

# Prevention and Care of Activity Related Injuries and Illnesses

KIN 3360-040

Instructor: Sherry Ann Miller, ATC, LAT

Term: Spring 2022

Office: Center of Human Performance (CHP) 104; 325-942-2173(Kinesiology)/325-486-6171(Direct)

Course Days: Monday, Wednesday, & Friday – 11:00 AM to 11:50 AM in CHP 143

Office Hours: Monday and Wednesday: 1 PM to 3 PM; Tuesday: 11 AM to 12 PM; and Thursday: 11 AM to 2 PM

E-mail: [smiller@angelo.edu](mailto:smiller@angelo.edu)

## Required Textbook:

- Prentice, W.E. (2021) Principles of Athletic Training: A Competency Based Approach, 17<sup>th</sup> ed. [McGrawHill](#). (ebook)/[Connect Plus required](#)
- Beam, J.W. (2017) Orthopedic Taping, Wrapping, Bracing, and Padding, 3<sup>rd</sup> ed. F.A. Davis.
- Rehberg, R.S., et al. (2018) Sports Emergency Care: A Team Approach, 3<sup>rd</sup> ed. SLACK, Inc.

## 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 is divided between lecture and lab classes.

## Course Objectives:

1. The student will infer how the human body is associated with physical activity in regards to its relationship to movement and performance, and its vulnerabilities to injuries and illnesses.
2. The student will recognize the need, the role and function, responsibilities, and the professional relationships of athletic trainers in conjunction with sports medicine.
3. The student will identify the legal implications of preventing and caring for physical activity related injuries and illnesses.
4. The student will identify the main components and mechanics, and compose an emergency action plan in regards to emergency and non-emergency situations. The main components (skills) include but are not limited to:
  - A. Recognize and describe the principles and rationale for a primary and secondary survey
  - B. Identify injuries as emergent or non-emergent, and how to provide care for those injuries
  - C. Identify signs and symptoms in addition how to treat individuals suffering from adverse reactions to environmental conditions
  - D. Identify and apply first aid and splinting concepts
  - E. Identify and refer skin injuries and skin related illnesses
  - F. Recognize the current standards and practices for CPR, AED, and rescue breathing in regards to “everyday life”.
  - G. Recognize signs and symptoms of injuries and illnesses sustained by an active population

H. Recognize the need for vital signs measurement and assessment, and how to interpret this information in regards to emergency and non-emergency situations.

I. Recognize proper OSHA guidelines and practices in regards to personal protective equipment, personal hygiene, and the caring for blood borne pathogens

J. Identify, apply and explain the basic principles and concepts of protective equipment, prophylactic bracing, wrapping, and taping of acute and chronic injuries.

K. identify the physiological effects of conditioning in regards to cardiorespiratory and muscular systems.

### Course Delivery:

This is “in person” or “face to face” course offering. This course has an online component in addition to a “in person” component. Both components are required in order for the student to be successful. The online course component will be delivered via the Blackboard Learning Management System. The course site can be accessed at [ASU's Blackboard Learning Management System](#)

### Technology Requirements:

To successfully complete this course, students need to purchase access to Connect Plus through the [ASU bookstore](#) and/or from the publisher [McGraw Hill](#). This is for the online component of the course.

To participate in the online portion of this course, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of Google Chrome, Firefox, Safari, or Internet Explorer
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

### Communication:

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday during office hours.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

### Academic Integrity:

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity.](#)<sup>i</sup>

### Accommodations for Students with Disabilities:

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university,

or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at [ADA@angelo.edu](mailto:ADA@angelo.edu). For more information about the application process and requirements, visit the [Student Disability Services website](#).<sup>ii</sup> The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
[dallas.swafford@angelo.edu](mailto:dallas.swafford@angelo.edu)  
Houston Harte University Center, Room 112

### Incomplete Grade Policy:

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)<sup>iii</sup> for more information.

### Plagiarism:

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)<sup>iv</sup> in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).<sup>v</sup>

### Student Absence for Observance of Religious Holy Days:

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)<sup>vi</sup> for more information.

