

# Course Syllabus

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## Course Logistics and Instructor Contact Information

Course Title: Prevention and Care of Athletic Injuries

Course Number and Section: KINE 2337.002

Scheduled Class Days and Times: Monday 9:05-10:00 AND Canvas

Instructor Name: D. Mitchelle Gallegos, MS, AT, ATC

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Office Hours: By appointment only

### Course Outline

Regular print- module/assignment opens

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

- **NO CLASS!!**
- Course Introduction
- Syllabus
- Wk 1: August 21 ONLINE**
  - History of Athletic Training/Sports Medicine
  - Syllabus Quiz
  - Discussion Board: HX Athletic Training
  - Legal Issues in Athletic Training
  - **Syllabus Quiz- due by 11:59 pm**
- August 23 ONLINE**
  - Quiz 1
  - **Discussion board- initial post due by 11:59pm**
- August 25 ONLINE**
  - **Discussion board- responses due by 11:59pm**

- **Quiz 1- due by 11:59 pm**
- Wk 2: August 28 IN CLASS**
- Sports Nutrition
- Inclement Weather
- August 30 ONLINE**
- Quiz 2
- September 1 ONLINE**
- **Quiz 2 due by 11:59 pm**
- **Labor Day- NO CLASS!**
- Wk 3: September 4 ONLINE**
- Exam 1 (opens September 5)
- Extra Credit #1
- Wound Care Lab (ONLINE)
- September 6 ONLINE**
- **Exam 1, Due by 11:59 pm**
- September 8 ONLINE**
- **Wound Care Lab due by 11:59pm**
- **Extra Credit #1 due by 11:59 pm**
- Wk 4: September 11 IN CLASS**
- **Spine Boarding Lab**
- Cervical Spine Injuries
- Sickle Cell Trait
- September 11 ONLINE**
- Discussion Board: C-Spine/Spineboarding
- **Spine Boarding Lab due by 11:59pm**
- September 13 ONLINE**
- **Discussion board- initial post due by 11:59pm**
- Quiz 3
- September 15 ONLINE**
- **Discussion Board- responses due by 11:59pm**
- **Quiz 3 due by 11:59pm**
- Wk 5: September 18 IN CLASS**
- **Splinting Lab**

- September 18 ONLINE
  - Sudden Cardiac Death
  - Respiratory Distress
  - **Splinting Lab** *due by 11:59 pm*
  
- September 20 ONLINE
  - Quiz 4
  
- September 22 ONLINE
  - **Quiz 4** *due by 11:59 pm*
  
- Wk 6: September 25 IN CLASS
  - **Ankle Taping Lab A-L**
  
- September 25 ONLINE
  - 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**
  - Exam 3 (Opens October 17)
  
- October 16 ONLINE**
  - 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**
  - Foot & Ankle Injuries
  
- October 23 ONLINE**
  - 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**
  - Research Paper
  
- October 30 ONLINE**
  - 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!!**
  
- **Research Paper** *due by 11:59 pm*
- Elbow/Wrist/Hand Injuries
- Shoulder Injuries
- Discussion Board: MSK injuries
  
- November 13 ONLINE**
  
- **Discussion Board**-*initial post due by 11:59pm*
- Quiz 9
  
- **Discussion Board**-*responses due by 11:59pm*
  
- November 15 ONLINE**
  
- **Quiz 9** *due by 11:59pm*
- **Quiz/Lab Extra Credit** *due by 11:59 pm*
  
- November 17 ONLINE**
  
- **Thanksgiving Break- NO CLASS!**
  
- November 20-24**
  
- 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)

**December 1 ONLINE**

- **Discussion Board-** *initial post due by 11:59pm*
- **Final Exam** *due by 11:59, December 9*
- **Final Exam EC** *due by 11:59pm*
- **Discussion Board** *-responses due by 11:59pm*