University of Oregon

Workshop in Athletic Training
HPHY 409 (Credit depends on level)
Office Location: SRC 6

Instructor: Zach Chiaramonte
Cell: (630)-903-0188
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Office: SRC 6
Office Hours: By Appointment
Notes: Best contact is via email

Course Description:

This practicum is designed to provide hands-on experience as a first responder in a competitive athletics setting. This practicum may be helpful for anyone interested in pursuing a career in health care (Athletic Training, Sports Medicine, Nursing, Physical Therapy, Occupational Therapy, Chiropractic, etc.) and for those who want to gain experience working with an active population. HPHY 409 is initially paired with the Athletic Training Workshop (HPHY 408) in order to introduce students to basic injury evaluation and care. The practicum provides students the opportunity to practice their skills under a Certified Athletic Trainer and to gain knowledge useful for a future healthcare career.

Resources:

- I will communicate often via email through canvas so make sure to check your ___@uoregon.edu email regularly!
- Google Doc to sign up for times to help with coverage (https://docs.google.com/spreadsheets/d/1iMvO85DmpRKvrO_lzvmeK0W
Wve0w8tNA--_eOHpR1Y/edit#gid=1708313471)

Course Learning Objectives:

- Throughout the course, students will...
  o Become CPR/First Aid certified (through HPHY 408) in order to act as a first responder in an emergency situation, particularly in a competitive athletic setting

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- Gain hands-on experience of acute care for athletic injuries acting as a First Responder or under the direct supervision of a Certified Athletic Trainer
- Prepare to apply for more advanced internship experience with local high schools or the university athletic teams
- Be introduced to emergency management care such as spine boarding, wound management, and splinting

At the end of the course, students will...
- Feel competent in applying information learned in class to practical experiences in the field (if applicable)
- Be able to provide First Aid assistance to an individual who has sustained an injury or take appropriate action to ensure the individual receives proper care
- Form a foundation of knowledge regarding sports medicine that will assist the students in future endeavors related to this area

**Course Requirements:**

If you are enrolled in the HPHY 409 practicum for the first time, you **MUST** be concurrently enrolled in the HPHY 408 workshop. However, you may be enrolled in the practicum without being enrolled in the workshop **IF** you have already completed HPHY 408 in a previous term
- Obtain a First Aid and CPR/AED certification before any event coverage can take place. A certification can be done through the University of Oregon Student Recreation Center or the American Red Cross. The local chapter can be reached at [http://www.oregonpacific.redcross.org/](http://www.oregonpacific.redcross.org/) or by calling (541)-344-5244 (HPHY 408 covers this requirement)
- Complete 30 hours of event coverage for each credit you are registered for

**Three Strike Rule**

Although there is no set meeting time for the practicum, you still need to take responsibility and show up to events you signed up for. To encourage accountability, there is a “Three Strike Rule”. For every time you 1) do not show up for an event you have signed up for, 2) removing your name within 24 hours of an event (IM setting), 3) do not complete an assignment (see grading sections below), 4) you are caught using your cell phone or doing homework of any class during coverage, unless given permission by the instructor or to make an emergency call, or 5) are wearing inappropriate attire, you will receive a strike. Once you receive “3 strikes”, you will receive a “No Pass” for the class. You can add your name at anytime without consequences; however please do not show up to an event you have not signed up for. I understand emergencies happen and this rule allows for 2 emergencies. Save your strikes for a true, unpredictable emergency rather than

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choosing not to show up. I also understand that some athletic events may not require much attention, but this does not give any student the right to text, call, play games, etc. on their cell phone. You are a **First Responder**, and if emergency medical attention is necessary, it is imperative you were able to witness the event leading to your action.

**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.

**Criteria for Hours:**

- 12 hour max/week
  - Exceptions = working a tournament / prior approval from the instructor
- If you do not reach the required hours by each check-in point, you may be assigned additional hours at the end of the term for each checkpoint missed
  - Please try to share hours amongst classmates – everyone is in the same position and needs hours – don’t take away opportunities from others if you are easily satisfying the hours requirement
- Check-in points
  - 3 weeks after intramurals have started = 15 hours
  - 2 weeks after the first check-in (5 weeks after the start of intramurals) = 25 hours
- **Important – once playoffs start, there are no guaranteed hours so it is important to not procrastinate meeting the hours requirements**

**Practicum Paperwork:**

- **Rec sports setting:** Hours will be scheduled through the Google Doc link (see page 1). Considering how easy it is to accidentally erase or double post in Google Docs, it is highly recommended to track hours on your own as well
- **Club, high school, intercollegiate setting:** Once assigned to a Certified Athletic Trainer, hours will be scheduled by the student and assigned athletic trainer. Instructor will check in periodically throughout the term. Hours should be tracked by students on provided time sheets and signed off by mentor at the end of the term. Students are responsible for completing all

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paperwork and getting appropriate signatures. In order to complete the practicum at the high school setting, the student must have already completed at least **two credits** of intramural practicum experience, **one credit** of club sports, and have up-to-date CPR/First Aid certifications that will be current throughout all terms the student is obtaining practicum credit at the high school setting. A discussion with the instructor should take place if the student is interested in continuing his or her practicum experience at a high school or intercollegiate setting.

