

**Montgomery College                      Rockville Campus**  
**Dept. of Health Enhancement, Exercise Science and Phys. Ed.**

**PHED250    Prevention and Management of Exercise Injury**

**Instructor:**

**Office:**

**Phone:**

**e-mail:**

**Office hours:**

**I. General Course Information**

Concepts of prevention, recognition, treatment, and management of injuries and physical disabilities, which affect physical activity and conditioning. Course will include medical history and physical assessment, as well as, adaptations for training and program design needed for various diseases, functional disabilities, injuries, and functional imbalances for the prevention of injuries and safe physical conditioning. This course includes both theoretical and practical aspects of exercise design and program development for healthy populations and those populations with special needs. (R only) PREREQUISITES: HLTH 220, PHED 230, PHED 237, or consent of department. Three hours each week.

**II. Specific Outcomes**

By the end of the semester, the student will be able to:

- Demonstrate ability to review and apply information obtained from professional literature in health/exercise science
- Demonstrate initial injury/illness assessments, especially with regards to severity.
- Demonstrate understanding of effect of environment on body systems and ability to modify training session to compensate.
- Demonstrate understanding of the effects of injury and the healing process as they affect physical activity and program design.
- Describe precautions/contraindications of past medical history as it affects physical activity.
- Discuss various types of injuries involving skeletal and/or muscular systems.
- Evaluate posture and demonstrate ability to adjust training to improve positioning.
- Explain recommended policies and procedures for exercises and program design for special populations such as pregnancy, CAD, asthma, arthritis, and obesity.
- Explain the vital role of client evaluation and proper conditioning in injury prevention.
- Prepare a comprehensive individualized training program with consideration for medical history and related impairments.
- Pre-screen apparently healthy and individuals with medical concerns for possible conditions requiring physician consent and/or modification to exercise protocols.

### III. Text and Supplies

Diaz, L. (2014). *Survey of Athletic Injuries for Exercise Science*. Burlington, MA Jones and Bartlett Learning  
ISBN: 9781449648435

Bushman, B. (Senior Editor). (2018). *ACSM'S Resources for the Personal Trainer*. 5<sup>th</sup> Ed. Lippincott Williams and Wilkens  
ISBN: 9781451108590

### IV. Course Requirements

**A. Requirements:** Read assigned material, complete assignments and take the exams.

#### B. Course Grade

Homework and class assignments	145 points
Service learning	25 points
Anatomy quizzes	30 points
4 exams	<u>200 points total</u>
Total	400 points

360-400 points	=	A
320-359 points	=	B
280-319 points	=	C
240-279 points	=	D
0 - 239 points	=	F

#### ***Homework and classroom assignments (145 points)***

Some assignments will be given and completed in class, or they will be given as homework to be turned in at a later date. Homework assignments are due at the beginning of class. Due dates will be clearly communicated in class, on Blackboard and in your syllabus. ***If you are not present on a day when an in-class assignment is given, you may not be able to make up the assignment.***

#### ***Service Learning (25 points)***

You will be required to earn five service-learning hours by the end of the semester. You will be earning the hours by being involved in the ACSM Exercise is Medicine on Campus Program. There are multiple opportunities to earn these hours. Further information will be provided in class.

#### ***Exams and quizzes (230 points)***

There will be 4 non-cumulative exams worth a total of 200 points and 3 quizzes worth a total of 30 points. Each exam may consist of multiple choice, true/false, matching, and short answer questions. Exams will cover all material presented in class (lecture, discussions, and videos) and reading assignments.

## V. Important Student Information Link:

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to **Student Success such as: Student Behavior (Student Code of Conduct); Student e-mail, College Tobacco Free Policy; Course Withdrawal and Refund Information; Resources for Military Service Members, Veterans and Dependents; how to access information on delayed openings and closings; how to register for Montgomery College's Alert System and how closings and delays can impact your classes.**

<http://cms.montgomerycollege.edu/mcsyllabus/>

Any student who may need accommodations due to a disability, please contact the Disability Support Services office on your campus as soon as possible (R-CB122, G-SA172 or TP/SS-ST233). If you have an accommodation letter from DSS, please contact me to discuss arrangements for your accommodations. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations are at <https://cms.montgomerycollege.edu/EDU/Plain2.aspx?id=4162>

If you have any questions please bring them to your professor. As rules and regulations change they will be updated and you will be able to access them through the link. If any student would like a written copy of these policies and procedures, the professor would be happy to provide them. By registering for this class and staying in this class, you are indicating that you acknowledge and accept these policies.

In addition to the requirements listed in the Student Code of Conduct found in the student handbook, the following behaviors are not appropriate for class:

- Eating in class
- Threatening speech behavior or tone directed at professor or fellow students
- Interrupting professor or fellow students during lecture or class discussion
- Refusal to relinquish the floor when directed by professor
- Extraneous conversation during lecture or other class activities
- Use of cell phones, pagers, or other electronic devices during class. **Please turn off your cell phone before entering class.**
- Refusal to leave class if directed by the professor

## VI. Collegewide Policies and Procedures

### A. Attendance

*Students are expected to arrive to class on time.* You are responsible for checking in with a *classmate* to determine work missed during an absence or if you are late. I usually give announcements and changes to the schedule at the beginning of class. You may not be able to make up missed in-class assignments.

