Prevention and Care of Activity Related Injuries

KIN 3360-030

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

**Term:** Spring 2019

**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 143

**Office Hours:** Monday & Wednesday: 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


Connect Plus required

**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 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 injuries present in emergency situations and in non-emergency situations.

4. The student will receive insight into prevention and care of activity related 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 anatomy of 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 attendance points are as follows:

- 100 points = 0 unexcused absences
- 90 points = 1 unexcused absences
- 80 points = 2 unexcused absences
- 70 points = 3 unexcused absences
- 60 points = 4 unexcused absences
- 50 points = 5 unexcused absences
- 40 points = 6 unexcused absences
- 30 points = 7 unexcused absences
- 20 points = 8 unexcused absences
- 10 points = 9 unexcused absences
- 0 points = 10 or more 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.

**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 online 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 250 points – the lowest online exam grade will be dropped.
2. Each student must successfully pass 4 Lab exams worth 200 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. Concussion Assessment lab is worth 20 points
7. Online assignments – 210 points total
8. Attendance points – 100 points
9. Final examination is comprehensive. 100 points total.
10. 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.
11. No make-up lab exams will be allowed unless prior arrangements have been made with the instructor. No online exam and/or online homework will be extended.

12. 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.

13. Two extra credit opportunities will be offered during the semester.

14. The cumulative points for this course are 1000. Your grade is based off the following ranges:

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>900 to 1000</td>
<td>A</td>
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<tr>
<td>800 to 899.999</td>
<td>B</td>
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<tr>
<td>700 to 799.999</td>
<td>C</td>
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<tr>
<td>600 to 699.999</td>
<td>D</td>
</tr>
<tr>
<td>500 to 599.999</td>
<td>F</td>
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</tbody>
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**Tentative Daily Schedule:**

January 14: Course Syllabus; Presentation topics

January 16: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
   Chapter 9 assignment due

December 18: Chapter 10: Tissue Response to Injury
   Chapter 10 assignment due

January 21: **University Holiday – No class**

January 23: Chapter 12: On the Field Acute Care and Emergency Procedures
   Chapter 12 assignment due

January 25: {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 28: **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   Online Exam 2: Chapter 12

January 30: **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
   Online Exam 3: Chapters 1 & 3

February 1: **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
   NATA Statement Notebook due

February 4: **Lab Exam One** {Lab examinations start at 7 am in the morning. Please plan accordingly}

February 6: CPR/AED {Certification is 21 dollars. Money is due by February 11, 2019}

February 8: CPR/AED {Certification is 21 dollars. Money is due by February 11, 2019}

February 11: CPR/AED and **CPR/AED exam**

February 13: Chapter 25: The Spine; Cervical collars
   Chapter 25 assignment due

February 15: Chapter 27: The Thorax and Abdomen/ **Lab Two** – Spine boarding and splinting
   Chapter 27 assignment due

February 18: **Lab Two** – Spine boarding and splinting
   Online Exam 4: Chapters 25 & 27

February 20: {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 22: Lab Two – Spine boarding and splinting
   Online Exam 5: Chapters 7 & 8

February 25: Lab Two – Spine boarding and splinting

February 27: Lab Exam Two {Lab examinations start at 7 am in the morning. Please plan accordingly}

March 1: Chapter 13: Off the Field Injury Evaluation
   Chapter 13 assignment due

March 4: Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
   Chapter 14 assignment due
   Online Exam 6: Chapters 13 & 14

March 6: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat
   Chapter 26 assignment due

March 8: Concussion Assessment Lab

March 11-15: University Holiday; no classes

March 18: 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

March 20: 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

March 25: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

March 27: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

March 29: Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}

April 1: 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 3: 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 5: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

April 8: 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 10: 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 12: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

April 15: Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}
April 17: Chapter 6: Environmental Considerations; Chapter 28: Skin Disorders
Chapter 6 & Chapter 28 assignments due
Online Exam 11: Chapters 6 & 28

April 19: Presentations

April 22: Presentations:
   - Anabolic – Androgenic Steroids;
   - Preventing, Detecting, and Managing Disordered Eating in Athletes
   - Community Acquired MRSA Infections

April 24: Presentations:
   - Skin Disease
   - Management of the Athlete with Type 1 Diabetes Mellitus
   - Management of Sport Related Concussion

April 26: Presentations:
   - Environmental Cold Injuries
   - Management of Asthma in Athletes
   - Acute Management of the Cervical Spine – Injured Athlete

April 29: Presentations:
   - Head-Down Contact and Spearing in Tackle Football
   - Fluid Replacement for the Physically Active
   - Exertional Heat Illnesses

May 1: Presentations:
   - Safe Weight Loss and Maintenance Practices in Sport and Exercise;
   - Lightning Safety for Athletics and Recreation

May 3: Course wrap up

May 6: Final Exam at 10:30 am – 12:30 pm

Extra Credit Opportunities:
You are afforded the opportunity to complete the following assignments for extra credit points. Each opportunity must have the following format:

1. A minimal of two pages of body of text.
2. A cover page with you name, date, course name and number, and instructor’s name.
3. A reference page with citation in APA format. Documentation in the body of the paper needs to be APA.
4. 11 point font with one inch margins and singled spaced.

First opportunity:
“The Evolution of Spine boarding in Athletics of an injured football player.” Must include equipment considerations and research as to why or why not equipment and/or procedures are used.
25 points
Due before or by March 4, 2019 at the beginning of class time. Papers will not be considered after class or through email.

Second opportunity:
25 points
Due before or by April 17, 2019 at the beginning of class time. Papers will not be considered after class or through email.
Signature of Compliance with Syllabus KIN 33600

I, ________________________________, have read and comprehend the syllabus for KIN 3360. It is my responsibility to be in compliance with this syllabus for this course. If there are questions or concerns, it is my responsibility to ask these questions and address my concerns within the first two days of the course schedule.

_________________________________________  ________________________________
Student’s signature                                   Date

Print and return to instructor by the second day of the course.