### Copyright Policy:

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

### Syllabus Changes:

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

## Title IX at Angelo State University:

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Miller, J.D. You may submit reports in the following manner:

Online: [www.angelo.edu/incident-form](http://www.angelo.edu/incident-form)

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: [michelle.miller@angelo.edu](mailto:michelle.miller@angelo.edu)

*Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).*

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: [www.angelo.edu/title-ix](http://www.angelo.edu/title-ix).

## Student Evaluation of Faculty and Course:

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

## Student Learning Objectives for this course:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course

## Assignment Submission:

All assignments must be submitted according to each assignment criteria on the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at [smiller@angelo.edu](mailto:smiller@angelo.edu) and attach

a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

### Late Work or Missed Assignments Policy:

Due dates and times are posted for all assignments, quizzes, and examination. Online homework and exams will not be extended beyond their due date nor accepted past the due date and time. Other assignments, quizzes, and/or exams will not be accepted passed their due date and time.

### General Policies Related to This Course:

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)<sup>vii</sup>
- [Angelo State University Catalog](#)<sup>viii</sup>

### Student Responsibility and Attendance:

This course is a “in person” class which means that the student is responsible for completing the online portion of this course asynchronously. The student is also responsible to complete and submit this material by its due date and time. The “face to face” portion of this class, the student is required to be present in order to receive credit. The material that will be presented in class will not be presented online. **Points will be deducted from cumulative total for each absence. Ten (10) points for each absence. All students must have medical documentation to return to class and/or clinical rotations from any and all illnesses.**

### Instructor Expectations:

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

1. All faculty, staff, and students will comply with “ASU Core Values” in all aspects of their professional and personal lives. ASU Core Values are:
  - Integrity: do the right thing, even if no one knows.
  - Diversity & Inclusion: celebrate, appreciate, and build on our differences.
  - Significance: construct a legacy and reputation of dynamic impact beyond ourselves.
  - Community: collaborate to develop an inclusive sense of place and purpose.
  - Commitment: hold ourselves and each other accountable to our responsibilities and goals.
2. Professional behavior and language are required. Profanity is not acceptable as professional language.
3. It is your responsibility to read and comply with the syllabus. There will be no e-mail reminders to do homework or to take exams.
4. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
5. Punctuality is a must.
6. Please be dressed appropriately for class especially on days we do activities/labs.
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 absent.

8. All assignments are due on the day and time listed on the syllabus. If an assignment is to be turned in during class, the assignment must be submitted at the beginning of class. 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.

### Physical Health and Well Being Expectations:

Students are responsible to monitor and self-screen their physical health every day they attend campus. To assist you with this endeavor, the following information is for your information:

#### COVID-19 symptoms:

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

#### Expectations for class:

1. Complete the “Daily COVID-19 Wellness Screening” tool found on the ASU website BEFORE coming on to campus. Go to: <https://www.angelo.edu/wellness-screening>.
2. Face coverings are optional on campus and in class.
3. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

- Seek medical attention:
- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician’s and/or healthcare provider’s instructions

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and /or depression revolving around this current “life” situations, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

#### Safety Standards in Class at Angelo State University

- Students, faculty and staff are required to complete the wellness screen every day before coming to campus or leaving your residence hall.
- Masks are optional everywhere on campus.
- Washing hands is highly encouraged to prevent spread of all germs.
- Students who do not pass the wellness check should contact their instructors, just as they would for any illness.

## Course Requirements:

1. Each student must successfully pass 4-chapter exams worth 475 points total.  
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, listing, and essay.
2. Each student must successfully pass 4 Lab exams worth 325 points total  
Each exam will be in the format of oral response and demonstration of skill.
3. Position statement notebook worth 125 points. (Posted on Blackboard)
4. Presentations over position statements worth 25 points each for a total of 50 points (Posted on Blackboard)
5. Online assignments – 220 points possible
6. Final examination is comprehensive. 100 points total.  
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, listing, and essay.
7. 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
8. Journals/ “Beezus” Notes – 14 weeks at 10 points each – 140 points {Guidelines provided at end of syllabus}
9. Vocabulary note cards: 90 vocabulary terms at one point each. Total of 90 points.
10. Clinical Hours – 100 points

Clinical Hours	Point Value
240-300 hours	100 points
165-239 hours	70 points
105-164 hours	40 points
45-104 hours	10 points
0-44 hours	0 points

11. Any Athletic Training Specialization student who is ill and misses class due to that illness must bring documentation from a physician that they can return to class and clinical observation rotations.

