

**ODESSA COLLEGE PHYSICAL and HEALTH EDUCATION DEPARTMENT  
Course Syllabus**

**Instructor:** Jeff Kelly  
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**Office:** Sports Center B - 3  
**Office Hours:** Posted and by Appointment

**Course Number:** PHED 2356

**Course Title:** Prevention and Care of Athletic Injuries

**Course Requirements:** ALL STUDENTS ARE EXPECTED TO:

1. Attend and participate in all scheduled classes
2. Take ALL exams, quizzes, and complete assignments including an oral report

**Textbook:** *Essentials of Athletic Injury Management*, 7th ed., Daniel Arnheim, MCG Publisher

**Method of Evaluation:**

**Grading Criteria:**

A = 900 - 1000
B = 800 - 899
C = 700 - 799
D = 600 - 699
F = 599 or less

**Possible Points:** Attendance/Quizzes = 200pts  
Oral Report/Paper = 200pts  
Exams = 400pts  
Final Exam = 200pts

**Attendance Policy:** Each unexcused absence will result in 4 (four) points being taken from your total attendance grade. Three tardies equal one absence.

**Academic Dishonesty:** All work is expected to be your own. If unethical behavior is detected, *all parties involved* will be denied points for that class assignment or exam. Refer to the college handbook to review the policy on cheating.

**Important Notes to Students:**

1. It is the policy of the instructor to help you complete this course. If you believe that you cannot pass this class, you should see the instructor to discuss your options, **PRIOR TO THE DROP DATE!!**
2. Make-up work is allowed only for absences due to college-sponsored activities. Exceptions to this policy may be granted at the discretion of the instructor.

**Tentative Course Schedule:**

Week 1:	Course Orientation and Introduction
Week 2:	Practical Anatomy, Terminology Review and Dermatomes
Week 3:	Injury Prevention and Physical Conditioning; Psychological Stress
Week 4:	Nutrition and Protective Sports Devices, <b>TEST # 1</b>
Week 5:	Mechanisms, Characteristics, and Classification of Sports Injuries
Week 6:	Selected Emergency Procedures, Environmental Factors
Week 7:	Healing and Follow - Up Care; Wound Dressing; <b>TEST # 2</b>
Week 8:	The Foot, Ankle, and Lower Leg / the Knee and Related Structures
Week 9:	Thigh, Hip, Groin, and Pelvis, the Abdomen, and Lower Back
Week 10:	The Shoulder Complex and Upper Arm, <b>TEST # 3</b>
Week 11:	The Elbow, Forearm, Wrist, and Hand
Week 12:	The Head, Face, Eyes, Ears, Nose, and Throat
Week 13:	The Upper Spine, Substance Abuse, General Medical Conditions, <b>TEST # 4</b>
Week 14:	<b>ORAL REPORTS OR PAPER DUE</b>
Week 15:	Make-up tests, review for final
Week 16:	<b>FINAL EXAM, WEDNESDAY, MAY 11<sup>th</sup>, 8am</b>

### PROCEDURE FOR REQUESTING SPECIAL ACCOMMODATIONS

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If the student has any special needs or issues to access to and participation in any class at Odessa College, please contact Becky Rivera-Weiss in the Office of Disability Services at (432) 335-6861 to request assistance and accommodations.