Prevention and Care of Activity Related Injuries
KIN 3360-010 & 020

Instructor: Randell (Randy) Matthews, ATC, LAT

Term: Spring 2020

Office: Center of Human Performance (CHP) 104; 942-2173 (Kinesiology)

Course Days: {010} Monday, Wednesday, and Friday: 8:00 am to 8:50 am in CHP 143
{020} Monday, Wednesday, and Friday: 9:00 am to 9:50 am in CHP 143

Office Hours: By appointment only

E-mail: rmatthews@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.
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.

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.

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. For more information about the application process and requirements, visit the Student Disability Services website. 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
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 for more information.

Plagiarism
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy 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.
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 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 Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@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.

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

**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:

<table>
<thead>
<tr>
<th>Points</th>
<th>Absences</th>
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</thead>
<tbody>
<tr>
<td>100</td>
<td>0 unexcused absences</td>
</tr>
<tr>
<td>90</td>
<td>1 unexcused absences</td>
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<tr>
<td>80</td>
<td>2 unexcused absences</td>
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<tr>
<td>70</td>
<td>3 unexcused absences</td>
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<td>60</td>
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<td>6 unexcused absences</td>
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<td>7 unexcused absences</td>
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<td>8 unexcused absences</td>
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<tr>
<td>10</td>
<td>9 unexcused absences</td>
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<tr>
<td>0</td>
<td>10 or more unexcused absences</td>
</tr>
</tbody>
</table>

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. Documentation of absence will need to be presented in order for the absence will be 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
   - 800 to 899.999 = B
   - 700 to 799.999 = C
   - 600 to 699.999 = D
   - 500 to 599.999 = F

**Tentative Daily Schedule:**

January 13: Course Syllabus; Presentation topics

January 15: Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma
   - Chapter 9 assignment due

January 17: Chapter 10: Tissue Response to Injury
   - Chapter 10 assignment due

January 20: **University Holiday – No class**

January 22: Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions
   - Chapter 14 assignment due
   - Online Exam 1: Chapters 9 & 10

January 24: Chapter 12: On the Field Acute Care and Emergency Procedures
   - Chapter 12 assignment due
   - Online Exam 2: Chapters 12 & 14

January 27: (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

January 29: **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters
   - Online Exam 3: Chapters 1 & 3

January 31: **Lab One** – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
February 3: *Lab One* – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters/Primary and Secondary surveys
NATA Statement Notebook due

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

February 7: CPR/AED {Certification is 23 dollars. Money is due by February 12, 2020}

February 10: CPR/AED {Certification is 23 dollars. Money is due by February 12, 2020}

February 12: CPR/AED and *CPR/AED exam*

February 14: Chapter 25: The Spine; Cervical collars
   Chapter 25 assignment due

February 17: Chapter 27: The Thorax and Abdomen/ *Lab Two* – Spine boarding and splinting
   Chapter 27 assignment due

February 19: *Lab Two* – Spine boarding and splinting
   Online Exam 4: Chapters 25 & 27

February 21: {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 24: *Lab Two* – Spine boarding and splinting
   Online Exam 5: Chapters 7 & 8

February 26: *Lab Two* – Spine boarding and splinting

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 4: Concussion Presentation
   Online Exam 6: Chapter 26

March 6: Concussion Assessment Lab

March 9 – 13, 2020 *Spring Break, University Holiday*

March 16: *Presentations*:
   Anabolic – Androgenic Steroids; Preventing, Detecting, and Managing Disordered Eating in Athletes
   Community Acquired MRSA Infections
   Head-Down Contact and Spearing in Tackle Football

March 18: *Presentations*:
   Skin Disease
   Management of the Athlete with Type 1 Diabetes Mellitus
   Management of Sport Related Concussion
   Environmental Cold Injuries

March 20: *Presentations*:
   Fluid Replacement for the Physically Active
   Management of Asthma in Athletes
   Acute Management of the Cervical Spine – Injured Athlete
March 23: Presentations:
- Safe Weight Loss and Maintenance Practices in Sport and Exercise
- Lightning Safety for Athletics and Recreation
- Exertional Heat Illnesses

March 25: Chapter 13: Off the Field Injury Evaluation
Chapter 13 assignment due

March 27: 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 13 & 22

March 30: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

April 1: 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

April 6: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

April 8: Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity

April 10: University Holiday

April 13: Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}

April 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

April 17: 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 20: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity

April 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

April 24: 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 27: Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity
April 29: Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping)/ {Lab examinations start at 7 am in the morning. Please plan accordingly}

May 1: Chapter 6: Environmental Considerations; Chapter 28: Skin Disorders
Chapter 6 & Chapter 28 assignments due
Online Exam 11: Chapters 6 & 28

May 4: {010} Final Exam at 8:00 am – 10:00 am
May 6: {020} Final Exam at 8:00 am – 10:00 am
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 format.
4. 11 point font with one inch margins and singled spaced.

Grading rubric is 20 points for the research, and 5 points for the formatting of the paper. Neither opportunity is an article for you to read. You will have to do research in order to write the paper.

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 6, 2020 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 24, 2020 at the beginning of class time. Papers will not be considered after class or through email.
Signature of Compliance with Syllabus KIN 3360

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.

End of Syllabus

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

vi https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of