Prevention and Care of Activity Related Injuries

KIN 3360-010

Instructor: Sherry Ann Miller, ATC, LAT

Term: Summer I 2019

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

Course Days: Monday, Tuesday, Wednesday, Thursday, and Friday: 8:00 am to 9:45 am in CHP 143

Office Hours: Monday through Thursday: 10:00 am to 12:00 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 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 athletic injuries pertaining to emergency and non-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 this course for which they are registered. An accurate record of attendance for each student is maintained by the instructor. Attendance points are as follows:

- 100 points = 0 unexcused absences
- 80 points = 1 unexcused absences
- 60 points = 2 unexcused absences
- 40 points = 3 unexcused absences
- 20 points = 4 unexcused absences
- 0 points = 5 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. To be considered excused, I will need documentation stating that you were not able to be in class. (ie: A physician's note requesting that you are not to be in class due to an illness). It is your responsibility for letting the instructor know, and bringing required documentation the first class day back. Please understand that being late to class 10 minutes and beyond will be counted as an unexcused absence. Attendance points are 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 necessary.
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 to 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 250 points – the lowest exam grade will be dropped. This will be applied at the end of the semester.
2. Each student must successfully pass 4 Lab exams worth 200 points total
3. Position statement notebook worth 75 points.
4. Concussion Assessment Lab is worth 20 points
5. Presentations over position statements worth 25 points
6. CPR/AED exam 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 exams will be allowed unless prior arrangements have been made with the instructor. Online homework and/or exam will not 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. The cumulative points for this course are 1000. Your grade is based off the following ranges:
   - 900 to 1000 = A
   - 800 to 899.999 = B
   - 700 to 799.999 = C
   - 600 to 699.999 = D
   - 500 to 599.999 = F

**Tentative Daily Schedule:**

June 3: Course Syllabus; Presentation topics
   - On your own: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma; Chapter 10: Tissue Response to Injury
   - In class: Chapter 12: On the Field Acute Care and Emergency Procedures
   - Chapter 9 and Chapter 10 assignments due; Chapter 12 assignment due

June 4: One your own: Chapter 1: The Athletic Trainer as a Health Care Provider; Chapter 3: Legal Concerns and Insurance Issues
   - In class: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   - Online Exam 1: Chapters 9 & 10; Online Exam 2: Chapter 12
   - Chapter 1 and 3 assignments due

June 5: Lab One – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   - Online Exam 3: Chapters 1 & 3

June 6: Lab Exam One (Lab examinations start at 7 am in the morning. Please plan accordingly)
   - NATA Statement Notebook due

June 7: CPR/AED (Certification is 23 dollars. Money is due by June 10, 2019)

June 10: CPR/AED exam (In class)
   - Class starting at 9:00 am after CPR/AED exam: Chapter 25: The Spine; Cervical collars: Chapter 27: The Thorax and Abdomen; Lab Two – Spine boarding and Splinting
   - Chapter 25 and Chapter 27 assignments due
   - Online Exam 4: Chapters 25 & 27

June 11: Lab Two – Spine boarding and Splinting
   - On your own: Chapter 7: Protective Equipment; Chapter 8: Wrapping and Taping
   - Chapter 7 and 8 assignments due
   - Online Exam 5: Chapters 7 & 8

June 12: Lab Two – Spine boarding and Splinting
   - One your own: Chapter 13: Off the Field Injury Evaluation; Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
   - Chapter 13 and Chapter 14 assignments due
   - Online Exam 6: Chapters 13 & 14

June 13: Lab Exam Two (Lab examinations start at 7 am in the morning. Please plan accordingly)
   - Class starting at 8:30 am after Lab Two exam: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat; PEARL; Cranial Nerves
   - Chapter 26 assignment due

June 14: Concussion Assessment Lab
   - 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  
June 17: 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  
June 19: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity  
June 20: Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping) (Lab examinations start at 7 am in the morning. Please plan accordingly)  
June 21: 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  
June 24: 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  
June 25: 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  
June 26: 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  
June 27: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower Extremity  
On your own: Chapter 6: Environmental Considerations  
Chapter 6 assignment due  
June 28: Lab Exam Four (Lower Extremity Evaluation, Bandaging, and Taping) (Lab examinations start at 7 am in the morning. Please plan accordingly)  
On your own: Chapter 28: Skin Disorders  
Chapter 28 assignment due  
Online Exam 11: Chapters 6 & 28  
July 1: Presentations:  
Anabolic – Androgenic Steroids; Community Acquired MRSA Infections  
Safe Weight Loss and Maintenance Practices in Sport and Exercise  
Preventing, Detecting, and Managing Disordered Eating in Athletes  
Skin Disease; Management of Sport Concussion  
Management of the Athlete with Type 1 Diabetes Mellitus  
July 2: Presentations:  
Management of Asthma in Athletes; Lightning Safety for Athletics and Recreation  
Head-Down Contact and Spearing in Tackle Football; Fluid Replacement for the Physically Active  
Exertional Heat Illnesses; Environmental Cold Injuries  
Acute Management of the Cervical Spine – Injured Athlete  
July 3: Final Exam at 8:00 am – 9:45 am
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