

School of Health Care Professions / University of Wisconsin – Stevens Point

Health Science 499 – Concussion in Athletics (1 credits) – Spring 2018

Dates: Jan 25 – March 16 (2nd 8 weeks) Face-to-Face Course: Thurs 1:00–2:50am (HEC 101/HEC 147)

Professor: Dr. Holly Schmies (Office: HEC 123)

Contact: hschmies@uwsp.edu or 715-346-2922

COURSE OBJECTIVES: Upon completion of this class, students will be able to:

- Define concussion and describe the pathophysiology of concussion within the neurological system
- Summarize the evaluation process and return to play process for a patient with concussion
- Identify preventative strategies for concussion and how they relate to athletics
- Appreciate the importance of concussion education, prevention, recognition, and proper management for optimal patient outcomes

RESOURCES:

The Desire 2 Learn (D2L) course room will be utilized to provide learning resources for this course. All resources will be linked to the students within the D2L course room in the content area.

Textbook: None, will be required readings on D2L related to course content.

Course assistance: Students are welcome to schedule a meeting with me anytime during the course if you need assistance with any of the activity components of the course. Just ask if you need help.

COURSE GOAL and OVERALL EXPECTATION:

The overall goal of this course is for you to learn more about concussion in athletics, how it affects the patient, and why it is necessary to change the culture surrounding concussion to allow for proper education, prevention, and management of the concussions.

Assignments and Readings: All the assignments and articles for the course are available via D2L.

Course timeline: The course runs from March 22nd – May 10th

Due dates: Your assignments will be due in D2L on the date stated and will be due by 11:59pm. No exceptions. Plan ahead for internet connections and don't wait until the last minute.

Contacting me: If you have questions, please give me a call on my office phone or send me an email. I will do my best to respond to your email within 24 hours. I do guarantee a response within 48 hours.

- If you have a question on an assignment – please make sure that you email me with enough time to respond. If you ask any questions about assignments last minute and you don't get an answer – you are still required to turn it in on time to get full credit.

Time requirements: This is a 1 credit course and we are meeting for 2 hours per week to meet the required time for the 1 credit. There will be out of class readings and assignments as well that will take you about 2 hours per week.

I will be asking you to be active in class at times during the concussion testing and rehabilitation units. If you do have any pre-existing conditions, physical limitation, or are ill or injured in anyway, please let me know through a private message. We will discuss it and figure out the best plan if you cannot complete the activities in class.

COURSE ASSIGNMENTS:

There will be assignments associated with each week. See detailed information in D2L.

Turning in assignments: You are expected to turn in your assignments via the D2L course room in the Drop Box area. There will be folders for each of the assignments with posted due dates.

If you are having trouble meeting a deadline – you **MUST** communicate me PRIOR to the due date and give me time to respond to you to o.k. this. You are still eligible for full points for the assignment if you turn it in by the new due date we agree upon. Please look ahead at your schedule and if you know ahead of time that you will be traveling or have a hard time with internet connection – let me know.

Being proactive is the best option. Assignments turned in late without an approved extension can still be accepted but you will get a decrease of one letter grade per day for that assignment.

Course Participation: To learn, you need to be engaged and present. You will be required to participate in discussions and in the lab activities that will be completed in class. Attendance is required. For an excused absence – you will need to contact me prior to the course start time to be excused and it is not guaranteed unless you hear back from me. Emailing me within the hour before class is not acceptable for any excused absence.

Assessment: Students in this course will be assessed based on your participation and submission of required materials. The assignments must be turned in on time and must contain the required information listed within the assignment descriptions on D2L. Your expectations and grading for assignments will be included in each week listed in D2L.

It is important to note I will view the D2L tools which allow me to see your attendance and participation within the Modules. This will be taken in to account with your grades and your course attendance.