12. Clinical Skill Assessments: 5 @ 40 points each. 200 points total.

Clinical Skill Assessments	Point Value
90-100% of assessment correct	40 points
80-89.99% of assessment correct	20 points
70-79.99% of assessment correct	5 points
69.99% and below	0 points

13. The cumulative points for this course are 1825. Your grade is based off the following ranges. **This is not percentage points, and your grade will not be “rounded up”:**

Grading Ranges	Letter Grade
1642.5-1825	A
1460-1642.499	B
1277.5-1459.999	C
1095-1277.499	D
912.5-1094.999	F

Tentative Schedule:

Date:	Topic:	Assignments/Exams/Due Dates
January 19, 2022	First Day of Classes Orientation of Class <ul style="list-style-type: none"> <li>• Syllabus</li> <li>• Presentations</li> <li>• McGraw-Hill Connect Plus – assignments</li> </ul>	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Review</b> Syllabus and mark on Blackboard</li> <li>• <b>Purchase</b> Connect Plus</li> <li>• <b>Read &amp; Sign</b> Professionalism Statement</li> </ul>
January 21	<b>Read</b> Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma <b>Review</b> PPT for Ch. 9	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 9 assignment</li> </ul>
January 24	<b>Read</b> Chapter 10: Tissue Response to Injury <b>Review</b> PPT for Ch. 10	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 10 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 1</li> <li>• <b>Complete &amp; Submit</b> Vocabulary Cards for Chapter 9</li> </ul>
January 26	<b>Read</b> Chapter 12: On the Field Acute Care and Emergency Procedures; Chapter 3: Assessment of Sports Emergencies (Rehberg) <b>Review</b> PPT for Ch. 12 <b>In class:</b> Primary and Secondary Surveys	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 12 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Vocabulary cards for Chapter 10</li> </ul>
January 28	<b>Read</b> Chapter 1: The Athletic Trainer as a Health Care Provider; Chapter 4: Airway Management and Breathing (Rehberg) <b>Review</b> PPT for Ch. 1 <b>In class:</b> Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 1 assignment</li> </ul>
January 31	<b>Read</b> Chapter 3: Legal Concerns and Insurance Issues; Chapter 5: Cardiovascular Emergencies (Rehberg) <b>Review</b> PPT for Ch. 3 <b>In class:</b> Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations; Primary & secondary surveys	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 3 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 2</li> </ul>
February 2	<b>In class:</b> Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations; Primary & secondary surveys	Due in Class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; submit</b> NATA Statement Notebook</li> </ul>

Date:	Topic:	Assignments/Exams/Due Dates
February 4	<b>Lab Exam One</b> {Lab examinations start at 7 am in the morning. Please plan accordingly}	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Written Exam One <ul style="list-style-type: none"> <li>❖ Online Only</li> <li>❖ Respondus LockDown Browser &amp; Monitor</li> <li>❖ 1 attempt</li> <li>❖ Covers Chs. 1, 3, 9, 10, &amp; 12</li> <li>❖ Open February 4, 2022 @ 6 AM</li> <li>❖ Closes February 5, 2022 @ 10 PM</li> <li>❖ Under "Examinations" tab</li> </ul> </li> </ul>
February 7	<b>Read</b> Chapter 25: The Spine; Chapter 6: Care Concepts in Management of the Spine-Injured Athlete (Rehberg) <b>Review</b> PPT for Ch. 25 <b>In class:</b> Cervical collars	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 25 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 3</li> </ul>
February 9	<b>Read</b> Chapter 27: The Thorax and Abdomen; Chapter 9: Injuries to the Thoracic Region; Chapter 10: Abdominal and Pelvic Injuries (Rehberg) <b>Review</b> PPT for Ch. 27 <b>In class:</b> Rebound tenderness	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 27 assignment</li> </ul>
February 11	<b>Read</b> Chapter 7: Unconsciousness and Seizures (Rehberg) <b>In class:</b> Lab Two – Spine boarding and Splinting	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Vocabulary cards for Chapter 7</li> </ul>
February 14	<b>In class:</b> Lab Two – Spine boarding and Splinting	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 4</li> </ul>
February 16	<b>Read</b> Chapter 7: Protective Equipment <b>Review</b> PPT for Ch. 7 <b>In class:</b> Lab Two – Equipment Fitting; Football helmet and Shoulder pads	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 7 assignment</li> </ul>
February 18	<b>In class:</b> Practice with Equipment	
February 21	<b>Read</b> Chapter 8: Wrapping and Taping <b>Review</b> PPT for Ch. 8 <b>In class:</b> Lab Two – Spine boarding and Splinting	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 8 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 5</li> </ul>
February 23	<b>Read</b> Chapter 29: Additional General Medical Conditions; Chapter 12: General Medical Emergencies (Rehberg) <b>Review</b> PPT for Ch 29	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 29 assignment</li> </ul>
February 25	<b>Read</b> Chapter 13: Off the Field Injury Evaluation <b>Review</b> PPT for Ch 13	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 13 assignment</li> </ul>

