



# PHED 2356 Care & Prevention of Athletic Injuries

Course Syllabus: Spring 2026

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

**Justin Hargrove**

**Office:** IA 117

**Phone:** (903) 434-8285

**Email:** [jhargrove@ntcc.edu](mailto:jhargrove@ntcc.edu)

Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	9:00am-11:00am	7:30am-8:00am	9:00am-11:00am	7:30am-8:00am	By Appointment	By Appointment

*The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.*

**Catalog Course Description:** Prevention and Care of Athletic Injuries with an emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training.

**Required Textbook(s):** 1. Principles of Athletic Training, A Guide to Evidence-Based Clinical Practice, 17<sup>th</sup> e

**Publisher:** McGraw-Hill

**ISBN Number:** 978-1-260-80902-2

### Student Learning Outcomes:

1. Students will learn what an Athletic Trainer’s role as a Healthcare provider, how to organize/design an athletic training facility.
2. Students will identify risk in sports and how to develop Emergency Plans for sports and Athletic training.
3. Students will develop a knowledge about sports injuries and the body’s response to injury, as well as how to recognize and manage these injuries.
4. Students will learn basic evaluation techniques for injuries associated with athletics, and demonstrate how to properly evaluate both acute and chronic injuries.
5. Students will demonstrate knowledge of basic taping techniques used in Athletic Training and how to apply them correctly.

### Evaluation/Grading Policy:

The final grade will be determined as follows:

#### For your final grade:

**Exams: Four (4) exams** and a Lab Final and Participation in Labs. **Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & class exercises. (The majority of questions will be taken from class exercises.) Exams will be taken in class when possible.**

**Class Participation:** Students are expected to attend class and participate appropriately in class exercises. In addition to regular attendance, spirited and appropriate discussion and thoughtful questions will help to raise the student’s grade. Students will participate in labs throughout the semester that will include taping, modalities, and evaluations of injuries.

**Course Readings:** To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are required to help facilitate class discussion topics.

**Letter grades** will be assigned according to the following scale:      A = 540-600 B = 480-539 C = 420-479  
D = 360-419 F = 0-359

**Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester.** The average shown in Bb will determine the final course grade, and **no additional work** is possible.

**Attendance:** At the end of the semester, grades will be calculated according to the total points accrued as stated in the syllabus, and the only adjustment that will be made is if the final point total is **WITHIN FIVE POINTS** of the next letter grade (and NO more), and the student has missed **THREE OR LESS LECTURES**. (Mitigating circumstances will be taken into account at the discretion of the instructor.) The grade will then be **rounded up** to the **next letter grade**. Failure to attend class and complete assigned work can result in being dropped from the course.

#### **General:**

**Students should log onto Blackboard (Bb) ASAP and carefully read all announcements. Bb and student email should be checked DAILY for new announcements or messages.**

Questions are welcomed during office hours (or by appointment), or if more convenient, they can be directed to me either by phone or e-mail. **Please do not hesitate to ask questions! There is no such thing as a stupid question. It is only stupid NOT to ASK them. It is VERY difficult to improve your course average after you fail the first exam, so PLEASE contact the instructor for help or studying tips EARLY in the semester, before it is too late to make a difference.**

**Exam/Quiz Make-Up Policy:** Exams will be completed on Blackboard, not in class. If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged **ONLY** if the reason is legitimate, and the instructor is notified **IN ADVANCE of the time the exam/quiz is scheduled** (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of “0” for the exam missed.** There will be no exceptions.

#### **Student Responsibilities/Expectations:**

If you attend this class or a portion of this class on-campus then class etiquette dictates that you will:

1. Attend class each time the class meets.
2. Be on time for class and **remain for the entire period**. You may not receive credit if you do not attend all sessions.
3. Refrain from talking while the professor is lecturing. Idle chattering and giggling are disruptive to the class and disrespectful to your professor and your classmates.
4. Be attentive and participate in class.

#### **Course Support Links:**

**<https://www.ntcc.edu/about-us/computer-services/student-support>**

#### **NTCC Academic Honesty Statement:**

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about

allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

### **Academic Ethics**

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

### **ADA Statement:**

Northeast Texas Community College is an equal opportunity institution and does not discriminate on the basis of sex, race, color, religion, age, national origin, disability, veteran's status, or genetic information in its educational programs, employment policies, or activities.

*It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.*

### **Family Educational Rights And Privacy Act (FERPA):**

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

### **Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

## COURSE SCHEDULE

DATE	CONTENT	CHAPTERS
1/20	Class Orientation - Syllabus, Blackboard and Textbook	Intro/CH1
1/22		CH 2
1/27		CH 3
1/29		CH 4 & 6
2/3		Ch 5
2/5		Test 1
2/10		Ch 7 & 8
2/12		Taping Lab
2/17		Ch 9 & 10
2/19		Taping Lab
2/24		CH 11 & 12
2/26		CH 13 & 14
3/3		Test 2
3/5		CH 15 & 16
3/10		Taping Lab
3/12		Mod Lab
<b>3/16-3/22</b>		<b>Spring Break</b>
3/24		CH 17
3/26		CH 18 & 19
3/31		Foot / Ankle Lab
4/2		CH 20 & 21
4/7		Knee/ Hip Lab
4/9		Test 3
4/14		CH 22
4/16		CH 23 & 24
4/21		Upper Ex. Lab
4/23		CH 25
4/28		CH 26
4/30		CH 27/ 28/Review
5/5		Lab Final
5/7		Lab Final
5/12 (Tuesday 8:00am)		Final Exam CH 22-28