Prevention and Care of Activity Related Injuries
KIN 3360-040

Instructor: Sherry Ann Miller, ATC, LAT

Term: Spring 2018

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

Course Days: Monday, Wednesday, and Fridays: 11:00 am – 11:50 am in CHP 204

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

E-mail: sherryann.miller@angelo.edu


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, care, and rehabilitation 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 physiological effects of conditioning (cardiorespiratory and muscular).
7. The student will gain insight into the recognition and classification of injuries associated with physical activity encompassing all joints in the body.
8. The student will gain insight to the properties and uses of a variety of therapeutic modalities.
9. The student will apply and explain the basic principles and concepts of protective equipment, prophylactic bracing, wrapping, and taping.
10. The student will learn proper management of environmental conditions, skin disorders, and additional health conditions.
11. 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).
12. The student will gain insight into the assessment of vital signs, and the interpretation of information in regards to emergency and non-emergency situations.
13. The student will gain insight into recognizing the signs, symptoms, and treatment of individuals suffering from adverse reactions to environmental conditions.
14. The student will describe the principles and rationale for a primary and secondary survey.
15. 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. Please understand not all absences reported are considered excused. If you know that you will be absent or an emergency arises, contact myself, my voice mail, and/or student life office. Three tardies are counted as one (1) unexcused 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 unexcused 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 clinical preceptor have several expectations of you, the student, while in this course.

1. Professional behavior and language are required. Profanity is not an acceptable form of 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 or announcements to do class assignments, homework, and/or online assignments or examinations.
5. Please be dressed appropriately for class especially on days we do activities.
6. It is your responsibility to report missing grades and/or incorrect 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 time and/or you are “on” your phone during class time, you will be counted as absent.
8. All assignments are due at the beginning of class and/or e-mailed to the instructor before or by 11 am on the due date. If late submissions are accepted, points will be deducted as follows: 1 class day: 5 points; 2 class days: 10 points; 3 class days: 15 points, and etc. Please understand the late submissions are accepted at the discretion of the instructor. Late submissions apply only to in class assignments

**Course Requirements:**

1. Each student must successfully pass 4 chapter exams worth 475 points total.
2. Each student must successfully pass 4 Lab exams worth 325 points total
3. Position statement notebook worth 115 points.
4. Presentations over position statements worth 25 points each for a total of 50 points
5. Online assignments – 440 points possible
6. Final examination is comprehensive. 200 points total.
7. 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.
8. 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
9. Journals – 15 weeks at 10 points each – 150 points {Guidelines provided at end of syllabus}
10. Clinical Hours – 100 points
Clinical Skill Assessments: 8 @ 25 points each. 200 points total. It is required that you pass 80% of the skill assessment in order to progress to the next assessment.

<table>
<thead>
<tr>
<th>Clinical Hours:</th>
<th>Clinical Skill Assessment:</th>
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<tbody>
<tr>
<td>240-300 hours</td>
<td>90-100% of assessment correct 25 points</td>
</tr>
<tr>
<td>165-239 hours</td>
<td>80-89.99% of assessment correct 20 points</td>
</tr>
<tr>
<td>105-164 hours</td>
<td>70-79.99% of assessment correct 15 points</td>
</tr>
<tr>
<td>45-104 hours</td>
<td>60-69.99% of assessment correct 10 points</td>
</tr>
<tr>
<td>0-44 hours</td>
<td>59.99% and below 0 points</td>
</tr>
</tbody>
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12. The cumulative points for this course are 2055. Your grade is based off the following ranges:

- A = 1849.5-2055
- B = 1644-1849.499
- C = 1438.5-1643.999
- D = 1233-1438.499

**Tentative Daily Schedule:**

**January 17:** Course Syllabus; Presentation topics

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

**January 22:** Chapter 10: Tissue Response to Injury

**January 24:** Chapter 12: On the Field Acute Care and Emergency Procedures (Primary and Secondary Surveys)

**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, & heart and lung auscultations

**January 29:** **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters, Primary and Secondary surveys, and Heart and Lung Auscultation Sites

**January 31:** **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys/ Heart and Lung Auscultation Sites

**February 2:** **Written Examination One** (Chapters 1, 3, 9, 10, and 12. This includes what we have gone over in lab too) NATA Statement Notebook due

