University of Oregon

Workshop in Athletic Training
HPHY 408 1 Credit
Tues. 4:00-4:50pm
Location: SRC 6

Instructor: Zach Chiaramonte
Cell: (630)-903-0188
Email: zjc@uoregon.edu
Office: SRC 6
Office Hours: By Appointment
Notes: Best contact is via email

Pre-Requisite Coursework/Training:
Current CPR/AED for the lay responder (or higher) and Standard First Aid certifications

Co-Requisite Coursework/Training:
HPHY 409: Practicum in Athletic Training

Resources:
  - ISBN 9781121489370 Title: Workshop in Athletic Training
- Lecture notes and additional reference materials will be provided for student use on Canvas ([canvas@uoregon.edu](mailto:canvas@uoregon.edu)). You must have a PDF Reader in order to download notes
- I will communicate often via email through canvas so make sure to check your ____@uoregon.edu email regularly!

Course Description:
Focused on the profession of Athletic Training, this course is intended to provide an introduction to Athletic Training skills and techniques. It will also prepare students for the Athletic Training practicum at local high schools and potentially other practicum sites.

**This syllabus, course elements, and schedule is subject to change under the discretion of the instructor**
Course Learning Objectives:

- At the end of this course you will be able to:

  1. Summarize the role of an athletic trainer as well as the profession’s history, development, and influence on current practice
  2. Explain the different components of the sports medicine team
  3. Identify the components of a comprehensive athletic injury / illness prevention program including (a) physical examinations, (b) screening for potential cardiac deaths, (c) conditioning programs, (d) protective equipment, (e) constructing and applying special pads, tape, etc. and (f) environmental factors
  4. Interpret threatening environmental conditions that may predispose an athlete to injury based on the conditions of heat, humidity, and wind-chill
  5. Summarize current practice guidelines related to activity during extreme weather conditions
  6. Describe first aid techniques using universal precautions
  7. Recognize and appropriately triage emergency medical conditions including: concussion, exercise induced asthma, and diabetic emergencies
  8. Explain the appropriate emergency procedures for responding to life-threatening illnesses and injuries
  9. Identify protective and preventative taping, wrapping, and bracing devices in order to prevent further injury
  10. Instruct the use of ambulatory aids (crutches, canes, etc.)
  11. Act as an effective member of an emergency response team
  12. Identify biomechanical abnormalities that may predispose a patient to injury
  13. Identify corrective rehab strategies to adjust biomechanical abnormalities/injury with a structured rehab outline
  14. Determine if Athletic Training is a potential future profession of interest to you

*Three Strike Rule*

To encourage accountability, there is a “3 strikes, you’re out” rule. For every time you – 1) miss class (excused/unexcused), 2) are not actively engaging in class activities, 3) do not turn in or are late with an assignment, or 4) violate the student conduct code – you will receive a strike. Once you receive 3 strikes, you will receive a “No Pass” for the class. Keep in mind that only one strike may be a missed class. Due to the nature of this course being only meeting once per week, it is critical for you to attend class to receive a passing grade. I understand that emergencies

**This syllabus, course elements, and schedule is subject to change under the discretion of the instructor**
happen, and this rule allows for one emergency, so save your strikes for a true emergency that you can’t predict. **NO EXCEPTIONS**

**Grading Criteria:**

This course will be graded on a “Pass/No Pass” basis. **To earn a “pass” in this course students must not violate the “Three Strike Rule”**. This means the student must be prepared to engage in the day’s activities, complete all assignments and readings by the due date. If you are ill or otherwise unable to attend class please contact Zach Chiaramonte via email. Students also in HPHY 409 will be required to complete mini assignments (ex: quizzes, readings, discussions, etc.) These assignments should be completed via Canvas unless otherwise stated. Assignments should be completed by each Monday at 11:59pm.