Date:	Topic:	Assignments/Exams/Due Dates
February 28	<b>Read</b> Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions <b>Review</b> PPT for Ch. 14 OSHA Training	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 14 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 6</li> </ul>
March 2	<b>Lab Exam Two</b> {Lab examinations start at 7 am in the morning. Please plan accordingly}	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Written Exam Two <ul style="list-style-type: none"> <li>❖ Online Only</li> <li>❖ Respondus LockDown Browser &amp; Monitor</li> <li>❖ 1 attempt</li> <li>❖ Covers Chs. 7, 8, 13, 14, 25, 27, &amp; 29</li> <li>❖ Open March 2, 2022 @ 6 AM</li> <li>❖ Closes March 3, 2022 @ 10 PM</li> <li>❖ Under "Examinations" tab</li> </ul> </li> </ul>
March 4	<b>Read</b> Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat <b>Review</b> PPT for Ch. 26	Due by 11:30 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 26 assignment</li> </ul>
March 7	Concussion Assessment techniques <b>In class:</b> PEARL; Cranial Nerves	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 7</li> </ul>
March 9	<b>Read</b> Chapter 8: Management of Traumatic Brain Injury <b>In class:</b> Concussion Assessment – ACE & SCAT 5	
March 11	<b>Read</b> Chapter 22: The Shoulder Complex/Chapter 8: Shoulder and Upper Arm <b>Review</b> PPT for Ch. 22 <b>In class:</b> Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 22 assignment</li> </ul>
March 14-18, 2022	<b>University Holiday (Spring Break)</b>	No classes
March 21	<b>Read</b> Chapter 23: The Elbow/Chapter 9: Elbow and Forearm <b>Review</b> PPT for Ch. 23 <b>In class:</b> Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 23 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 8</li> </ul>
March 23	<b>Read</b> Chapter 24: The Forearm, Wrist, Hand, and Fingers/ Chapter 10: Wrist and Chapter 11: hand, Fingers, & Thumb <b>Review</b> PPT for Ch. 24 <b>In class:</b> Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 24 assignment</li> </ul>

Date:	Topic:	Assignments/Exams/Due Dates
March 25	<b>In class:</b> Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	
March 28	<b>Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)</b> {Lab examinations start at 7 am in the morning. Please plan accordingly}	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Written Exam Three <ul style="list-style-type: none"> <li>❖ Online Only</li> <li>❖ Respondus LockDown Browser &amp; Monitor</li> <li>❖ 1 attempt</li> <li>❖ Covers Chs. 22, 23, 24, &amp; 26</li> <li>❖ In addition: Chs. 8, 9, 10, &amp; 11 from the taping book as well as what was covered in lab</li> <li>❖ Open March 28, 2022 @ 6 AM</li> <li>❖ Closes March 29, 2022 @ 10 PM</li> <li>❖ Under "Examinations" tab</li> </ul> </li> </ul> <p>Due in class:</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 9</li> </ul>
March 30	<b>Read</b> Chapter 21: The Thigh, Hip, Groin, and Pelvis/ Chapter 7: Thigh, Hip, and Pelvis <b>Review</b> PPT for Ch. 21 <b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity {Hip, pelvis, groin, quadriceps, and hamstring}	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 21 assignment</li> </ul>
April 1	<b>Read</b> Chapter 20: The Knee and Related Structures/ Chapter 6: Knee <b>Review</b> PPT for Ch. 20 <b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 20 assignment</li> </ul>
April 4	<b>Read</b> Chapter 19: The Ankle, and Lower Leg/ Chapter 4: Ankle and Chapter 5: Lower Leg <b>Review</b> PPT for Ch. 19 <b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 19 assignment</li> </ul> <p>Due in class:</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 10</li> </ul>
April 6	<b>Read</b> Chapter 18: The Foot/ Chapter 3: Foot and Toes <b>Review</b> PPT for Ch. 18 <b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 18 assignment</li> </ul>

