ATH 378: Prevention and Care of Athletic Injuries  
Monday, Wednesday, Friday 10:00 – 10:50 am

Instructor: Anthoni Wedderburn MS ATC  
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Office Hours: M,W: 9:00 – 10:00, 11:00 – 12:00 T,H: 10:30 – 12:00 F: 9:00 – 10:00

Course Description:
A lecture and laboratory experience designed to educate the student about the profession of athletic training with regards to: injury prevention, injury mechanism and tissue response to injury, management skills and treatment procedures related to specific injuries.

Required Text:
WCB/McGraw-Hill Companies, Inc., 2006  
Chad Starkey, Jeffrey L. Ryan, *Orthopedic & Athletic Injury Evaluation*  
FA Davis Co., 2003

Course Objectives:
1. To provide information in regards to athletic injury care and prevention.  
2. The student will be introduced to basis injury assessment and evaluation  
3. General medical conditions, disabilities and pathologies  
5. The student will gain a greater appreciation for the role of the Certified Athletic Trainer.  
6. To discuss the ethical concepts of the Athletic Training profession

Course Outline:
Week 1 – Injury recognition evaluation and management.

Week 2 – Injuries and the healing process

Week 3 – The foot ankle and lower leg:  
  Anatomy review, palpation points, range of motion, manual muscle testing.

Week 4 – The foot ankle and lower leg:  
  Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 5 – The knee and thigh:  
  Anatomy review, palpation points, range of motion, manual muscle testing.

Week 6 – The knee and thigh:
Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 7 – The hip and pelvis:
Anatomy review, palpation points, range of motion, manual muscle testing.

Week 8 – The hip and pelvis:
Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 9 – The elbow forearm wrist and hand:
Anatomy review, palpation points, range of motion, manual muscle testing.

Week 10 – The elbow forearm wrist and hand:
Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 11 – The shoulder and upper arm:
Anatomy review, palpation points, range of motion, manual muscle testing.

Week 12 – The shoulder and upper arm:
Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 13 – The head neck and spine:
Anatomy review, palpation points, range of motion, manual muscle testing.

Week 14 – The head neck and spine:
Clinical laxity/special tests, neurological/vascular assessment, signs/symptoms of specific injuries

Week 15 – The abdomen and thorax:
Anatomy review, palpation points, range of motion, manual muscle testing.

Week 16 – The Head, Face, Eyes, Ears, Nose, and Throat
Anatomy review, palpation points, signs/symptoms of specific injuries

Evaluation
Class Participation  10%
Homework & Quizzes  60%
Written Assignment 10%: In library research required
Midterm Exam  10%
Final Exam   10%

Grading scale
90 – 100   A
80 – 89   B
70 – 79   C
60 – 69   D
59 & Blow F

Student Classroom Decorum Expectations
To enhance the learning atmosphere of the classroom, students are expected to dress and behave in a fashion conducive to learning in the classroom. More specifically, students will refrain from disruptive classroom behavior i.e., talking to classmates, disrespectful responses to teacher instructions; swearing; wearing clothes that impede academic learning such as but not limited to, wearing body revealing clothing and excessively baggy pants; hats/caps, and/or headdress. Students will turn off telephones prior to entering the classroom. Students who exhibit the behaviors described above, or similar behaviors will be immediately dismissed from class at the third documented offense. The student will only be readmitted to the class only following a decision by the department chair. The student may appeal the decision of the department chair to the dean of the college offering the course, and subsequently, to the office of the vice president for academic affairs, and then to the president of Shaw University. The decision of the president will be final. Failure to follow the procedures herein outlined will result in termination of the appeal, and revert to the decision of the department chair.

Each behavior construed by the teacher/professor as noncontributive to learning will be recorded, properly documented, and appropriately reported to the student and to the chair of the academic department offering the course. The report will be in written form with a copy provided to both the student and the department chair. The faculty member/student should retain a copy for his/her own records.

Additional student behavior codes may be found in student affairs.