**I reserve the right to drop students for excessive absences as defined in the Student Code of Conduct.**

**B. Make-up Policy**

If you know that you will be missing an exam ahead of time, you must speak with me at least one week before the exam in order to take the exam at an alternate time. If an emergency occurs on the day of the exam, you must contact me within 24 hours of the exam. You must have documentation for your absence (tow truck receipt, accident report, or proof of emergency room visit from THAT day). No make-up will be given without the proper documentation.

**C. Late Work Policy**

Deadlines and due dates are not negotiable. **If you are absent, submit your assignment through the assignment drop box in Blackboard by the beginning of class so you are eligible for full credit.** If you do not turn your assignment in on time, you will have until midnight on the due date to submit it to me. However, you will automatically receive **up to 50% deduction** for the assignment if it is not turned in by the beginning of the class period on the day it is due. Assignments will NOT be accepted after midnight on the date due unless you have a documented emergency.

**D. Student e-mail**

**Student e-mail (via Blackboard Course Mail) is the official means of online communication for this course.** IMPORTANT: emails do not express tone of voice or body language so strive to use careful wording to convey your desired message. Please take an extra minute when sending an e-mail to think about what you want to say, spell-check your email, and use appropriate, courteous, and professional language. Your professor will strive to do the same in all communications. Emails will be answered within 24 - 48 hours during weekdays. If an email is sent during a weekend or holiday, please expect a reply the following working day.

In addition, if you need to send an email through the college email account, please list PHED 250 in the subject line and make sure to identify yourself.

**E. Withdrawal and Refund Dates**

Last day to withdraw and receive a refund –

Last day to withdraw with no grade or change from credit to audit –

Last day to withdraw with a grade of W –

**F. Delayed Opening or Cancellation**

Montgomery College will always operate on its regular schedule unless otherwise announced. Please check the Montgomery College Web site at [www.montgomerycollege.edu](http://www.montgomerycollege.edu) or sign up for Montgomery College ALERT - Registration information at [www.montgomerycollege.edu/emergency](http://www.montgomerycollege.edu/emergency)

- ❖ *If a class can meet for 50% or more of its regularly scheduled meeting time **OR** if the class can meet for 50 minutes or more, it will meet.*

If Montgomery College classes are cancelled, students should continue to follow the schedule provided in the syllabus. Assignments/exams will be postponed to the next class

meeting IN ADDITION to scheduled assignments/exams for that day. During extended closures, check the Blackboard supplemental site for announcements.

**VII. Additional Information**

- Class readings should be completed prior to the class session for which they are assigned.
- If you have questions or concerns about your grade, please see me as soon as possible.
- There is no curve in this class.
- Schedule is subject to change.

### Tentative Class Schedule

<b>Week</b>	<b>Topic/Assigned Reading:</b>	<b>Tests/Work Due:</b>
1	<i>Intro to class, Working With Clients With Health Challenges Special Populations– Ch. 19 ACSM’s Resources for the Personal Trainer</i>	
2	<i>ACSM Ch. 19, Continued</i>	<b>Assignment 1 Due</b>
3	<i>ACSM Ch. 19, Continued</i>	<b>Assignment 2 Due</b>
4	<i>ACSM Ch. 19, Continued Test 1</i>	<b>Test 1</b>
5	<i>DIAZ Chapter 1- Legal Issues Ch. 2 Classification of Injuries</i>	
6	<i>Ch. 6 – Basic Injury Examination and Care, pages 81-86, 93-95</i>	<b>Assignment 3 Due</b>
7	<i>Ch. 6 – Basic Injury Examination and Care, pages 81-86, 93-95 Test 2</i>	<b>Test 2</b>
8	<i>Ch. 9 –The Head and Face, pages. 169-173, 179</i>	
9	<i>Ch. 10- The Upper Extremity- Anatomy, recognition and care of injury</i>	<b>Assignment 4 Due</b>
10	<i>Principles of Post-Orthopedic Rehab: (ACE) Restorative exercise for upper extremity</i>	
11	<i>Ch. 11 The Core Body – Anatomy and posture. Ch.11 – Recognition and care of back and neck injury</i>	<b>Test 3</b>
12	<i>Ch.11 – continued</i>	
13	<i>Restorative exercises for the back Ch. 12 – The Lower Extremity – Anatomy, recognition and care of injury</i>	
14	<i>Ch. 12 – Continued</i>	<b>Injury Care and Rehab Assignment due on 11/28</b>
15	<i>Restorative exercises for the lower extremity</i>	
16	<b>Final exam week - Test 4</b>	<b>Test 4</b>