

Prevention and Care of Activity Related Injuries and Illnesses

KIN 3360-030

Instructor: Sherry Ann Miller, ATC, LAT

Term: Fall 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](https://www.mhhe.com/prentice/9780203089421).

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 "in person" or "face to face" course offering. This course has an online component in addition to an "in person" 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 Miller, 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 an “in person” 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 material is for your information:

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 “COVID-19 Reporting Form” found on the ASU website if you experience any of the above symptoms before coming on to campus.
2. Face coverings are optional on campus and in class.

3. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.
4. 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:

- 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](#).

Safety Standards in Class at Angelo State University

- Students, faculty and staff are required to complete the wellness check only if they are experiencing symptoms.
- Masks are optional everywhere on campus.
- Washing hands is highly encouraged to prevent spread of all germs.
- Students who do not pass the wellness check should contact their instructors, just as they would for any illness.

Course Requirements:

1. Each student must successfully pass 13-chapter exams online. Total of 300 points – the lowest “Connect” 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”:**

Letter Grade	Point Ranges
A	900 – 1000
B	800 – 899.999
C	700 – 799.999
D	600 – 699.999
F	500 – 599.999

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
August 23, 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
August 25	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
August 27	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
August 30		Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Exam 1: Chapters 12 & 14
September 1	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
September 3	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
September 6	University Holiday	No class
September 8		Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit Exam 2: Chapters 9 & 10
September 10	Review CPR/AED Group A only	Due by 11:30 PM <ul style="list-style-type: none"> Complete & Submit CPR/AED exam <ul style="list-style-type: none"> ❖ Group A only
September 13	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
September 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
September 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

Date:	Topic:	Assignments/Exams/Due Dates
September 20	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
September 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
September 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
September 27	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
September 29	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
October 1	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
October 4	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
October 6	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

Date:	Topic:	Assignments/Exams/Due Dates
October 8	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
October 11	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
October 13	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
October 15	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
October 18	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
October 20	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
October 22	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
October 25	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
October 27	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

Date:	Topic:	Assignments/Exams/Due Dates
October 29	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 • Complete & Submit CPR/AED Exam <ul style="list-style-type: none"> ❖ Group B only
November 1	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
November 3	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
November 5	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 Exam 10: Chapters 18 & 19 • 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
November 8	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
November 10	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
November 12		Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 11: Chapters 6 & 28
November 15	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 <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
November 17	Read Chapter 4: Fitness and Conditioning Techniques Review PPT for Ch. 4	Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 4 assignment

Date:	Topic:	Assignments/Exams/Due Dates
November 19	Read Chapter 5: Nutrition and Supplements Review PPT for Ch. 5	Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 5 assignment
November 22	Journal Article #11 <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 12: Chapters 4 & 5 • Complete & Submit Journal Article Quiz #11 <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
November 24 – 26, 2021	University Holiday (Thanksgiving)	No class.
November 29	Read Chapter 11: Psychological Intervention for Sport Injuries and Illnesses Review PPT for Ch. 11	Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 11 assignment
December 1	Read Chapter 17: Pharmacology, Drugs, and Sports Review PPT for Ch. 17	Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Ch. 17 assignment
December 3		Due by 11:30 PM <ul style="list-style-type: none"> • Complete & Submit Exam 13: Chapters 11 & 17
December 6, 2021	Final Examination	Due by 11:30 PM <ul style="list-style-type: none"> • Opens: December 5, 2021 at 12 PM (noon) • Closes: December 6, 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
August 25	Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions	
August 27	Chapter 12: On the Field Acute Care and Emergency Procedures	
August 30	<i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters	
September 1	<i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters, & Primary/Secondary surveys	
September 3	Lab Exam One	Lab One Exam <ul style="list-style-type: none"> • In class • Practical skill assessment
September 6	University Holiday	No class
September 8	CPR/AED	
September 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 25 dollars ❖ Under “Assessments”; the “Examinations” tab
September 13	<i>Lab Two</i> – Spine boarding and splinting	
September 15	<i>Lab Two</i> – Spine boarding and splinting	
September 17	<i>Lab Two</i> – Spine boarding and splinting	
September 20	Lab Exam Two – Spine boarding & Splinting	Lab Exam Two <ul style="list-style-type: none"> • In class • Group grade
September 22	Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat	

Date:	Topic/ "In class"	Assignment/Exam/Due Dates
September 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 ❖ 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".
September 27	<i>Lab Three</i> : Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity	
September 29	<i>Lab Three</i> : Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity	
October 1	<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
October 4	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
October 6	Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity	
October 8	Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity	
October 11	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
October 13	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
October 15	Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions	
October 18	Chapter 12: On the Field Acute Care and Emergency Procedures	
October 20	<i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters	
October 22	<i>Lab One</i> – Blood pressure, pulses, respirations, Epi-pen, rescue inhalers, peak flow meters, & Primary/Secondary surveys	
October 25	Lab Exam One	Lab One Exam <ul style="list-style-type: none"> • In class • Practical skill assessment
October 27	CPR/AED	
October 29	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
November 1	<i>Lab Two</i> – Spine boarding and splinting	
November 3	<i>Lab Two</i> – Spine boarding and splinting	
November 5	<i>Lab Two</i> – Spine boarding and splinting	
November 8	Lab Exam Two – Spine boarding & Splinting	Lab Exam Two <ul style="list-style-type: none"> • In class • Group grade
November 10	Chapter 26: The Head, Face, Eyes, Ears, Nose, and Throat	

Date:	Topic/ "In class"	Assignment/Exam/Due Dates
November 12	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 ❖ 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"
November 15	<i>Lab Three</i> : Evaluation of the Shoulder, Elbow, Wrist, and Hand; Lab: Bandaging and Taping Upper Extremity	
November 17	<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
November 19	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
November 22	Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity	
November 24 – 26, 2021	University Holiday (Thanksgiving)	No class
November 29	Lab Four: Evaluation of Thigh, Knee, Lower leg, Ankle, and Foot/ Taping and bandaging the Lower extremity	
December 1	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
December 3	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/>