Prevention and Care of Activity Related Injuries
KIN 3360 - 010 & 020

Instructor: Randell G. Matthews, ATC, LAT

Term: Fall 2017

Office: Center of Human Performance (CHP) 104; 942-2173(Kinesiology)/486-6171(Direct)

Course Days: Monday, Wednesday, and Friday: 8:00 am to 8:50 am & 9:00 am to 9:50 am in CHP 204

Office Hours: MWF Before & After Class

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Course Description: A composite course identifying injury risk factors, related injuries, and treatment options associated with the participation in physical activity with a plan and components of a comprehensive athletic injury prevention program. The course will be divided between lecture and lab classes.

Course Objectives:

1. The student will have an understanding of the human body, its relationship to performance and vulnerability to injury associated with athletics or physical activity.
2. The student will be able to understand the need, function, responsibilities, and professional relations of athletic trainers.
3. The students will receive insight into the mechanics of athletic injuries in and out of emergency situations.
4. The student will receive insight into prevention and care of athletic injuries.
5. The student will have an understanding of the legal implications dealing with athletics and injuries.
6. The student will gain insight into the recognition and classification of injuries associated with physical activity encompassing the major joints in the body.
7. The student will apply and explain the basic principles and concepts of protective equipment, prophylactic bracing, wrapping, and taping.
8. The student will learn proper management of environmental conditions, skin disorders, and additional health conditions.
9. The student will receive insight into current standards of first aid, CPR, emergency care, and rescue breathing including the guidelines and rationale for using an Automatic External Defibrillator (AED).
10. The student will gain insight into the assessment of vital signs, and the interpretation of information in regards to emergency and non-emergency situations.
11. The student will gain insight into recognizing the signs, symptoms, and treatment of individuals suffering from adverse reactions to environmental conditions.
12. The student will describe the principles and rationale for a primary and secondary survey.
13. The student will gain insight into the proper OSHA guidelines in regarding blood borne pathogens in addition to the implementation of those guidelines.

Attendance Policy: Students are expected to be present for all class meetings of the course for which they are registered. An accurate record of attendance for each student will be maintained by the instructor. The student will be allowed two (2) unexcused absences. If you know that you will be absent or an emergency arises, contact myself, my voice mail, and/or student life office. Please understand not all absences reported are considered excused. Three tardies count as one (1) absence. After the second unexcused absence, ten points will be deducted from the final point total for each unexcused absence. Please understand that being late to class 10 minutes and beyond will be counted as an absence.
**Person Seeking Accommodations:** Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

**Academic Honesty:** The University expects all students to engage in all academic pursuits in a manner that is beyond reproach. Students will be expected to maintain complete honesty and integrity in their experience in the classroom. Any student found guilty of any form of dishonesty in academic work is subject to disciplinary action. Procedures of discipline due to academic dishonesty have been adopted by the Board of Regents and are published under the section on “Student Services and Activities” in the University’s Student Handbook.

**Instructor Expectations:** The instructor and/or instructors have several expectations of you, the student, while in this course.

1. Professional behavior and language are required. Profanity is not acceptable as professional language.
2. Punctuality is a must.
3. Please remove hats while in class. This is for males and females alike.
4. It is your responsibility to read and comply with the syllabus. There will be no e-mail reminders to do homework or take exams.
5. Please be dressed appropriately for class especially on days we do activities.
6. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
7. Electronic devices need to be on silence mode and put away unless you are using these devices to take notes. It is acceptable and encouraged to have them out in this situation. Please understand that if you have an emergency and are expecting a call, please let the instructor know. Step outside of the classroom and attend to your affairs. Otherwise if your phone rings during class and/or you are “on” your phone during class time, you will be counted as absence.

**Course Requirements:**

1. Each student must successfully pass 11 chapter exams online. Total of 525 points
2. Each student must successfully pass 4 Lab exams worth 220 points total
3. Position statement notebook worth 75 points.
4. Presentations over position statements worth 25 points
5. CPR/AIDS exam is worth 20 points
6. Online assignments – 210 points total
7. Final examination is comprehensive. 200 points total.
8. Each exam will be in the format of: multiple choice, true/false, matching, fill in the blank, short answer, oral response, demonstration of skill, and essay.
9. No make - up exams will be allowed unless prior arrangements have been made with the instructor. No online exam will be extended without prior arrangements.
10. If late submissions are accepted, the following points will be deducted: 1 class day – 5 points, 2 class days – 10 points, 3 class days – 15 points, and etc. Please understand it is up to the instructor if late submissions will be accepted. Late submissions only pertain to course work that is due in class. Online assignments and exams will not be considered for late submission unless it is an emergency situation. **This is at the instructor’s discretion.**
11. The cumulative points for this course are 1275. Your grade is based off the following ranges:

