Prevention and Care of Activity Related Injuries
KIN 3360-030

**Instructor:** Sherry Ann Miller, ATC, LAT

**Term:** Spring 2018

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

**Course Days:** Monday, Wednesday, and Friday: 10:00 am to 10:50 am in CHP 204

**Office Hours:** Monday, Wednesday, & Friday: 12:00 pm to 2:00 pm; Tuesday: 11:00 am to 12:00 pm; Thursday: 11:00 am to 2:00 pm.

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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.

**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.

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 will be counted as one (1) unexcused absence. Please understand that being late to class 10 minutes and beyond will be counted as an unexcused absence. Attendance points will be applied at the end of the semester. Attendance points are as follows:

- 100 points = 0 unexcused absences
- 75 points = 1 – 2 unexcused absences
- 50 points = 3 – 4 unexcused absences
- 25 points = 5 – 6 unexcused absences
- 0 points = 7 or more unexcused absences

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/AED exam is worth 20 points
6. Online assignments – 210 points total
7. Attendance points – 100 points
8. Final examination is comprehensive. 200 points total.
9. 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.
10. No make-up exams will be allowed unless prior arrangements have been made with the instructor. No online exam and/or online homework will be extended without prior arrangements.
11. 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.

12. The cumulative points for this course are 1375. Your grade is based off the following ranges:

- 1237.5 to 1375 = A
- 1100 to 1237.4999 = B
- 962.5 to 1099.999 = C
- 825 to 962.4999 = D
- 687.5 to 824.999 = F

_Tentative Daily Schedule:

January 17: Course Syllabus; Presentation topics

January 19: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
  Chapter 9 assignment due

January 22: Chapter 10: Tissue Response to Injury
  Chapter 10 assignment due

January 24: Chapter 12: On the Field Acute Care and Emergency Procedures
  Chapter 12 assignment due

January 26: (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

January 29: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
  Online Exam 2: Chapter 12

January 31: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
  Online Exam 3: Chapters 1 & 3

February 2: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
  NATA Statement Notebook due

February 5: Lab Exam One {Lab examinations start at 7 am in the morning. Please plan accordingly}

February 7: CPR/AED (Certification is 21 dollars. Money is due by February 12, 2018)

February 9: CPR/AED (Certification is 21 dollars. Money is due by February 12, 2018)

February 12: CPR/AED and CPR/AED exam

February 14: Chapter 25: The Spine; Cervical collars
  Chapter 25 assignment due

February 16: Chapter 27: The Thorax and Abdomen/ Lab Two – Spine boarding and splinting
  Chapter 27 assignment due

February 19: Lab Two – Spine boarding and splinting
  Online Exam 4: Chapters 25 & 27

February 21: (On your own) – Chapter 7: Protective equipment; Chapter 8: Wrapping and Taping/ Lab Two – Splinting and Spine boarding
  Chapter 7 and 8 assignments due

February 23: Lab Two – Spine boarding and splinting
  Online Exam 5: Chapters 7 & 8

February 26: Lab Two – Spine boarding and splinting

February 28: Lab Exam Two {Lab examinations start at 7 am in the morning. Please plan accordingly}
March 2: Chapter 13: Off the Field Injury Evaluation  
   Chapter 13 assignment due

March 5: Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions  
   Chapter 14 assignment due  
   Online Exam 6: Chapters 13 & 14

March 7: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat  
   Chapter 26 assignment due

March 9: Concussion Assessment Lab

March 12-16: **University Holiday**

   Chapter 22 assignment due  
   Online Exam 7: Chapters 22 & 26

   Chapter 23 assignment due

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

March 26: *Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

March 28: *Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

March 30: **University Holiday**

April 2: *Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)/ (Lab examinations start at 7 am in the morning. Please plan accordingly)*

April 4: 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

April 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

April 9: *Lab Four*: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

April 11: 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

April 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

April 16: *Lab Four*: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

April 18: *Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)/ (Lab examinations start at 7 am in the morning. Please plan accordingly)*

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

April 23: Chapter 28: Skin Disorders  
   Chapter 28 assignment due  
   Online Exam 11: Chapters 6 & 28
April 25: Presentations:
   Anabolic – Androgenic Steroids;
   Safe Weight Loss and Maintenance Practices in Sport and Exercise;
   Preventing, Detecting, and Managing Disordered Eating in Athletes

April 27: Presentations:
   Skin Disease
   Community Acquired MRSA Infections
   Management of Sport Related Concussion

April 30: Presentations:
   Management of the Athlete with Type 1 Diabetes Mellitus
   Management of Asthma in Athletes
   Lightning Safety for Athletics and Recreation

May 2: Presentations:
   Head-Down Contact and Spearing in Tackle Football
   Fluid Replacement for Athletes
   Exertional Heat Illnesses

May 4: Presentations:
   Environmental Cold Injuries
   Acute Management of the Cervical Spine – Injured Athlete

May 7: Final Exam at 10:30 am – 12:30 pm