**Kits: Intramural Event Coverage:**

Students are responsible for filling out the checklist of used items located inside each IM kit. Simply write down what you used and how much you used. Kits will be re-stocked by the instructor weekly.

**Additional Class Meetings:**

The instructor reserves the right to schedule additional class meetings for important topics they deem necessary. Attendance is highly recommended, although it is not required.

**Evaluations:**

Each HPHY 409 student will be required to meet with the instructor briefly for a mid-quarter evaluation. The purpose of this evaluation is to determine the practicum setting for future terms, as well as to check-in with how the student is doing (any concerns, comments). Student input is essential in providing an experience that is beneficial. A schedule will be created around week 5 of the term through Google Docs – students will be responsible for signing up at specific times (based on a first come, first served basis)

**Grading Criteria for those enrolled in HPHY 408:**

This course is graded on a “Pass/No Pass” basis. **In order to receive a “Pass”, the student must complete 30 hours of event coverage per credit (1 credit = 30 hours / 2 credits = 60 hours / 3 credits = 90 hours) at the specified locations.** Records of hours will not be accepted without proper signatures. Additionally there will be a final reflection paper due at the end of the term. Failure to complete mid-quarter evaluation on time or any other Canvas assignments on time will result in a strike.

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hours / 2 credits = 60 hours / 3 credits = 90 hours) at the specified locations. Records of hours will not be accepted without proper signatures. You will receive a “strike” if: 1) you fail to complete the weekly discussion board and responses, 2) fail to complete mid-quarter evaluation on time. Time sheets will be due by the end of the quarter (Friday, December ___ by 5pm) via email.

Late Work:

For HPHY 408 students: Final Reflection paper for the quarter
- Late submission will result in an automatic 5 point deduction on the assignment
- Late submissions for other assignments will follow the “Three Strike Rule”

Extra Credit:

There will be no extra credit for this course.

HPHY 409 Assignments for those NOT enrolled in HPHY 408:

**Only for students who are enrolled in HPHY 409 and not enrolled in HPHY 408.** Starting in week 2 there will be a discussion board posted every week for a total of 9 discussions. They will alternate between open-ended discussions posted by students and a discussion following a posting by the instructor in which the students must post their thoughts/comments to the aforementioned topic.

These discussions will stem from a video, an article, news story, or other discussion point. In order to receive full credit for the discussion, each student will have to respond to the thread by the assignment deadline.

Instructions for Discussion Board

1. Post one discussion board entry of their own
2. Respond to at least one other person's comments

In order to receive a “complete” for this assignment, you must post an entry to the discussion board, as well as respond to another person's entry. Completing each of these steps will result in a 2/2. If you do not complete the full instructions of the discussion board entries you will receive an incomplete on the assignment and therefore a 0/2 on the assignment. You will get one 0/2 on the discussion board entries. After your first 0/2, you will receive a “strike”.

Your discussion board topics are open to anything relating to your practicum experience. You can share a situation you encountered during your practicum, a news article you read related to sports medicine, ask your classmates for their

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opinion on an injury/illness you witnessed, etc. **PLEASE REMEMBER TO NEVER IDENTIFY AN ATHLETE/PATIENT** by name or any other significant identifier. If you are able to recognize the athlete in a discussion, it is your duty to keep what you learn via discussion board confidential and to discuss it amongst your classmates for the educational purposes of this class only.

You may complete these discussion boards at any point within the week. It is in your best interest to post your discussion as soon as possible in order to give your classmates time to respond by the deadline. In order to receive a “complete”, your response must be to at least one other classmate’s discussion board. Although not mandatory, you are encouraged to respond to comments posted on your own discussion board.

**HPHY 409 Assignment(s)/Responsibilities for those enrolled in HPHY 408**

**Final Paper:**

In order to receive a pass in this course, you will need to write a 2-3 page summary paper regarding your experiences in the practicum. You must include the following topics and format should include your name and date in the heading. It will be due on Friday of Week 11 by 11:59pm. Please be conscious of proper spelling and grammar, and use a professional tone of writing (50 points total). You should earn a grade of 40/50 in order to receive a “pass” in this course

1. Reflect on the feelings you had at the beginning of your practicum experience and compare them to your feelings at the end. This could include confidence level, knowledge base, value of the experience, etc. (10 points)
2. What did you learn the most from your practicum experience? This could include a particular event or experience, or the experience as a whole. (10 points)
3. How can you apply this experience (combination of workshop and practicum) to your future in the field of sports medicine? Have your plans for the future been affected by this experience? (10 points)
4. What could the instructor have done to make your workshop and practicum experience more effective? (10 points)
5. Correct format and minimal spelling/grammar errors (5 points)
6. Turned in on time (5 points)

**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

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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 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.

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