

Prevention and Care of Activity Related Injuries and Illnesses

KIN 3360-040

Instructor: Sherry Ann Miller, ATC, LAT

Term: Spring 2021

Office: Center of Human Performance (CHP) 104; 325-942-2173(Kinesiology)/325-486-6171(Direct)

Course Days: Monday, Wednesday, & Friday – 11:00 am to 11:50 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

Beam, J.W. (2017) Orthopedic Taping, Wrapping, Bracing, and Padding, 3rd ed. F.A. Davis.

Rehberg, R.S., et al. (2018) Sports Emergency Care: A Team Approach, 3rd ed. SLACK, Inc.

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 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.

K. identify the physiological effects of conditioning in regards to cardiorespiratory and muscular systems.

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.](#)¹

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.miller@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. Ten (10) points for each absence. Must have medical documentation to return to class and clinical rotations from any and all illnesses.**

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/labs.
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

In 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 4-chapter exams worth 475 points total.
2. Each student must successfully pass 4 Lab exams worth 325 points total
3. Position statement notebook worth 125 points. (Posted on Blackboard)
4. Presentations over position statements worth 25 points each for a total of 75 points (Posted on Blackboard)
5. Online assignments – 220 points possible
6. Final examination is comprehensive. 100 points total.
7. 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.
8. No make-up exams will be allowed unless prior arrangements have been made with the instructor. No online exam will be extended without prior arrangements
9. Journals/ "Beezus" Notes – 14 weeks at 10 points each – 140 points {Guidelines provided at end of syllabus}
10. Clinical Hours – 100 points
11. Any Athletic Training Specialization student who is ill and misses class due to that illness must bring documentation from a physician that they can return to class and clinical observation rotations.
12. Clinical Skill Assessments: 10 @ 40 points each. 400 points total. You have an opportunity for bonus points by attending 6 study sessions with Ms. Angie Carmouche. Each study session is 10 points for a total of 60 points maximum.

Clinical Hours:		Clinical Skill Assessment:	
240-300 hours	100 points	90-100% of assessment correct	40 points
165-239 hours	70 points	80-89.99% of assessment correct	20 points
105-164 hours	40 points	70-79.99% of assessment correct	5 points
45-104 hours	10 points	69.99% and below	0 points
0-44 hours	0 points		

13. The cumulative points for this course are 1960. Your grade is based off the following ranges. **This is not percentage points, and your grade will not be "rounded up":**

- 1764 - 1960 = A
- 1568 – 1763.999 = B
- 1372 – 1567.999 = C
- 1176 – 1371.999 = D
- 980 – 1175.999 = F

Tentative Schedule:

Date:	Topic:	Assignments/Exams/Due Dates
January 25, 2021	First Day of Classes Orientation of Class <ul style="list-style-type: none"> • Syllabus • Presentations • McGraw-Hill Connect Plus – assignments 	Due by 10:00 PM <ul style="list-style-type: none"> • Review Syllabus and mark on Blackboard • Purchase Connect Plus
January 27	Read Chapter 9: Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma Review PPT for Ch. 9	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 9 assignment
January 29	Read Chapter 10: Tissue Response to Injury Review PPT for Ch. 10	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 10 assignment
February 1	Read Chapter 12: On the Field Acute Care and Emergency Procedures Review PPT for Ch. 12 In class – Primary and Secondary Surveys	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 1 • Complete & Submit Ch. 12 assignment
February 3	Read Chapter 1: The Athletic Trainer as a Health Care Provider Review PPT for Ch. 1 In class – Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 1 assignment
February 5	Read Chapter 3: Legal Concerns and Insurance Issues Review PPT for Ch. 3 In class – Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations; Primary & secondary surveys	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 3 assignment
February 8	In class – Lab One – Blood pressure, pulses, respirations, Epi-pen, Rescue Inhalers, Peak Flow meters, & Heart and Lung Auscultations; Primary & secondary surveys	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 2 • Complete & submit NATA Statement Notebook
February 10	Lab Exam One {Lab examinations start at 7 am in the morning. Please plan accordingly}	Due by 10:00 PM <ul style="list-style-type: none"> • Written Exam One <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt

