

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 2055 & 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 22 IN CLASS	<ul style="list-style-type: none"> - Course Introduction - Syllabus - History of Athletic Training/Sports Medicine
August 22 ONLINE	<ul style="list-style-type: none"> - Syllabus Quiz - Discussion Board: HX Athletic Training - Legal Issues in Athletic Training
August 24 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 26 ONLINE	<ul style="list-style-type: none"> - Discussion board- responses due by 11:59pm - Quiz 1- due by 11:59 pm
Wk 2: August 29 IN CLASS	<ul style="list-style-type: none"> - Sports Nutrition - Inclement Weather
August 31 ONLINE	<ul style="list-style-type: none"> - Quiz 2
September 2 ONLINE	<ul style="list-style-type: none"> - Quiz 2 due by 11:59 pm
Wk 3: September 5 ONLINE	<ul style="list-style-type: none"> - Labor Day- NO CLASS! - Exam 1 (opens September 6) - Extra Credit #1 - Wound Care Lab (ONLINE)
September 7 ONLINE	<ul style="list-style-type: none"> - Exam 1, Due by 11:59 pm
September 9 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 12 IN CLASS	<ul style="list-style-type: none"> - Spine Boarding Lab
September 12 ONLINE	<ul style="list-style-type: none"> - Cervical Spine Injuries - Sickle Cell Trait - Discussion Board: C-Spine/Spine boarding - Spine Boarding Lab due by 11:59pm
September 14 ONLINE	<ul style="list-style-type: none"> - Discussion board- initial post due by 11:59pm - Quiz 3
September 16 ONLINE	<ul style="list-style-type: none"> - Discussion Board- responses due by 11:59pm - Quiz 3 due by 11:59pm
Wk 5: September 19 IN CLASS	<ul style="list-style-type: none"> - Splinting Lab
September 19 ONLINE	<ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress - Splinting Lab due by 11:59 pm
September 21 ONLINE	<ul style="list-style-type: none"> - Quiz 4
September 23 ONLINE	<ul style="list-style-type: none"> - Quiz 4 due by 11:59 pm
Wk 6: September 26 IN CLASS	<ul style="list-style-type: none"> - Ankle Taping Lab A-L
September 26 ONLINE	<ul style="list-style-type: none"> - Exam 2 (Opens September 27)

	<ul style="list-style-type: none"> - Extra Credit #2 - Ankle Taping Lab SHEET A-H <i>due by 11:59pm</i>
September 28 ONLINE	<ul style="list-style-type: none"> - Exam 2 <i>due by 11:59 pm</i>
September 30 ONLINE	<ul style="list-style-type: none"> - Ankle Taping Lab VIDEO A-H <i>due by 11:59pm</i> - Extra Credit #2 <i>due by 11:59 pm</i>
Wk 7: October 3 IN CLASS	<ul style="list-style-type: none"> - Concussion Lecture
October 3 ONLINE	<ul style="list-style-type: none"> - Body's Response to Injury
October 5 ONLINE	<ul style="list-style-type: none"> - Quiz 5
October 7 ONLINE	<ul style="list-style-type: none"> - Quiz 5 <i>due by 11:59pm</i>
Wk 8: October 10 IN CLASS	<ul style="list-style-type: none"> - Concussion Lab
October 10 ONLINE	<ul style="list-style-type: none"> - Therapeutic Modalities - Discussion Board: Concussions - Concussion Lab <i>due by 11:59pm</i>
October 12 ONLINE	<ul style="list-style-type: none"> - Quiz 6
October 14 ONLINE	<ul style="list-style-type: none"> - Discussion Board- <i>responses due by 11:59pm</i> - Quiz 6 <i>due by 11:59pm</i>
Wk 9: October 17 IN CLASS	<ul style="list-style-type: none"> - Ankle Taping Lab M-Z
October 17 ONLINE	<ul style="list-style-type: none"> - Exam 3 (Opens October 18) - Extra Credit #3 - Ankle Taping Lab SHEET I-Z <i>due by 11:59pm</i>
October 21 ONLINE	<ul style="list-style-type: none"> - Exam 3 <i>due by 11:59 pm</i>
October 23 ONLINE	<ul style="list-style-type: none"> - Ankle Taping Lab VIDEO I-Z <i>due by 11:59pm</i> - Extra Credit #3 <i>due by 11:59pm</i>
Wk 10: October 24 IN CLASS	<ul style="list-style-type: none"> - Shoulder/Hip Lab
October 24 ONLINE	<ul style="list-style-type: none"> - Foot & Ankle Injuries - Knee Injuries - Shoulder/Hip Lab <i>due by 11:59pm</i>
October 26 ONLINE	<ul style="list-style-type: none"> - Quiz 7
October 28 ONLINE	<ul style="list-style-type: none"> - Quiz 7 <i>due by 11:59pm</i>
Wk 11: October 31 IN CLASS	<ul style="list-style-type: none"> - Wrist Lab - EXTRA CREDIT: come in costume! +5 pts
October 31 ONLINE	<ul style="list-style-type: none"> - Research Paper - Hip Injuries - Wrist Lab <i>due by 11:59pm</i>
November 2 ONLINE	<ul style="list-style-type: none"> - Quiz 8
November 4 ONLINE	<ul style="list-style-type: none"> - Quiz 8 <i>due by 11:59pm</i>
Wk 12: November 7 IN CLASS	<ul style="list-style-type: none"> - Arch Lab
November 7 ONLINE	<ul style="list-style-type: none"> - Exam 4 (Opens November 8) - Arch Lab <i>due by 11:59pm</i>
November 9 ONLINE	<ul style="list-style-type: none"> - Exam 4 <i>due by 11:59pm</i>
November 11 ONLINE	<ul style="list-style-type: none"> - Research Paper- due Monday!
Wk 13: November 14 IN CLASS	<ul style="list-style-type: none"> - NO CLASS!!

November 14 ONLINE	<ul style="list-style-type: none"> - Research Paper <i>due by 11:59 pm</i> - Elbow/Wrist/Hand Injuries - Shoulder Injuries - Discussion Board: MSK injuries
November 16 ONLINE	<ul style="list-style-type: none"> - Discussion Board-<i>initial post due by 11:59pm</i> - Quiz 9
November 18 ONLINE	<ul style="list-style-type: none"> - 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 21-25	- Thanksgiving Break- NO CLASS!
Wk 14: November 28 IN CLASS	- Final Exam Review?
November 28 ONLINE	<ul style="list-style-type: none"> - Final Exam Extra Credit - Discussion Board: Course wrap up
November 30 ONLINE	<ul style="list-style-type: none"> - Final Exam (Open through due date) - Discussion Board- <i>initial post due by 11:59pm</i>
December 2 ONLINE	<ul style="list-style-type: none"> - Final Exam <i>due by 11:59, <u>December 10</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.