**Course Policies**

- Active discussion section experiences facilitate learning for all students. Students are strongly encouraged to come to class prepared by having reviewed lecture content and assigned readings
- Advanced notification of absence that will potentially interfere with assignment due dates must be provided at **least 48hrs** in advance to be excused, including University approved absence. Unexpected illness will be confirmed through appropriate University personnel and documentation
- **Late work:** You are allowed one “freebie” assignment. That is, you may miss one assignment, but any missed/late assignments after that counts as a “strike” (see “Three Strike Rule”). ALWAYS download assignments from Canvas to your computer well in advance of the deadline. Canvas mishaps/crashes will not be excused
- Any changes in the course outline are at the discretion of the instructor and will be announced. If you are absent and miss the announcement you are still responsible for the information
- You may use a computer/tablet during class to review lecture notes or search other relevant information related to the topic being covered in class **ONLY**. Use of electronic devices should be restricted to course related uses (i.e. taking notes, reviewing class related documents). If you prefer to use a notebook or print out slides to take notes that is ok
- **Disruptive behavior:** Students are expected to conduct themselves in a professional manner. Regardless of cause, disruptive behavior of any kind that interferes with the learning opportunity of other students will not be permitted and students engaging in such activity may be asked to leave the classroom
- **Dress Code:** Students are expected to present themselves in a professional manner in respect to dress, grooming, and hygiene
- **Cell phones:** The use of cell phones, including texting, is inappropriate during class. Phones should be turned off or turned to “silent/vibrate” so as

**This syllabus, course elements, and schedule is subject to change under the discretion of the instructor**
to not disturb others. If the student is experiencing unique circumstances that may require the use of a cell phone, please let the instructor aware

- **Late policy:** If you are going to be late to class unexpectedly, contact the instructor before class time or you may be considered absent for the day.
- **Extra credit:** There will be no extra credit unless otherwise brought up by the instructor.
- **Expectation Regarding Student Conduct:** The goal of the University of Oregon is to provide students with the knowledge, skill and wisdom they need to contribute to society. Our rules are formulated to guarantee each student's freedom to learn and to protect the fundamental rights of others. People must treat each other with dignity and respect in order for scholarship to thrive. Behaviors that are disruptive to teaching and learning will not be tolerated, and will be referred to the Student Conduct Program for disciplinary action. Behaviors that create a hostile, offensive or intimidating environment based on gender, race, ethnicity, color, religion, age, disability, marital status or sexual orientation will be referred to the Affirmative Action Office.

**Students with Disabilities**

The University of Oregon is working to create an inclusive learning environment. If you require an exception related to assignments, quizzes, tests, etc. please let the instructor aware and arrangements can be made with the Accessible Education Center. If there are aspects of the instruction or design of this course that result in disability related barriers to your participation, please notify me as soon as possible. You are encouraged to contact the Accessible Education Center (formerly Disability Services) in 164 Oregon Hall at (541)-346-1155 or uoaec@uoregon.edu

**Academic Integrity**

If plagiarism or cheating is suspected, the HPHY Conduct Officer who will assess the situation and determine the appropriate consequence will contact you. This can range from an F on an assignment to an F in the course. The situation will also be reported to the Office of Student Conduct and Community Standards no matter what. To protect yourself please carefully read the following quotation from the Office of the Dean of Student’s Academic Dishonesty Policy (http://uodos.uoregon.edu/StudentConductandCommunityStandards/AcademicMisconduct)

“Plagiarism is the inclusion of someone else’s product, words, ideas, or data as one’s own work. When a student submits work for credit that includes the product, words, ideas, or data of others, the source must be acknowledged by the use of complete, accurate, and specific references, such as footnotes. Expectations may

**This syllabus, course elements, and schedule is subject to change under the discretion of the instructor**
vary slightly among disciplines. By placing one’s name on work submitted for credit, the student certifies the originality of all work not otherwise identified by appropriate acknowledgements. On written assignments, if verbatim statements are included, the statements must be enclosed by quotation marks or set off from regular text as indented extracts.

Unauthorized collaboration with others on papers or projects can inadvertently lead to a charge of plagiarism. If in doubt, consult the instructor or seek assistance from the staff of Teaching and Learning Center (68 PLC, 346-3226). In addition, it is plagiarism to submit as your own any academic exercise (for example, written work, printing, computer program, art or design work, musical composition, and choreography) prepared totally or in part by another. Plagiarism also includes submitting work in which portions were substantially produced by someone acting as a tutor or editor.”

In this course: 1) It is not acceptable to give or receive help on a graded assignment unless explicitly granted in writing by your instructor. 2) It is not acceptable to copy anything word for word from any source without citing the work with quotations and providing the source of the information. 3) Rephrasing, paraphrasing, reordering of words and anything added to a graded assignment that is not entirely the student’s own work, without appropriate citations, is considered plagiarism.

**This syllabus, course elements, and schedule is subject to change under the discretion of the instructor**