

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

Health Science 499 – Treatment of Athletic Injury – Help or Hype (1 credits) – Fall 2018

Dates: Oct 29th – December 14th (2nd 8 weeks) – Hybrid offering

Face-to-Face Requirements: Friday November 30th & Friday December 7th 12:00 – 2:00pm. (HEC 147)

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

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

COURSE GOAL and OVERALL EXPECTATION:

The overall goal of this course is for you to learn more about the variety of treatments available to aid in the healing of athletic related injury. The overall goal is to help determine how these treatments may help the patient and why it is necessary to educate ourselves on the effectiveness or necessity of some treatments. There will always be a difference of opinion – both in the research and based on personal thoughts/ideas – the goal is to make the best educated decision we can make to ensure patient safety and effective treatment of injury.

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

- Summarize the inflammation process and healing process of injury for a basis of determining the proper athletic treatment.
- Define various treatments of athletic injury and their desired physiological effects.
- Define the placebo effect and appreciate the role this may play in the effectiveness of a treatment.
- Identify the resources available to individuals to help determine whether an identified treatment will ‘help’ or if it is just ‘hype’.

RESOURCES:

The Canvas course room will be utilized to provide learning resources for this course. All resources will be linked to the students within the Canvas course room in the content area.

Textbook: None, will be required readings on Canvas 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.

Assignments and Readings: All the assignments and articles for the course are available via Canvas. We will be reading some peer-reviewed research, some science, and some opinion articles. There will be a mix so we don't get too bogged down in the evidence but learn a little in the process 😊.

Course timeline: The course runs from Oct 29th – Dec 21st. The readings/assignments/discussions will all be online.

****There are 2 face-to-face meeting times – these are mandatory and cannot be made up. I am arranging for teaching assistants to take you through various treatment modalities. It will be hard to recreate these lab experiences. Please check your availability for these class times. It is advised for you to drop the class if you cannot be there.**

Due dates: Your assignments will be due in Canvas 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 4 hours face-to-face. The rest of the time will be via online instruction on Canvas. 1 credit requirement is 16 hours of class time. You will do a bit more than that to complete the required readings associated with the course.

I will be asking you to be active in class during the lab periods. If you do have any pre-existing conditions, physical limitation, or are injured in anyway, please let me know through a private message. We will discuss it and figure out the best plan for you to participate in the lab sessions.

COURSE ASSIGNMENTS:

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

Assignments/Discussions: You are expected to complete your discussion post or assignment via the Canvas course room. There will be discussion threads or assignments modules for each one 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 Canvas. Your expectations and grading for assignments will be included in each week listed in Canvas.

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 and Assignments
Week 1: Oct 29 th Week 2: Nov 5 th	Introductions Inflammation and POLICE – the new RICE	Discussion Due by Nov 9 th See Canvas for Week 2 information
Week 3: Nov 12 th	POLICE continued and the Placebo Effect	Discussion Due by Nov 16 th See Canvas for Week 3 information
Week 4: Nov 19 th	Movement as a Treatment	Movement Assignment Due Prior to Lab on Nov 30 th See Canvas for Week 4 information
Week 5: Nov 26 th	Heat and Electrotherapies	Worksheet prior to lab Lab: We will meet on November 30 th – 12:00 – 2:00pm See Canvas for Week 5 information
Week 6: Dec 3 rd	Manual Therapies	Worksheet prior to lab Lab: We will meet on December 7 th – 12:00 – 2:00pm See Canvas for Week 6 information
Week 7: Dec 10 th	Tape, needles, or your choice	Discussion Due by Dec 14 th See Canvas for Week 7 information
Week 8: Dec 17 th	Finals week: Course wrap-up	See Canvas for Week 8 information

