

Prevention and Care of Activity Related Injuries

KIN 3360-030

Instructor: Sherry Ann Miller, ATC, LAT

Term: Fall 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.

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Required Textbook (ebook): Prentice, W.E. (2017) Principles of Athletic Training: A Competency Based Approach, 16th ed. McGrawHill.

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

900 to 1000 = A	600 to 699.999 = D
800 to 899.999 = B	500 to 599.999 = F
700 to 799.999 = C	

Tentative Daily Schedule:

August 26: Course Syllabus; Presentation topics

August 28: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
[Chapter 9 assignment due](#)

August 30: Chapter 10: Tissue Response to Injury
[Chapter 10 assignment due](#)

September 2: **University Holiday – No class**

September 4: Chapter 12: On the Field Acute Care and Emergency Procedures
[Chapter 12 assignment due](#)

September 6: {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](#)

September 9: *Lab One* – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
[Online Exam 2: Chapter 12](#)

September 11: *Lab One* – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
[Online Exam 3: Chapters 1 & 3](#)

September 13: *Lab One* – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
[NATA Statement Notebook due](#)

September 16: **Lab Exam One {Lab examinations start at 7 am in the morning. Please plan accordingly}**

September 18: CPR/AED {Certification is 23 dollars. Money is due by September 23, 2019}

September 20: CPR/AED {Certification is 23 dollars. Money is due by September 23, 2019}

September 23: CPR/AED and **CPR/AED exam**

September 25: Chapter 25: The Spine; Cervical collars
[Chapter 25 assignment due](#)

September 27: Chapter 27: The Thorax and Abdomen/ *Lab Two* – Spine boarding and splinting
[Chapter 27 assignment due](#)

September 30: *Lab Two* – Spine boarding and splinting
[Online Exam 4: Chapters 25 & 27](#)

October 2: {On your own} – Chapter 7: Protective equipment; Chapter 8: Wrapping and Taping/ *Lab Two* – Splinting and Spine boarding
[Chapter 7 and 8 assignments due](#)

- October 4: *Lab Two* – Spine boarding and splinting
Online Exam 5: Chapters 7 & 8
- October 7: *Lab Two* – Spine boarding and splinting
- October 9: **Lab Exam Two {Lab examinations start at 7 am in the morning. Please plan accordingly}**
- October 11: Chapter 13: Off the Field Injury Evaluation
Chapter 13 assignment due
- October 14: Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
Chapter 14 assignment due
Online Exam 6: Chapters 13 & 14
- October 16: Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat
Chapter 26 assignment due
- October 18: Concussion Assessment Lab
- October 21: *Presentations:*
Anabolic – Androgenic Steroids;
Preventing, Detecting, and Managing Disordered Eating in Athletes
Community Acquired MRSA Infections
- October 23: *Presentations:*
Skin Disease
Management of the Athlete with Type 1 Diabetes Mellitus
Management of Sport Related Concussion
- October 25: *Presentations:*
Environmental Cold Injuries
Management of Asthma in Athletes
Acute Management of the Cervical Spine – Injured Athlete
- October 28: *Presentations:*
Head-Down Contact and Spearing in Tackle Football
Fluid Replacement for the Physically Active
Exertional Heat Illnesses
- October 30: *Presentations:*
Safe Weight Loss and Maintenance Practices in Sport and Exercise;
Lightning Safety for Athletics and Recreation
- November 1: 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
- November 4: Chapter 23: The Elbow/ *Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
Chapter 23 assignment due
- November 6: Chapter 24: The Forearm, Wrist, Hand, and Fingers/*Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
Chapter 24 assignment due
Online Exam 8: Chapters 23 & 24
- November 8: *Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
- November 11: *Lab Three*: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity
- November 13: **Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}**

November 15: 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

November 18: 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

November 20: *Lab Four*: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

November 22: 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

November 25: 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

November 27 – 29, 2019: **University Holiday**

December 2: *Lab Four*: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

December 4: **Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}**

December 6: Chapter 6: Environmental Considerations; Chapter 28: Skin Disorders

Chapter 6 & Chapter 28 assignments due

Online Exam 11: Chapters 6 & 28

December 9: **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 October 11, 2019 at the beginning of class time. Papers will not be considered after class or through email.

Second opportunity:

"Natasha's Law: the Evolution of Concussion Assessment."

25 points

Due before or by November 22, 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
Print Full name
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.