

Mayville State University

HPER 207 Prevention and Care of Injuries

Fall 2025
3 Credit Hours

Course and Instructor Information

Instructor Name: Sofia Wentz

Contact Information: Fieldhouse 136, sofia.wentz@mayvillestate.edu

Hours of Availability: 12-2, Tuesdays and Thursdays, feel free to schedule a time to meet with me

Instruction Mode: on-campus face-to-face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT).

Meeting Times and/or Location: MWF 11:00-11:50 AM, FH 109

*The syllabus is subject to change as deemed necessary by the instructor.

Course Materials and Technologies

Required

Essentials of Athletic Injury Management, William E. Prentice

Course Description

A course designed to introduce students to the profession of athletic training and provide them with essential tools to be able to prevent, recognize, and manage injuries received as a result of participation in various activities. The course will address mechanisms and classifications of injury, the physiologic response to injury, and the healing process. Specific injuries will be discussed, such as concussions, injuries to the head, neck, and spine, injuries to the upper extremity, and injuries to the lower extremity. The course is lecture-based, with a lab included. Students must also become certified by the National Federation of High Schools-Concussion in Sport.

Pre-/Co-requisites: BIOL 150 or BIOL 220

Course Objectives

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Physical Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)):

1. Summarize the steps to the prevention of injuries.
2. List concepts of sound conditioning.
3. Explain psychological consideration in sports injuries.
4. Be capable of properly fitting athletic equipment.
5. Describe mechanism of injury.
6. Be able to classify an injury.
7. Explain the healing process and protocol for rehabilitation.
8. List the specific protocol for emergency procedures.
9. Describe and demonstrate evaluation of the following athletic injuries:
 - A. Head and Spine including concussion
 - B. Foot
 - G. Elbow/forearm
 - H. Shoulder

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- C. Ankle/lower leg
- D. Knee
- E. Thigh/hip/pelvis
- F. Wrist/hand

Standards Alignment (Physical Education Program Approval Standards-ND ESPB):

- 1.c Describe and apply physiological and biomechanical concepts related to skillful movement, physical activity and fitness for preK-12 students.

Course Expectations

Instructor/Student Communication

Students are accountable for all academic communications sent to their Mayville State University email address. Students may also come to my office during normal work hours.

Assignments and Assessments

Exams:

Four exams will be given during the course. Exam format could consist of multiple choice, matching, short answer questions, labeling of diagrams and may include a practical component. Final exam will be comprehensive and cover all material presented throughout the course.

Quizzes:

Quizzes will be given during the course-announced or unannounced. The format could consist of multiple choice, matching, short answer questions, labeling of diagrams and may include a practical component.

Assignments:

Assignments that correspond to reading and lectures will be assigned. Examples of assignments are worksheets and activities.

Infographic:

Students will create an infographic about a common sports injury. Information to include: structures damaged, typical healing times, imaging if necessary, emergency treatment, etc.

Taping Video:

Students will email or post a video of themselves taping an ankle following the steps shown and practiced in class. Video must clearly show all steps and demonstrate students understanding and ability to tape an ankle.

Evaluation and Grading

Grading Policies

Grades will be posted throughout the semester on the class website, in most instances, within 24 hours of completion of a task for assignments, 48 hours after submission of an exam, and 72 hours after the completion of a large project/paper. All coursework must be submitted by the Friday before Finals

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Week. Make-up exams will be made up at the convenience of the instructor. Other late work will not be accepted.

Attendance/Participation Policies

Attendance is expected and mandatory. Excused absences must be cleared before the absence to make up for the missed work. Excused absences are Mayville State-sanctioned events, funerals, and sick days with a doctor's note (this is not a complete list, case-by-case absences may be discussed with the instructor).

Grading Scale

90% and higher = A

80% to 89.9% = B

70% to 79.9% = C

60% to 69.9% = D

Below 59.9% = F

*All scores will be rounded to the nearest whole number.

Breakdown of Grades

Exams (4x100 pts)	400 pts
Attendance	25 pts
Quizzes (5x10 pts)	50 pts
Infographic	25 pts
Taping Video	50 pts

Enrollment Verification

On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

Proctor Notification

No proctors are required for this course.

Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- ✓ Land Acknowledgement Statement
- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ NetTutor - Online Tutoring Program
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities

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- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

Course Timeline/Schedule

Course Timeline and Schedule are subject to change as deemed necessary by the instructor.

WEEK			
Week 1	Intro, Defining Sports Med	Chapter 1 & 2	
Week 2	Preventing Injuries Through Fitness	Chapter 4	
Week 3	Protective Equipment	Chapter 6	
Week 4	Environmental Conditions	Chapter 7	Exam 1
Week 5	Handling Emergency Situations	Chapter 8	
Week 6	Injury Assessment	Chapter 8	
Week 7	Blood Borne Pathogens and Psychosocial Interventions	Chapter 9 & 12	Exam 2
Week 8	Recognizing Sport Injuries and Injuries in Youth Athletes	Chapter 13 & 25	
Week 9	General Medicine	Chapter 23	
Week 10	The Foot and Toes, Ankle and Lower Leg	Chapter 14 & 15	
Week 11	The Knee	Chapter 16	Exam 3
Week 12	Hip, Thigh, Groin	Chapter 17	
Week 13	Shoulder	Chapter 18	
Week 14	Elbow, Wrist, Hand		
Week 15	Head, Face, Eyes, Ears, Nose	Chapter 22	
Week 16	Taping		
12/16/25	FINAL @ 10 AM		

Late Arrivals

The grading system for students adding this course after the first day of instruction will not be modified. The student will be responsible for any activities, assignments, or grades before they are enrolled.