CANVAS
Unit I March 25th – April 7th
Basic Principles and Organization of an Athletic Health System – the student will understand the role of the coach as part of a sports medicine team, who very often is the first person to make contact with an athlete when an injury occurs. We will explore the litigious environment of athletics and coaching, examine ways to reduce the risk liability. A comprehensive health screening is important component of ensuring a safe playing environment and discovering any pre-existing conditions that may preclude an athlete from competing safely. Clear expectations of a coach’s policies and procedures will ensure that all students are prepared for the season.

Educational Topics to be covered –via powerpoint and textbook
   Roles and responsibilities of a sports medicine team
   Legal issues
   Pre-season health screenings
   Environmental situations/concerns
   Emergency Planning
   Equipment and Safe playing conditions
   Understanding the athletes psychological response to injury

Unit I assignments (due April 7th)
Chapters: 1, 2, 3, 6, 7 & 12
• Specific written chapter questions (submitted on Canvas)
• Discussion Questions on Canvas

Quick Reference Coaching Handbook: Emergency plan for your level/ place of employment/coaching
See Canvas for additional items to include
Unit II April 8th –April 21st

Recognition and Treatment of Athletic Injuries – students will become familiar with common terminology related to lower extremity athletic injuries, and those injuries that occur to the thorax. Learn basic evaluation techniques, and recognize the need for basic care until advanced help arrives. We will explore how to recognize, treat, and protect from contamination (blood borne pathogens) the use and need for PPEs and how to recognize and prevent transmission of common skin diseases. Also included are general medical conditions that can cause issues during practice and competition that are of importance to the coach and athlete and pertain to athletic participation. There are medical condition worksheet assigned to this unit to be added to your coaching handbook.

Educational Topics to be covered – via power point and textbook
- Assessment of injuries and the healing process
- Anatomy/terminology
- Lower body injuries and assessment
- Skin infections and blood borne pathogens
- General medical

Unit II Assignments (due April 21st)
Chapters: 9, 13, 14, 15, 16, 17
- Specific written chapter questions (submitted on Canvas)
- Lower extremity worksheets answers (answers to be submitted on canvas)

Quick Reference Coaching Handbook (Assignment on Canvas):
- Assessment procedures of Lower extremity injuries
- Medical conditions worksheet
- Identification of various skin diseases, treatment, and rules regarding them
- Bloodborne pathogen exposure plan, and universal precautions

Refer to Canvas for complete list of handbook requirements.

Unit III April 22nd – May 3rd

Recognition and Treatment of Specific Injuries and Conditions – We will discuss the various types of injuries that most often occur in athletic participation to the upper body, head and face and how best to provide initial treatment. Brain and spinal injuries are the most serious and potentially life threatening injuries that occur. We will explore what a concussion is, how to recognize the potential signs and symptoms of a concussion, and the importance of good communication when returning to participation.

Educational Topics: via power point and book and assigned web links
- Concussion, head and face injuries
- Upper Extremity Injuries
- Skin infections and blood borne pathogens

Unit III Assignments (due May 3rd)
Chapters: 18, 19, 20, 22
- Specific written chapter questions (submitted on Canvas)
- Upper extremity worksheets answers, (answers to be submitted on canvas)
- Concussion protocol

Quick Reference Coaching Handbook: (Assignment on Canvas): State Guidelines and requirements of coaches in regards to concussions. Include your concussion protocol. Refer to Canvas for complete list of handbook requirements.

Course Requirements and Method of Evaluation

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<tr>
<th>Percentage of total points</th>
<th>A = 100-90%</th>
<th>B = 89-80%</th>
<th>C = 79-70%</th>
<th>D = 69-60%</th>
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<tbody>
<tr>
<td>Discussion</td>
<td>10%</td>
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<tr>
<td>Unit chapter questions &amp; anatomy worksheets &amp; assignments</td>
<td>30%</td>
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<tr>
<td>Quick reference coaching handbook</td>
<td>60%</td>
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Unit chapter questions, anatomy worksheets, assignments and coaching handbook materials: are due at the end of each unit, submitted on Canvas. Failure to submit assignments and coaching handbook information by the due date will result in a zero for that assignment. You will demonstrate your understanding of the material through assigned questions posted on Canvas, and your detail organization and explanation of handbook entries. Please submit your answers in Canvas. Anatomy worksheet answers are to be submitted on Canvas. It is important that you only submit the letter that corresponds to the answer from the worksheets on Canvas.

Quick Reference Handbook: This will make up 60% of your grade. You will have specific entries that you will be required to submit at the end of each unit. It is important that you are aware of each unit requirement so that as you progress through the reading and
assignments you can add information to your handbook. You should prepare this Handbook as your resource for injury information and treatment, parental information, emergencies procedures and planning for your season. I will be looking for the entries required, information provided for each entry, that it is complete and informative, easy to read, educational, and identifies your policies and philosophy. Some of the items you may already have at your institution or may already be using them. Please review and make any adjustments to them, but you can upload what you already have in place. You do not have to reinvent the wheel.

**Expected Time Commitment:** This course will run at a fast pace. It is important that you complete the assignments and readings at a consistent pace. You must adhere to the dates and requirements of each unit. For a face-to-face 2 credit courses, typically you would be expected to spend an additional 4 hours each week outside of class for readings and assignments. Please consider this when planning your daily and weekly schedule. Just as in a face-to-face class, schedule a time for yourself when you will “attend” the online course. You are more likely to be successful and not have an overload towards the end if you follow a routine.

**What is expected of you?:** When logging onto Canvas begin with “Start Here” that will explain how to navigate through the units. I expect you to read all the course readings and to reflect on the application of these readings to your work. I also expect you to ask questions in a timely fashion (it is OK to not know, but not OK to continue not knowing), to submit your assignments on time, and to respect the opinions of your classmates. Participate with effort, put forth a solid and consistent effort, and engage in discussions. Take the initiative for yourself, you are responsible for creating the value of this course for yourself. I also expect you to read the Course Syllabus which includes my contact information, required text, learning outcomes, a course outline, course requirements and evaluation, and course policies.

**UNC's Policies** - UNC's policies and recommendations for academic misconduct will be followed. For additional information, please see the Dean of Student’s website, Student Handbook link [http://www.unco.edu/dos/handbook/index.html](http://www.unco.edu/dos/handbook/index.html)

**Disability Support Services:** Any student requesting disability accommodation for this class must inform the instructor giving appropriate notice. Students are encouraged to contact Disability Support Services at (970) 351-2289 to certify documentation of disability and to ensure appropriate accommodations are implemented in a timely manner. (updated per DSS 8-24-09)

**Honor Code.** All members of the University of Northern Colorado community are entrusted with the responsibility to uphold and promote five fundamental values: Honesty, Trust, Respect, Fairness, and Responsibility. These core elements foster an atmosphere, inside and outside of the classroom, which serves as a foundation and guides the UNC community’s academic, professional, and personal growth. Endorsement of these core elements by students, faculty, staff, administration, and trustees strengthens the integrity and value of our academic climate.

**NOTES**
- You are responsible for all tasks and for being prepared for class activities
- The instructor reserves the right to penalize late work, and refuse to accept late work.
- UNC’s policies and recommendations for students’ rights and responsibilities will be followed.