		<ul style="list-style-type: none"> ❖ Covers Chs. 1, 3, 9, 10, & 12 ❖ Open February 10, 2021 @ 7 AM ❖ Closes February 12, 2021 @ 10 PM ❖ Under "Examinations" tab
February 12	<p>Read Chapter 25: The Spine Review PPT for Ch. 25 In class – Cervical collars</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 25 assignment
February 15	<p>Read Chapter 27: The Thorax and Abdomen Review PPT for Ch. 27 In class – Rebound tenderness</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Journal 3 • Complete & Submit Ch. 27 assignment
February 17	In class – Lab Two – Spine boarding and Splinting	
February 19	In class – Lab Two – Spine boarding and Splinting	
February 22	<p>Read Chapter 7: Protective Equipment Review PPT for Ch. 7 In class – Lab Two – Spine boarding and Splinting</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Journal 4 • Complete & Submit Ch. 7 assignment
February 24	<p>Read Chapter 8: Wrapping and Taping Review PPT for Ch. 8 In class – Lab Two – Spine boarding and Splinting</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 8 assignment
February 26	<p>Read Chapter 29: Additional General medical Conditions Review PPT for Ch 29</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 29 assignment
March 1	<p>Read Chapter 13: Off the Field Injury Evaluation Review PPT for Ch 13</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 13 assignment • Complete & Submit Journal 5
March 3	<p>Read Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions Review PPT for Ch. 14 OSHA Training</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 14 assignment
March 5	<p>Lab Exam Two {Lab examinations start at 7 am in the morning. Please plan accordingly}</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Written Exam Two <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chs. 7, 8, 13, 14, 25, 27, & 29 ❖ Open March 5, 2021 @ 7 AM ❖ Closes March 7, 2021 @ 10 PM ❖ Under "Examinations" tab
March 8	<p>Read Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat Review PPT for Ch. 26</p>	<p>Due by 11:30 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. 26 assignment • Complete & Submit Journal 6

March 10	Concussion Assessment techniques In class – PEARL; Cranial Nerves	
March 12	Concussion Assessment – ACE & SCAT 5	
March 15	Read Chapter 22: The Shoulder Complex/Chapter 8: Shoulder and Upper Arm Review PPT for Ch. 22 In class – Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 22 assignment • Complete & Submit Journal 7
March 17	Read Chapter 23: The Elbow/Chapter 9: Elbow and Forearm Review PPT for Ch. 23 In class – Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 23 assignment
March 19	Read Chapter 24: The Forearm, Wrist, Hand, and Fingers/ Chapter 10: Wrist and Chapter 11: hand, Fingers, & Thumb Review PPT for Ch. 24 In class – Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 24 assignment
March 22	In class – Lab Three: Evaluation of the Shoulder, Elbow, Wrist, and Hand; Bandaging and Taping of the Upper Extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 8
March 24	Lab Exam Three (Upper extremity Evaluation, Bandaging, and Taping) {Lab examinations start at 7 am in the morning. Please plan accordingly}	Due by 10:00 PM <ul style="list-style-type: none"> • Written Exam Three <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chs. 22, 23, 24, & 26 ❖ In addition: Chs. 8, 9, 10, & 11 from the taping book as well as what was covered in lab ❖ Open March 24, 2021 @ 7 AM ❖ Closes March 26, 2021 @ 10 AM ❖ Under “Examinations” tab
March 26	Read Chapter 21: The Thigh, Hip, Groin, and Pelvis/ Chapter 7: Thigh, Hip, and Pelvis Review PPT for Ch. 21	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 21 assignment

	In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity {Hip, pelvis, groin, quadriceps, and hamstring}	
March 29	Read Chapter 20: The Knee and Related Structures/ Chapter 6: Knee Review PPT for Ch. 20 In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 20 assignment • Complete & Submit Journal 9
March 31	Read Chapter 19: The Ankle, and Lower Leg/ Chapter 4: Ankle and Chapter 5: Lower Leg Review PPT for Ch. 19 In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 19 assignment
April 2	University Holiday	No “in person” classes
April 5	Read Chapter 18: The Foot/ Chapter 3: Foot and Toes Review PPT for Ch. 18 In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 18 assignment • Complete & Submit Journal 10
April 7	In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity Discuss Article Presentations	
April 9	In class – Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and Bandaging the Lower extremity	
April 12	Lab Exam Four (Lower extremity Evaluation, Bandaging, and Taping) {Lab examinations start at 7 am in the morning. Please plan accordingly}	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 11
April 14	Read Chapter 6: Environmental Considerations Review PPT for Ch. 6	Due by 10:00 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 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 28 assignment
April 19	Presentations:	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 12