Date:	Topic:	Assignments/Exams/Due Dates
April 8	<b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity <b>Discuss</b> Article Presentations	
April 11	<b>In class:</b> Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 11</li> </ul>
April 13	<b>Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)</b> {Lab examinations start at 7 am in the morning. Please plan accordingly}	
April 15	<b>Read</b> Chapter 6: Environmental Considerations; Chapter 13: Environmental Emergencies (Rehberg) <b>Review</b> PPT for Ch. 6	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 6 assignment</li> </ul>
April 18	<b>Read</b> Chapter 28: Skin Disorders <b>Review</b> PPT for Ch. 28	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Ch. 28 assignment</li> </ul> Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 12</li> </ul>
April 20	Presentations: <ul style="list-style-type: none"> <li>• Preparticipation Physical Examinations and Disqualifying Conditions</li> <li>• Recommendations on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs</li> <li>• Management of Sport Concussion</li> </ul>	Due by 10:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Written Exam Four <ul style="list-style-type: none"> <li>❖ Online Only</li> <li>❖ Respondus LockDown Browser &amp; Monitor</li> <li>❖ 1 attempt</li> <li>❖ Covers Chs. 6, 18, 19, 20, 21, &amp; 28</li> <li>❖ In addition: Chs. 3, 4, 5, 6, &amp; 7 from the taping book as well as what was covered in lab</li> <li>❖ Open April 20, 2022 @ 6 AM</li> <li>❖ Closes April 21, 2022 @ 10 PM</li> <li>❖ Under "Examinations" tab</li> </ul> </li> </ul>
April 22	Presentations: <ul style="list-style-type: none"> <li>• Preventing Sudden Death in Sports</li> <li>• Management of the Athlete with Type 1 Diabetes Mellitus</li> <li>• Acute Management of the Cervical Spine – Injured Athlete</li> </ul>	Due in class
April 25	Presentations: <ul style="list-style-type: none"> <li>• Anabolic – Androgenic Steroids;</li> <li>• Safe Weight Loss and Maintenance Practices in Sport and Exercise;</li> <li>• Head-Down Contact and Sparring in Tackle Football</li> </ul>	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 13</li> </ul>

Date:	Topic:	Assignments/Exams/Due Dates
April 27	Presentations: <ul style="list-style-type: none"> <li>• Preventing, Detecting, and Managing Disordered Eating in Athletes</li> <li>• Community Acquired MRSA Infections</li> <li>• Lightning Safety for Athletics and Recreation</li> </ul>	Due in class
April 29	Presentations: <ul style="list-style-type: none"> <li>• Management of Asthma in Athletes</li> <li>• Exertional Heat Illnesses</li> <li>• Sickle Cell Trait and the Athlete</li> </ul>	Due in class
May 2	Presentations: <ul style="list-style-type: none"> <li>• Environmental Cold Injuries</li> <li>• Commotio Cordis</li> <li>• Fluid Replacement for the Physically Active</li> </ul>	Due in class: <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> Journal 14</li> </ul>
May 4	Presentations: <ul style="list-style-type: none"> <li>• Emergency Planning in Athletics</li> <li>• Management of Acute Skin Trauma</li> </ul>	Due in class
May 6	Presentations: <ul style="list-style-type: none"> <li>• Recommendations for Developing a Plan to Recognize and Refer Student-Athletes with Psychological Concerns at the Collegiate Level</li> </ul>	Due in class
May 11	<b>Final Examination</b>	Due by 12:00 PM <ul style="list-style-type: none"> <li>• <b>Complete &amp; Submit</b> <ul style="list-style-type: none"> <li>❖ Opens: May 11, 2022 at 6 AM</li> <li>❖ Closes: May 11, 2022 at 12:00 PM (noon)</li> <li>❖ Comprehensive</li> <li>❖ Format: Multiple Choice; True/False</li> <li>❖ 1 attempt</li> <li>❖ Respondus LockDown Browser &amp; Monitor</li> <li>❖ Under “Assessments”; the “Examinations” tab.</li> </ul> </li> </ul>

## Skill Assessment Guidelines and Rules:

Skill Assessments need to be completed in the following manner. Assessments are not optional.

