

The University of Texas at Tyler
Department of Health & Kinesiology
KINE 2337: Care & Prevention of Athletic Injuries

Department: Health and Kinesiology
Class Credit: 3 semester hours
Class Schedule: M 9:05- 10:00 AM (follow course outline)
Class Location: HPC 3055 & Canvas (hybrid course)
Course Prerequisites: None
Instructor: D. Michelle Gallegos, MS, AT, ATC
Contact Info: Email: dgallegos@uttyler.edu

Recommended Textbooks: Prentice, W.E. (2013). Principles of Athletic Training: A Competency-Based Approach. New York, NY: McGraw Hill. 15th edition.

***Please note you are not required to get this textbook. It will merely provide additional context to build off the lectures and assignments you will be given throughout the semester. You will still be able to succeed and succeed well without the book.**

Course Description: It is the purpose of this course to introduce students to the field of athletic training and to develop competencies pertaining to the recognition, management, and prevention sports related injuries, trauma and emergencies. Students will also develop competency and familiarity with the legal/ethical responsibilities involved.

Outcomes:

Upon completion of the course, the student shall be able to:

- Identify and discuss the basic components of a comprehensive injury management program and discuss the role of the athletic trainer in each of these areas.
- Discuss any legal implications of athletic training as they relate to the concepts discussed in class.
- Discuss the relationship between evaluation of athletic injuries and decision-making in the management of athletic injuries.
- Develop a comprehensive injury prevention plan including training & conditioning programs, nutritional guidelines, pharmacology considerations, and be able to implement NCAA mandates regarding prevention of sudden death.
- Apply various bandages, tape applications, protective equipment, and padding for a variety of musculoskeletal problems.
- Possess knowledge of basic medical terminology and musculoskeletal components.

Course Requirements:

Quizzes (10 @ 10 points each)	= 100 points
Discussion Boards (5 @ 10 points each)	= 50 points
Labs (8 @ 50 points each)	= 400 points
Exams (4 @ 100 points each)	= 400 points
Research Paper	= 100 points
Final Exam	= 100 points
Participation	= 50 points
Total Points Possible	= 1,200 points

Grading Scale:	A = 90-100%
	B = 80-89%
	C = 70-79%
	D = 60-69%
	F = below 60%

PLEASE READ!!!

Because technical issues are common with classes with an online component do **NOT** wait until the last minute to begin work on your assignments and/or exams. **If you encounter an unavoidable issue with your computer or internet connection, please let me know as soon as possible so that I can rectify the situation.** As I also have a split appointment, on occasions there may be changes to the due dates, please make sure that you check your announcements on a regular basis.

Attendance Policy: Given that this course is a hybrid, attendance will be mandatory to complete your labs. Should a student have an unavoidable absence (medical issue, family emergency, etc.) they are required to provide the instructor with documentation in a timely fashion. **Contact with the instructor is required within 48 hours.**

Late Work: **Because all assignments are posted and completed online, all assignments and exams are expected AND required to be completed by the date they are due. See Course Outline for due dates.**

Academic Integrity: We assume that students and faculty will conduct themselves according to a code of personal and professional integrity. This means that students and faculty will act from the basis of courtesy, honesty and respect for each other in their academic work and interpersonal relationships. Students are expected to complete work individually for assignments and examinations. **Copying from other students constitutes unethical behavior and is not allowed...EVEN WITH ONLINE COURSEWORK**