	<ul style="list-style-type: none"> • Preparticipation Physical Examinations and Disqualifying Conditions • Recommendations on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs • Managing Prescriptions and Non-Prescription Medication in the Athletic Training Facility 	<ul style="list-style-type: none"> • Written Exam Four <ul style="list-style-type: none"> ❖ Online Only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Covers Chs. 6, 18, 19, 20, 21, & 28 ❖ In addition: Chs. 3, 4, 5, 6, & 7 from the taping book as well as what was covered in lab ❖ Open April 19, 2021 @ 7 AM ❖ Closes April 21, 2021 @ 10 PM ❖ Under “Examinations” tab
April 21	Presentations: <ul style="list-style-type: none"> • Preventing Sudden Death in Sports • Management of Sport Concussion • Acute Management of the Cervical Spine – Injured Athlete 	
April 23	Presentations: <ul style="list-style-type: none"> • Anabolic – Androgenic Steroids; • Safe Weight Loss and Maintenance Practices in Sport and Exercise; • Skin Diseases 	
April 26	Presentations: <ul style="list-style-type: none"> • Preventing, Detecting, and Managing Disordered Eating in Athletes • Community Acquired MRSA Infections • Management of the Athlete with Type 1 Diabetes Mellitus 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 13
April 28	Presentations: <ul style="list-style-type: none"> • Management of Asthma in Athletes • Lightning Safety for Athletics and Recreation • Head-Down Contact and Spearing in Tackle Football 	
April 30	Presentations: <ul style="list-style-type: none"> • Exertional Heat Illnesses • Sickle Cell Trait and the Athlete • Preventing Sudden Death in Collegiate Conditioning Sessions 	
May 3	Presentations: <ul style="list-style-type: none"> • Environmental Cold Injuries • Commotio Cordis 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Journal 14

	<ul style="list-style-type: none"> • Preseason Heat Acclimatization Guidelines for Secondary School Athletics 	
May 5	<p>Presentations:</p> <ul style="list-style-type: none"> • Emergency Planning in Athletics • Fluid Replacement for the Physically Active • Recommendations on the Prehospital Care of the Injured Athlete with a Suspected Catastrophic Cervical Spine Injury 	
May 7	<p>Presentations:</p> <ul style="list-style-type: none"> • Recommendations for Developing a Plan to Recognize and Refer Student-Athletes with Psychological Concerns at the Collegiate Level • Evaluation of Dietary Supplements for Performance Nutrition • Management of Acute Skin Trauma 	
May 12	Final Examination	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Opens: May 12, 2021 at 6 AM • Closes: May 12, 2021 at 10:00 PM • Comprehensive • Format: Multiple Choice; True/False • 1 attempt • Respondus LockDown Browser & Monitor • Under "Assessments"; the "Examinations" tab.

Skill Assessment Guidelines and Rules:

Skill Assessments need to be completed in the following manner. Assessments are not optional.

- Due by the assigned due date.
- Peer checked at least 24 hours prior to preceptor check.
- Must schedule an approved time with your preceptor to complete your skill assessment (up to preceptor's discretion (i.e. 24 hours prior, 1 week in advance, etc.))
- Must score an 80% or better on ALL skill assessments in ALL athletic training related courses in order to be certified to take your LAT exam.
- Must make an 80% or better on first attempt of a skill assessment with your preceptor. Points for the class will be awarded based on the grading scales below.
- If you score below an 80% on the first attempt:
 - ❖ You are required to re-do that skill assessment with your preceptor for a second attempt within 1 week from the assigned due date for a maximum of 20 points in the class.
 - ❖ A first attempt must be made by the assigned due date in order to perform a second attempt.
- If a first attempt is not made by the assigned due date, you will receive 0 points for that skill assessment in the class. (However, you must make an 80% or better to be certified to take your LAT exam. The date and time will be scheduled by at your preceptor discretion by the end of the current semester.)