- Due by the assigned due date.
- Peer checked at least 24 hours prior to clinical preceptor check.
- Must schedule an approved time with your clinical preceptor to complete your skill assessment [up to clinical preceptor's discretion (i.e. 24 hours prior, 1 week in advance, etc.)]
- Must score an 80% or better on ALL skill assessments in ALL athletic training related courses in order to be certified to take your LAT exam.
- Must make an 80% or better on first attempt of a skill assessment with your clinical preceptor. Points for the class will be awarded based on the grading scales below.
- If you score below an 80% on the first attempt:
  - ❖ You are required to re-do that skill assessment with your clinical preceptor for a second attempt within 1 week from the assigned due date for a maximum of 20 points in the class.
  - ❖ A first attempt must be made by the assigned due date in order to perform a second attempt.
- If a first attempt is not made by the assigned due date, you will receive 0 points for that skill assessment in the class. (However, you must make an 80% or better to be certified to take your LAT exam. The date and time will be scheduled by at your clinical preceptor by the end of the current semester.)

First Attempt	Class Grading Scale	Second Attempt	Class Grading Scale
90-100%	40 points	90-100%	20 points
80-89%	20 points	80-89%	10 points
70-79%	5 points	<79%	0 points
<69%	0 points		

Due Date:	Skill Assessment:
Monday, January 31	General History and Inspection
Monday, February 21	Equipment Fitting
Friday, March 11	Wound Care
Monday, April 11	General Palpations and SOAP Note
Monday, May 2	Flexibility/Stretching

# Journal Entry Assignment Guidelines

## Journal Entry:

The weekly journal entry is a written 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.

## [Examples of Journal Styles](#)

### Guidelines:

1. Entries must be typed and/or word-processed on the journal entry template provided on Blackboard.
2. The entry must be at a minimum of 500 words; 11point; in "Arial" 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 14 journal entries at 5 points each. The journal must be submitted on time, in the correct format, signed by a clinical preceptor to receive the 5 points for the assignment. Your opinion is not being graded. In other words, "if you do all of the parts of the assignment correctly, you get the 5 points. If you choose not to do the assignment, you get 0 points."
5. Confidentiality applies when writing your journal. Do not use patients' names in your reflection.
6. The journal entry must be signed by your clinical preceptor before you submit the entry.
7. Entries are due on Mondays before class starts. No email or online submissions will be graded. No late submissions will be accepted.

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?
- Why did my clinical preceptor ask me to do a certain task?

## Beezus Note

The "Beezus Note" was created by one of the upper classmen in order to assist the younger students in getting involved in the athletic training room. You are required to submit a "Beezus Note" with each journal entry. A copy of the "Beezus Note" is provided on your Blackboard page. The total points for both the journal entry and the "Beezus Note" is 10. The binder (notebook) that was requested for you to have, this is where you will house your journal entries and "Beezus Notes". Make sure that you have 14 copies in your binder (notebook) that you can fill out and submit with your journal. The journal and note will be in a section of your binder

(notebook) that you will keep in the athletic training room and/or in your backpack. This should facilitate getting your journals and notes signed. Your journal and "Beezus Note" must be signed by your Clinical Preceptor.

You will turn in the journal entry and "Beezus Note" to me on Mondays before class starts.