Course Outline

Regular print- module/assignment opens

Bold or *Italics*- assignment/exam due, important note

Wk 1: August 21 ONLINE	<ul style="list-style-type: none"> - NO CLASS!! - Course Introduction - Syllabus - History of Athletic Training/Sports Medicine - Syllabus Quiz - Discussion Board: HX Athletic Training - Legal Issues in Athletic Training
August 23 ONLINE	<ul style="list-style-type: none"> - Syllabus Quiz- due by 11:59 pm - Quiz 1 - Discussion board- initial post due by 11:59pm
August 25 ONLINE	<ul style="list-style-type: none"> - Discussion board- responses due by 11:59pm - Quiz 1- due by 11:59 pm
Wk 2: August 28 IN CLASS	<ul style="list-style-type: none"> - Sports Nutrition - Inclement Weather
August 30 ONLINE	<ul style="list-style-type: none"> - Quiz 2
September 1 ONLINE	<ul style="list-style-type: none"> - Quiz 2 due by 11:59 pm
Wk 3: September 4 ONLINE	<ul style="list-style-type: none"> - Labor Day- NO CLASS! - Exam 1 (opens September 5) - Extra Credit #1 - Wound Care Lab (ONLINE)
September 6 ONLINE	<ul style="list-style-type: none"> - Exam 1, Due by 11:59 pm
September 8 ONLINE	<ul style="list-style-type: none"> - Wound Care Lab due by 11:59pm - Extra Credit #1 due by 11:59 pm
Wk 4: September 11 IN CLASS	<ul style="list-style-type: none"> - Spine Boarding Lab
September 11 ONLINE	<ul style="list-style-type: none"> - Cervical Spine Injuries - Sickle Cell Trait - Discussion Board: C-Spine/Spineboarding - Spine Boarding Lab due by 11:59pm
September 13 ONLINE	<ul style="list-style-type: none"> - Discussion board- initial post due by 11:59pm - Quiz 3
September 15 ONLINE	<ul style="list-style-type: none"> - Discussion Board- responses due by 11:59pm - Quiz 3 due by 11:59pm
Wk 5: September 18 IN CLASS	<ul style="list-style-type: none"> - Splinting Lab
September 18 ONLINE	<ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress - Splinting Lab due by 11:59 pm
September 20 ONLINE	<ul style="list-style-type: none"> - Quiz 4
September 22 ONLINE	<ul style="list-style-type: none"> - Quiz 4 due by 11:59 pm
Wk 6: September 25 IN CLASS	<ul style="list-style-type: none"> - Ankle Taping Lab A-L
September 25 ONLINE	<ul style="list-style-type: none"> - Exam 2 (Opens September 26) - Extra Credit #2

	- Ankle Taping Lab SHEET A-L due by 11:59pm
September 27 ONLINE	- Exam 2 due by 11:59 pm
September 29 ONLINE	- Ankle Taping Lab VIDEO A-L due by 11:59pm - Extra Credit #2 due by 11:59 pm
Wk 7: October 2 IN CLASS	- Concussion Lecture
October 2 ONLINE	- Body's Response to Injury
October 4 ONLINE	- Quiz 5
October 6 ONLINE	- Quiz 5 due by 11:59pm
Wk 8: October 9 IN CLASS	- Concussion Lab
October 9 ONLINE	- Therapeutic Modalities - Discussion Board: Concussions - Concussion Lab due by 11:59pm
October 11 ONLINE	- Quiz 6
October 13 ONLINE	- Discussion Board- responses due by 11:59pm - Quiz 6 due by 11:59pm
Wk 9: October 16 IN CLASS	- Ankle Taping Lab M-Z
October 16 ONLINE	- Exam 3 (Opens October 17) - Extra Credit #3 - Ankle Taping Lab SHEET M-Z due by 11:59pm
October 18 ONLINE	- Exam 3 due by 11:59 pm
October 20 ONLINE	- Ankle Taping Lab VIDEO M-Z due by 11:59pm - Extra Credit #3 due by 11:59pm
Wk 10: October 23 IN CLASS	- Shoulder/Hip Lab
October 23 ONLINE	- Foot & Ankle Injuries - Knee Injuries - Shoulder/Hip Lab due by 11:59pm
October 25 ONLINE	- Quiz 7
October 27 ONLINE	- Quiz 7 due by 11:59pm
Wk 11: October 30 IN CLASS	- Wrist Lab - EXTRA CREDIT: come in costume! +5 pts
October 30 ONLINE	- Research Paper - Hip Injuries - Wrist Lab due by 11:59pm
November 1 ONLINE	- Quiz 8
November 3 ONLINE	- Quiz 8 due by 11:59pm
Wk 12: November 6 IN CLASS	- Arch Lab
November 6 ONLINE	- Exam 4 (Opens November 7) - Arch Lab due by 11:59pm
November 8 ONLINE	- Exam 4 due by 11:59pm
November 10 ONLINE	- Research Paper- due Monday!
Wk 13: November 13 IN CLASS	- NO CLASS!!
November 13 ONLINE	- Research Paper due by 11:59 pm - Elbow/Wrist/Hand Injuries - Shoulder Injuries

	- Discussion Board: MSK injuries
November 15 ONLINE	- Discussion Board - <i>initial post due by 11:59pm</i> - Quiz 9
November 17 ONLINE	- Discussion Board - <i>responses due by 11:59pm</i> - Quiz 9 <i>due by 11:59pm</i> - Quiz/Lab Extra Credit <i>due by 11:59 pm</i>
November 20-24	- Thanksgiving Break- NO CLASS!
Wk 14: November 27 IN CLASS	- Final Exam Review?
November 27 ONLINE	- Final Exam Extra Credit - Discussion Board: Course wrap up
November 29 ONLINE	- Final Exam (Open through due date) - Discussion Board - <i>initial post due by 11:59pm</i>
December 1 ONLINE	- Final Exam <i>due by 11:59, <u>December 9</u></i> - Final Exam EC <i>due by 11:59pm</i> - Discussion Board - <i>responses due by 11:59pm</i>

Special Needs Policy: Students needing special accommodations for this class should notify the instructor during the first two days of the course.