

Prevention and Care of Activity Related Injuries and Illnesses

KIN 3360-030

Instructor: Sherry Ann Miller, ATC, LAT

Term: Spring 2021

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

Course Days: Monday, Wednesday, & Friday – 10:00 am to 10:50 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

Required Textbook: (ebook): Prentice, W.E. (2021) Principles of Athletic Training: A Competency Based Approach, 17th 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.

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.

Course Delivery:

This is hybrid course offering. This course has an online component in addition to a “face to face” 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
- 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.

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](#).ⁱ

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](#).ⁱⁱ 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](#)ⁱⁱⁱ for more information.

Plagiarism:

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)^{iv} 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](#).^v

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](#)^{vi} 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

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 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](#)^{vii}
- [Angelo State University Catalog](#)^{viii}

Student Responsibility and Attendance:

This course is a hybrid 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 during the 7 ½ weeks “hands on portion”. Ten (10) points for each absence.**

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. 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.
3. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
4. Punctuality is a must.
5. Please be dressed appropriately for class especially on days we do activities.
6. 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.
7. 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 everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

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. Be prepared to show “wellness badge” before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.
5. 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:

First option:

- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician’s instructions

Second option:

- 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 pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

Required Use of Masks/Facial Coverings by Students in Class at Angelo State University

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory [Facial Covering Policy](#) to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Course Requirements:

1. Each student must successfully pass 13-chapter exams online. Total of 300 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. Quizzes over eleven (11) Journal Articles – 10 points each for a total of 110 points
4. Concussion Assessment is worth 20 points. Lab on Blackboard.
5. CPR/AED exam is worth 20 points. Exam on Blackboard.

6. Online assignments – 250 points total

7. Final examination is comprehensive. 100 points total. Exam will be given on Blackboard.

8. Each exam will be in the format of: multiple choice, true/false, matching, fill in the blank, short answer, and essay.

9. The cumulative points for this course are 1000. Your grade is based off the following ranges. **This is not percentage points, and your grade will not be "round up":**

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 Schedule:

Online Portion of Course:

All assignments and exams are in "Learning Content" section under "Connect Assignments and Exams", unless otherwise specified.

| Date: | Topic: | Assignments/Exams/Due Dates |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| January 25, 2021 | First Day of Classes Orientation of Class <ul style="list-style-type: none"> Syllabus McGraw-Hill Connect Plus – assignments and exams Division of Class | Due by 11:30 PM <ul style="list-style-type: none"> Review Syllabus and mark on Blackboard Purchase Connect Plus |
| January 27 | Read Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions Review PPT for Ch. 14 | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Ch. 14 assignment |
| January 29 | Read Chapter 12: On the Field Acute Care and Emergency Procedures Review PPT for Ch. 12 | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Ch. 12 assignment |
| February 1 | | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Exam 1: Chapters 12 & 14 |
| February 3 | Read Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma Review PPT for Ch. 9 | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Ch. 9 assignment |
| February 5 | Read Chapter 10: Tissue Response to Injury Review PPT for Ch. 10 | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Ch. 10 assignment |
| February 8 | | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Exam 2: Chapters 9 & 10 |
| February 10 | Review CPR/AED Group A only | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit CPR/AED exam ❖ Group A only |
| February 12 | Journal Article #1 <ul style="list-style-type: none"> Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Journal Article Quiz #1 <ul style="list-style-type: none"> ❖ Under "Learning Content"; "Journal Articles & Quizzes" ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM Respondus LockDown Browser & Monitor |
| February 15 | Read Chapter 1: The Athletic Trainer as a Health Care Provider Review PPT for Ch. 1 | Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Ch. 1 assignment |

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| February 17 | Read Chapter 3: Legal Concerns and Insurance Issues Review PPT for Ch. 3 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 3 assignment |
| February 19 | Journal Article # 2 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 3: Chapters 1 & 3 • Complete & Submit Journal Article Quiz #2 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| February 22 | Read Chapter 25: The Spine; Cervical collars Review PPT for Ch. 25 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 25 assignment |
| February 24 | Read Chapter 27: The Thorax and Abdomen Review PPT for Ch. 27 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 27 assignment |
| February 26 | Journal Article #3 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 4: Chapters 25 & 27 • Complete & Submit Journal Article Quiz #3 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| March 1 | Read Chapter 7: Protective equipment Review PPT for Ch 7 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 7 assignment |
| March 3 | Read Chapter 8: Wrapping and Taping Review PPT for Ch. 8 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 8 assignment |
| March 5 | Journal Article #4 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 5: Chapters 7 & 8 • Complete & Submit Journal Article Quiz #4 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |

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| March 8 | Read Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat Review PPT for Ch. 26 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 26 assignment |
| March 10 | Journal Article #5 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 6: Chapter 26 • Complete & Submit Journal Article Quiz #5 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| March 12 | Read Chapter 13: Off the Field Injury Evaluation Review PPT for Ch. 13 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 13 assignment |
| March 15 | Read Chapter 22: The Shoulder Complex Review PPT for Ch. 22 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 22 assignment |
| March 17 | Journal Article #6 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 7: Chapters 13 & 22 • Complete & Submit Journal Article Quiz #6 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| March 19 | Read Chapter 23: The Elbow Review PPT for Ch. 23 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 23 assignment |
| March 22 | Read Chapter 24: The Forearm, Wrist, Hand, and Fingers Review PPT for Ch. 24 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 24 assignment |
| March 24 | Journal Article #7 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 8: Chapters 23 & 24 • Complete & Submit Journal Article Quiz #7 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LocDown Browser & Monitor |

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| March 26 | Read Chapter 21: The Thigh, Hip, Groin, and Pelvis Review PPT for Ch. 21 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 21 assignment |
| March 29 | Read Chapter 20: The Knee and Related Structures Review PPT for Ch. 20 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 20 assignment |
| March 31 | Journal Article #8 <ul style="list-style-type: none"> • Read article and Take notes for future reference Review CPR/AED <ul style="list-style-type: none"> • Group B only | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 9: Chapters 20 & 21 • Complete & Submit Journal Article Quiz #8 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| April 2 | University Holiday | No “in person” classes |
| April 5 | Read Chapter 19: The Ankle, and Lower Leg Review PPT for Ch. 19 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 19 assignment • Complete & Submit CPR/AED Exam <ul style="list-style-type: none"> ❖ Group B only |
| April 7 | Read Chapter 18: The Foot Review PPT for Ch. 18 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 18 assignment |
| April 9 | | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 10: Chapters 18 & 19 |
| April 12 | Journal Article #9 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Journal Article Quiz #9 <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| April 14 | Read Chapter 6: Environmental Considerations Review PPT for Ch. 6 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 6 assignment |
| April 16 | Read Chapter 28: Skin Disorders Review PPT for Ch. 28 | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 28 assignment |
| April 19 | | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 11: Chapters 6 & 28 |
| April 21 | Journal Article #10 <ul style="list-style-type: none"> • Read article and Take notes for future reference | Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Journal Article Quiz #10 |

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| | | <ul style="list-style-type: none"> ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| April 23 | <p>Read Chapter 4: Fitness and Conditioning Techniques Review PPT for Ch. 4</p> | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 4 assignment |
| April 26 | <p>Read Chapter 5: Nutrition and Supplements Review PPT for Ch. 5</p> | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 5 assignment |
| April 28 | | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Exam 12: Chapters 4 & 5 |
| April 30 | <p>Journal Article #11</p> <ul style="list-style-type: none"> • Read article and Take notes for future reference | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Journal Article Quiz #11 ❖ Under “Learning Content”; “Journal Articles & Quizzes” ❖ 1 attempt ❖ Opens at 6 AM ❖ Closes at 11:30 PM ❖ Respondus LockDown Browser & Monitor |
| May 3 | <p>Read Chapter 11: Psychological Intervention for Sport Injuries and Illnesses Review PPT for Ch. 11</p> | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 11 assignment |
| May 5 | <p>Read Chapter 17: Pharmacology, Drugs, and Sports Review PPT for Ch. 17</p> | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 17 assignment |
| May 7 | | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Exam 13: Chapters 11 & 17 |
| May 10 | Final Examination | <p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Opens: May 9, 2021 at 12 PM (noon) • Closes: May 10, 2021 at 11:30 PM • Comprehensive • Format: Multiple Choice; True/False • 1 attempt • Respondus LockDown Browser & Monitor • Under “Assessments”; the “Examinations” tab. |

“In Class” and/or “Hands on Activities”

Group A: First Seven ½ weeks:

| Date: | Topic/ “In class” | Assignment/Exam/Due Dates |
|-------------|--------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| January 27 | Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions | |
| January 29 | Chapter 12: On the Field Acute Care and Emergency Procedures | |
| February 1 | <i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters | |
| February 3 | <i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters, & Primary/Secondary surveys | |
| February 5 | Lab Exam One | Lab One Exam <ul style="list-style-type: none"> • In class • Practical skill assessment |
| February 8 | CPR/AED | |
| February 10 | CPR/AED | Due by 11:30 PM <ul style="list-style-type: none"> • CPR/AED exam <ul style="list-style-type: none"> ❖ Online only ❖ Pass with an 80% or better for certification ❖ Respondus LockDown Browser & Monitor ❖ Opens at 7 AM ❖ Closes at 11:30 PM ❖ 1 attempt ❖ Certification is 23 dollars ❖ Under “Assessments”; the “Examinations” tab |
| February 12 | <i>Lab Two</i> – Spine boarding and splinting | |
| February 15 | <i>Lab Two</i> – Spine boarding and splinting | |
| February 17 | <i>Lab Two</i> – Spine boarding and splinting | |
| February 19 | Lab Exam Two – Spine boarding & Splinting | Lab Exam Two <ul style="list-style-type: none"> • In class • Group grade |
| February 22 | Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat | |
| February 24 | Concussion Presentation | Due by 11:30 PM <ul style="list-style-type: none"> • Concussion Assessment Lab <ul style="list-style-type: none"> ❖ Online only ❖ Partner required |