1st Attempt Class Grading Scale

90-100% = 40 points
 80-89% = 20 points
 70-79% = 5 points
 <69% = 0 points

2nd Attempt Class Grading Scale

90-100% = 20 points
 80-89% = 10 points
 <79% = 0 points

Due Date:	Skill Assessment:
February 5	Primary, Secondary survey, HOPS evaluation, Medical terminology
February 19	History, Inspection, Directional terminology
February 26	Equipment fitting
March 5	Crutch fitting
March 19	General Palpations, SOAP Note Writing
April 1	Immobilization, Splinting, and "Ace" Wrapping Techniques
April 16	Wound care
April 30	Flexibility & Stretching
May 7	Lower extremity Taping techniques (Both UE and LE taping techniques are to be completed throughout the entire semester. All taping skills are due at the end of the semester)
May 7	Upper extremity Taping techniques (Both UE and LE taping techniques are to be completed throughout the entire semester. All taping skills are due at the end of the semester)

Journal Entry Assignment Guidelines

The weekly journal entry is to be a reflection of what you observed, learned, and performed (did) during your clinical rotation. There are many different types of reflection journal entries. Please incorporate some of all of the five types into your journal. The five are:

Technical reflection: focuses on performance improvement.

Reflection in/on action: focuses on learning as it is happening and from past experiences.

Deliberative reflection: focuses on reviewing multiple perspectives on a topic/situation to determine the best solution.

Personal reflection: aids in self- evaluation and goal setting.

Critical reflection: allows students to question their learning to bring about change.

<http://www.kent.edu/onlineteaching>)

Guidelines:

1. Entries must be typed and/or word-processed on the journal entry template.
2. The entry must be at a minimum of 500 words and 11point, Arial font.
3. The entry must be in paragraph form using complete sentences, correct grammar, and correct spelling and syntax.
4. Grading rubric: there are to be 14 journal entries at 5 points each. The journal must be submitted on time, in the correct format, signed by clinical preceptor, and a "Beezus" Note included in order to receive the 10 points total for the assignment.
5. Confidentiality applies when writing your journal. Do not use patients' names in your reflection.
6. The journal entry must be signed by your clinical preceptor before you submit the entry.
7. Entries are due on Monday. No email submissions or late acceptance.

Examples of questions to ask of yourself: (not all inclusive just a few questions to start the thought process)

What did I observe during my rotation?

What did I learn during my rotation?

How does the new information coincide with past knowledge I have?

What questions should I have asked or wanted to ask?

Why did my clinical preceptor ask me to do a certain task?

Professionalism:

You as a student are responsible for your academic career. The Athletic Training Specialization faculty and clinical preceptors expect you to develop certain attributes and qualities as a professional athletic trainer. One attribute is to establish professional goals and develop and foster professional relationships.

In order to reach your goal to become a licensed professional, here are some priorities that must be met:

A. Your courses should be your first priority. Academic endeavors must be pursued rigorously. This means all of your courses. Attending class, supplemental instruction, study hours, and study sessions should be your main focus. For every hour of class you take, you should spend approximately 3 hours studying. For example – if you have 15 credit hours, you should spend a minimum of 45 hours a week in study and preparation for that course. You need to be present for all courses no matter if the professor/instructor has an attendance policy or not. If you are ill, please seek medical attention. You will need to provide medical documentation to return to classes and clinical hours.

B. Clinical experiences and opportunities should be your second priority. Your clinical hours should be viewed as another learning opportunity and an extension of what you are learning in the classroom. You need to establish professional habits while in the clinical setting. Some of these habits and actions include but are not limited to:

- Dressing appropriately and being in professional work attire
- Actively seeking learning opportunities in the clinical setting
- Being productive in the clinical setting
- Practicing your knowledge, skills, and abilities while in the clinical setting with the guidance of your clinical preceptors
- Developing professional relationships with your clinical preceptors

C. College life: I understand and acknowledge your need to be social and possess healthy relationships with your peers, but this should not be a priority for your entire academic career. Starting this semester, you may study in the athletic training facility from 7 am to 12 pm, but in the afternoons you will no longer will be allowed to study and do homework at the expense of patient care and your athletic training knowledge, skills, and abilities. In other words, “no more sitting at the counter, hiding in the athletic training facility, and/or sitting in your clinical preceptor’s office” to avoid participating in patient care and learning opportunities.

Statement of Acknowledgement:

My signature is my acknowledgement that I have read the syllabus and “Professionalism Statement.”

Signature:

Date:

Please print and return to Sherry Ann Miller by the second course day.

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/>