Other Information:

Academic Honesty & Misconduct

Academic honesty is a core principle of learning and scholarship. When you violate this principle, you cheat yourself of the confidence that comes from knowing you have mastered the targeted skills and knowledge. You also hurt all members of the learning community by falsely presenting yourself as having command of competencies with which you are credited, thus degrading the credibility of the college, the program, and your fellow learners who hold the same credential.

All members of the learning community share an interest in protecting the value, integrity, and credibility of the outcomes of this learning experience. We also have the responsibility to censor behaviors that interfere with this effort. The following behaviors will be subject to disciplinary action:

Plagiarism - presenting someone else's words, ideas, or data as your own work.

Fabrication - using invented information or the falsifying research or other findings.

Cheating - misleading others to believe you have mastered competencies or other learning outcomes that you have not mastered. Examples include, but are not limited to:

1. Copying from another learner's work or copy and pasting from any internet or written source
2. Allowing another learner to copy from your work
3. Using resource materials or information to complete an assessment without permission from your instructor
4. Collaborating on an assessment (graded assignment or test) without permission from the instructor
6. Taking a test for someone else or permitting someone else to take a test for you

Academic Misconduct - other academically dishonest acts such as tampering with grades, taking part in obtaining or distributing any part of an assessment, or selling or buying products such as papers, research, projects or other artifacts that document achievement of learning outcomes.

Academic dishonesty is **NOT ACCEPTABLE**. UWSP subscribes to the definitions of academic dishonesty

provided by the National Association of Student Personnel Administrators. Academic misconduct in the University of Wisconsin System is defined by UWS Chapter 14. The complete text of the chapter is available to you from the Dean of Students or you can visit http://www.uwsp.edu/accreditation/docs/SA_PU_250.04.pdf for more information.

UWSP Policies

Learners with questions regarding affirmative action, equal opportunity, harassment, or information about any other college policies may refer to the current college catalog or student handbook.

ADA Statement

In compliance with the Americans with Disabilities Act, students are encouraged to register with UWSP Disability Services for assistance with accommodations. It is the student's responsibility to voluntarily and confidentially disclose information regarding the nature and extent of a disability. The college cannot assume responsibility for providing accommodations or services to students who have not identified themselves as having a qualifying disability. Disabilities Services is located on campus at 103 Student Services Center, 1108 Fremont Street, UW-Stevens Point, Stevens Point, WI 54481.

If you have any questions or need extra time – please communicate in a timely, proactive manner to Dr. Holly Schmies at 715-346-2922 (office) or hschmies@uwsp.edu. Please do not hesitate to ask questions, I am more than happy to provide feedback and make this a positive experience for you.

| Date | Topics | Readings/Assignments DUE PRIOR to class on Thursday |
|---|---|--|
| Week 1: March 22 | Course Introduction The Culture of Concussions | HEADS UP Concussion Training https://www.cdc.gov/headsup/youthsports/training/index.html https://www.ursinus.edu/uc-magazine/fall-2015/changing-the-culture-of-concussions/ |
| Week 2: March 29 | Spring Break | |
| Week 3: April 5 | The Culture of Concussion continued and the Pathophysiology of Concussion | WATCH: PBS Frontline Video and complete the worksheet in D2L prior to class. Link provided in D2L |
| Week 4: April 12 | Pathophysiology of Concussion and Types of Concussion | Readings on D2L - |
| Week 5: April 19 | Prevention and Baseline Testing | Due: Quiz – D2L on Pathophysiology of Concussion Readings on D2L - |
| Week 6: April 26 | Return to Play Criterion and Rehabilitation | Readings on D2L |
| Week 7: May 3 | Challenges to Concussion Management and Post-Concussion Complications | Readings on D2L |
| Week 8: May 10 th | The culture of sport and concussion | WATCH: Concussion – the movie is available by logging on to the UWSP Library with your student ID. Search for Concussion and the movie will come up for viewing via Swank Streaming Videos. |
| Finals Week: May 16 10:15 – 12:15 | Final Wrap Up – Can we change the culture of concussion? | |