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| | | <ul style="list-style-type: none"> ❖ Under “Learning Content”; the Laboratory Activities” tab ❖ In the “Concussion Assessment Tools and Laboratory” folder ❖ Submit through the assignment link on Blackboard; under ”Laboratory Activities”. |
| February 26 | <i>Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand;</i> Lab: Bandaging and Taping Upper Extremity | |
| March 1 | <i>Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand;</i> Lab: Bandaging and Taping Upper Extremity | |
| March 3 | <i>Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand;</i> Lab: Bandaging and Taping Upper Extremity | In class: <ul style="list-style-type: none"> • Sign-up sheet for exam time |
| March 5 | Lab Exam Three – Upper Extremity | Lab Exam Three <ul style="list-style-type: none"> • Upper extremity Evaluation, Bandaging, and Taping <ul style="list-style-type: none"> ❖ Lab examinations start at 7 am in the morning. Please plan accordingly |
| March 8 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | |
| March 10 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | |
| March 12 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | |
| March 15 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | In class: <ul style="list-style-type: none"> • Sign-up sheet for exam time |
| March 17 | Lab Exam Four – Lower extremity | Lab Exam Four <ul style="list-style-type: none"> • Lower extremity Evaluation, Bandaging, and Taping <ul style="list-style-type: none"> ❖ Lab examinations start at 7 am in the morning. Please plan accordingly |

“In Class” and/or “Hands on Activities”

Group B: Second Seven ½ weeks:

| Date: | Topic/ “In class” | Assignment/Exam/Due Dates |
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| March 19 | Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions | |
| March 22 | Chapter 12: On the Field Acute Care and Emergency Procedures | |
| March 24 | <i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters | |
| March 26 | <i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters, & Primary/Secondary surveys | |
| March 29 | Lab Exam One | Lab One Exam <ul style="list-style-type: none"> • In class • Practical skill assessment |
| March 31 | CPR/AED | |
| April 2 | University Holiday | No “in person” classes |
| April 5 | CPR/AED | Due by 11:30 PM <ul style="list-style-type: none"> • CPR/AED exam <ul style="list-style-type: none"> ❖ Online only ❖ Pass with an 80% or better for certification ❖ Respondus LockDown Browser & Monitor ❖ Opens at 7 AM ❖ Closes at 11:30 PM ❖ 1 attempt ❖ Certification is 23 dollars ❖ Under “Assessments”; the “Examinations” tab |
| April 7 | <i>Lab Two</i> – Spine boarding and splinting | |
| April 9 | <i>Lab Two</i> – Spine boarding and splinting | |
| April 12 | <i>Lab Two</i> – Spine boarding and splinting | |
| April 14 | Lab Exam Two – Spine boarding & Splinting | Lab Exam Two <ul style="list-style-type: none"> • In class • Group grade |
| April 16 | Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat | |
| April 19 | Concussion Presentation | Due by 11:30 PM <ul style="list-style-type: none"> • Concussion Assessment Lab <ul style="list-style-type: none"> ❖ Online only |

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| | | <ul style="list-style-type: none"> ❖ Partner required ❖ Under “Learning Content”; the Laboratory Activities” tab ❖ In the “Concussion Assessment Tools and Laboratory” folder ❖ Submit through the assignment link on Blackboard – Under “Laboratory Activities” |
| April 21 | <i>Lab Three:</i> Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity | |
| April 23 | <i>Lab Three:</i> Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity | |
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| April 26 | <i>Lab Three:</i> Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity | In class: <ul style="list-style-type: none"> • Sign-up sheet for exam time |
| April 28 | Lab Exam Three – Upper extremity | Lab Exam Three <ul style="list-style-type: none"> • Upper extremity Evaluation, Bandaging, and Taping <ul style="list-style-type: none"> ❖ Lab examinations start at 7 am in the morning. Please plan accordingly |
| April 30 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | |
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| May 3 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | |
| May 5 | Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity | In class: <ul style="list-style-type: none"> • Sign-up sheet for exam time |
| May 7 | Lab Exam Four – Lower Extremity | Lab Exam Four <ul style="list-style-type: none"> • Lower extremity Evaluation, Bandaging, and Taping <ul style="list-style-type: none"> ❖ Lab examinations start at 7 am in the morning. Please plan accordingly |

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>

^{vii} <https://www.angelo.edu/student-handbook/>

^{viii} <https://www.angelo.edu/catalogs/>