Dates of Journals:

Week	Journal	Due Dates
Wk. 1	Journal 1	January 24, 2022
Wk. 2	Journal 2	January 31, 2022
Wk. 3	Journal 3	February 7, 2022
Wk. 4	Journal 4	February 14, 2022
Wk. 5	Journal 5	February 21, 2022
Wk. 6	Journal 6	February 28, 2022
Wk. 7	Journal 7	March 7, 2022
Wk. 8	Journal 8	March 21, 2022
Wk. 9	Journal 9	March 28, 2022
Wk. 10	Journal 10	April 4, 2022
Wk. 11	Journal 11	April 11, 2022
Wk. 12	Journal 12	April 18, 2022
Wk. 13	Journal 13	April 25, 2022
Wk. 14	Journal 14	May 2, 2022

## Vocabulary Note Cards

This assignment is to facilitate your knowledge about terminology used in athletic training/sports medicine/health and medical professions. You will be assigned terms from each chapter in all of the textbooks that are required for this course. You will find a section on your Blackboard page with each chapter, from each textbook, terms, and the due date. You will submit your cards to me by the due date before class starts. You will need to pick up your cards as soon as I can grade them.

### Guidelines:

1. Print term on one side of card.
2. Write out a definition and/or an explanation of the term on the opposite side. You need to draw a diagram and/or a picture with the definition and/or explanation.
3. Resources: please use a medical dictionary, the glossary in your textbook, and/or the definition and/or explanation from the text.
4. Please use 3x5 or 4x6 note cards. Do not use pieces for notebook paper, paper from a spiral notebook, and/or printer paper. Please do not use electronic note cards or flash cards. I want you to have your note cards with you to study at all times.

### Grading:

There is a total of 90 terms for the entire course. Each note card is worth one point (1). Total point value is 90. You will receive points for the correct term and definition/explanation.

### Vocabulary Note Cards:

Chapter/Textbook:	Due Date:
Chapter 9 – Principles of Athletic Training	January 24, 2022
Chapter 10 – Principles of Athletic Training	January 26, 2022
Chapter 7 – Principles of Athletic Training	February 11, 2022

## Professionalism:

You as a student are responsible for your academic career. The Athletic Training Specialization faculty and clinical preceptors expect you to develop certain attributes and qualities as a professional athletic trainer. One attribute is to establish professional goals and develop and foster professional relationships.

In order to reach your goal to become a licensed professional, here are some priorities that must be met:

### A. Academic Endeavors

Your courses should be your first priority. Academic endeavors must be pursued rigorously. This means all of your courses. Attending class, supplemental instruction, study hours, and study sessions should be your main focus. For every hour of course work you take, you should spend approximately 3 hours studying. For example – if you have 15 credit hours, you should spend a minimum of 45 hours a week in study and preparation for those courses. You need to be present for all courses no matter if the professor/instructor has an attendance policy or not. If you are ill, please seek medical attention. You will need to provide medical documentation to return to classes and clinical hours.

### B. Clinical Experience

Clinical experiences and opportunities should be your second priority. Your clinical hours should be viewed as another learning opportunity and an extension of what you are learning in the classroom. You need to establish professional habits while in the clinical setting. Some of these habits and actions include but are not limited to:

- Dressing appropriately and being in professional work attire
- Actively seeking learning opportunities in the clinical setting
- Being productive in the clinical setting
- Practicing your knowledge, skills, and abilities while in the clinical setting with the guidance of your clinical preceptors
- Developing professional relationships with your clinical preceptors
- Being punctual and/or early to your clinical rotation

### C. College life

I understand and acknowledge your need to be social and possess healthy relationships with your peers, but this should not be a priority for your entire academic career. Starting this semester, you may study in the athletic training facility from 7 am to 12 pm, but in the afternoons you will no longer will be allowed to study and do homework at the expense of patient care, and your athletic training knowledge, skills, and abilities. In other words, “no more sitting at the counter, hiding in the athletic training facility, and/or sitting in your clinical preceptor’s office” to avoid participating in patient care and learning opportunities.

### Statement of Acknowledgement:

My signature is my acknowledgement that I have read the syllabus and “Professionalism Statement.”

\_\_\_\_\_  
Signature:

\_\_\_\_\_  
Date:

*Please print and return to Sherry Ann Miller by the second course day.*

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- i <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
  - ii <https://www.angelo.edu/services/disability-services/>
  - iii <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>
  - iv <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
  - v [https://www.angelo.edu/dept/writing\\_center/academic\\_honesty.php](https://www.angelo.edu/dept/writing_center/academic_honesty.php)
  - vi <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>
  
  - vii <https://www.angelo.edu/student-handbook/>
  - viii <https://www.angelo.edu/catalogs/>