**February 5:** **Lab Exam One** (Lab examinations start at 7 am in the morning. Please plan accordingly)

**February 7:** Chapter 25: The Spine; (Cervical collars)

**February 9:** Chapter 27: The Thorax and Abdomen (Rebound tenderness)/ **Lab Two** – Spine boarding and splinting

**February 12:** (On your own) – Chapter 7: Protective equipment; **Lab Two** – Splinting and Spine boarding

**February 14:** (On your own) – Chapter 8: Wrapping and Taping **Lab Two** – Splinting and Spine boarding

**February 16:** **Lab Two** – Splinting and Spine boarding

**February 19:** Chapter 29: Additional General Medical Conditions

**February 21:** Chapter 13: Off the Field Injury Evaluation

**February 23:** Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions/OSHA Training
February 26: **Written Examination Two** (Chapters 7, 8, 13, 14, 25, & 27. This includes what we have gone over in lab too)

February 28: **Lab Exam Two** (Lab examinations start at 7 am in the morning. Please plan accordingly)

March 2: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat
   Chapter 26 assignment due

March 5: Concussion Assessment techniques (PEARL; Cranial Nerves)

March 7: Chapter 22: The Shoulder Complex/ **Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping Upper Extremity**
   Chapter 22 assignment due

March 9: Chapter 23: The Elbow/ **Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping Upper Extremity**
   Chapter 23 assignment due

March 12-16: **Spring Break**

   Chapter 24 assignment due

March 21: **Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping Upper Extremity**

March 23: **Written Examination Three** (Chapters 22, 23, 24, & 26. This includes what we have gone over in lab too)

March 26: **Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)**/ (Lab examinations start at 7 am in the morning. Please plan accordingly)

March 28: 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

March 30: **University Holiday (Easter)**

April 2: 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

April 4: 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 6: 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

April 9: Chapter 6: Environmental Considerations
   Chapter 6 assignment due

April 11: Chapter 28: Skin Disorders
   Chapter 28 assignment due

April 13: **Written Examination Four** (Chapters 18, 19, 20, & 21. This includes what we have gone over in lab too)

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

April 18: **Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity**

April 20: **Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)**/ (Lab examinations start at 7 am in the morning. Please plan accordingly)

April 23: **Presentations:**
   Anabolic – Androgenic Steroids;
   Safe Weight Loss and Maintenance Practices in Sport and Exercise;
   Skin Diseases
   Preventing Sudden Death in Sports
April 25: *Presentations:*
- Preventing, Detecting, and Managing Disordered Eating in Athletes
- Community Acquired MRSA Infections
- Management of Sport Concussion
- Management of the Athlete with Type 1 Diabetes Mellitus

April 27: *Presentations:*
- Management of Asthma in Athletes
- Lightning Safety for Athletics and Recreation
- Head-Down Contact and Spearing in Tackle Football
- Fluid Replacement for Athletes

April 30: *Presentations:*
- Exertional Heat Illnesses;
- Environmental Cold Injuries,
- Acute Management of the Cervical Spine – Injured Athlete
- Emergency Planning in Athletics

May 2: *Presentations:*
- Sickle Cell Trait and the Athlete
- Preseason Heat Acclimatization Guidelines for Secondary School Athletics
- Automated External Defibrillators

May 4: *Presentations:*
- Commtio Cordis
- Communicable and Infectious Diseases in Secondary School Sports
- Youth Football and Heat Related Illness

May 9: **Final Exam at 10:30 am – 12:30 pm**

**Journal Entry Assignment Guidelines**

The weekly journal entry is to be a reflection of what you observed, learned, and performed (did) during your clinical rotation. There are many different types of reflection journal entries. Please incorporate some of all of the five types into your journal. The five are:

- **Technical reflection:** focuses on performance improvement.
- **Reflection in/on action:** focuses on learning as it is happening and from past experiences.
- **Deliberative reflection:** focuses on reviewing multiple perspectives on a topic/situation to determine the best solution.
- **Personal reflection:** aids in self-evaluation and goal setting.
- **Critical reflection:** allows students to question their learning to bring about change.

(http://www.kent.edu/onlineteaching)

**Guidelines:**

1. Entries must be typed and/or word processed on the journal entry template.
2. The entry must be at a minimum of 400 words and 11 point font.
3. The entry must be in paragraph form using complete sentences, correct grammar, and correct spelling and syntax.
4. Grading rubric: there are to be 15 entries at 10 points each. The journal must be submitted on time and in the correct format in order to receive the 10 points.
5. Confidentiality applies when writing your journal. Do not use patient’s name in your reflection.
6. The entry must be signed by your clinical preceptor before you submit the entry.
Examples of questions to ask of yourself: (not all inclusive just a few questions to start the thought process)

- What did I observe during my rotation?
- What did I learn during my rotation?
- How does the new information coincide with past knowledge I have?
- What questions should I have asked or wanted to ask?