   - 1147.5 to 1275 = A
   - 1020 to 1147.4999 = B
   - 892.5 to 1019.999 = C
   - 765 to 892.4999 = D
   - 637.5 to 764.999 = F
Tentative Daily Schedule:

August 28: Course Syllabus; Presentation topics

August 30: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
   Chapter 9 assignment due

September 1: Chapter 10: Tissue Response to Injury
   Chapter 10 assignment due

September 4: University Holiday

September 6: Chapter 12: On the Field Acute Care and Emergency Procedures
   Chapter 12 assignment due

September 8: (One your own) Chapter 1: The Athletic Trainer as a Health Care Provider; Chapter 3: Legal Concerns and Insurance Issues/ Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   Chapter 1 and 3 assignments due
   Online Exam 1: Chapters 9 & 10

September 11: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   Online Exam 2: Chapter 12

September 13: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
   Online Exam 3: Chapters 1 & 3

September 15: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
   NATA Statement Notebook due

September 18: Lab Exam One (Lab examinations start at 7 am in the morning. Please plan accordingly)

September 20: CPR/AED {Certification is 20 dollars. Money is due by September 25, 2017}

September 22: CPR/AED {Certification is 20 dollars. Money is due by September 25, 2017}

September 25: CPR/AED and CPR/AED exam

September 27: Chapter 25: The Spine; Cervical collars
   Chapter 25 assignment due

September 29: Chapter 27: The Thorax and Abdomen/ Lab Two – Spine boarding and splinting
   Chapter 27 assignment due

October 2: Lab Two – Spine boarding and splinting
   Online Exam 4: Chapters 25 & 27

October 4: (On your own) – Chapter 7: Protective equipment; Chapter 8: Wrapping and Taping/ Lab Two – Splinting and Spine boarding
   Chapter 7 and 8 assignments due

October 6: Lab Two – Spine boarding and splinting
   Online Exam 5: Chapters 7 & 8

October 9: Lab Two – Spine boarding and splinting

October 11: Lab Exam Two (Lab examinations start at 7 am in the morning. Please plan accordingly)

October 13: Chapter 13: Off the Field Injury Evaluation
   Chapter 13 assignment due

October 16: Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
   Chapter 14 assignment due
   Online Exam 6: Chapters 13 & 14

October 18: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat
   Chapter 26 assignment due
October 20: Concussion Assessment Lab

October 23: Chapter 22: The Shoulder Complex/ Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
   Chapter 22 assignment due
   Online Exam 7: Chapters 22 & 26

October 25: Chapter 23: The Elbow/ Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
   Chapter 23 assignment due

   Chapter 24 assignment due
   Online Exam 8: Chapters 23 &24

October 30: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

November 1: Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}

November 3: Chapter 21: The Thigh, Hip, Groin, and Pelvis/ Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity
   Chapter 21 assignment due

November 6: Chapter 20: The Knee and Related Structures/Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity
   Chapter 20 assignment due
   Online Exam 9: Chapters 20 & 21

November 8: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

November 10: Chapter 19: The Ankle, and Lower Leg/Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity
   Chapter 19 assignment due

November 13: Chapter 18: The Foot/Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity
   Chapter 18 assignment due
   Online Exam 10: Chapters 18 & 19

November 15: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

November 17: Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}

November 20: Chapter 6: Environmental Considerations
   Chapter 6 assignment due

November 22- 24: University Holiday

November 27: Chapter 28: Skin Disorders
   Chapter 28 assignment due
   Online Exam 11: Chapters 6 & 28

November 29: Presentations:
   Anabolic – Androgenic Steroids;
   Safe Weight Loss and Maintenance Practices in Sport and Exercise;
   Preventing, Detecting, and Managing Disordered Eating in Athletes

December 1: Presentations:
   Skin Disease
   Community Acquired MRSA Infections
   Management of Sport Related Concussion
December 4: *Presentations*:

- Management of the Athlete with Type 1 Diabetes Mellitus
- Management of Asthma in Athletes
- Lightning Safety for Athletics and Recreation

December 6: *Presentations*:

- Head-Down Contact and Spearing in Tackle Football
- Fluid Replacement for Athletes
- Exertional Heat Illnesses

December 8: *Presentations*:

- Environmental Cold Injuries
- Acute Management of the Cervical Spine – Injured Athlete

December 11: Section 010 8:00 am will test from 8:00-10:00 am

December 13: Section 020 9:00 am will test from 8:00-10:00 am