

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 8:00-8:55 AM (follow course outline)
Class Location: HPC 3055 & Canvas (hybrid course)
Course Prerequisites: None
Instructor: S. Andrew Cage, EdD, LAT, ATC
Contact Info: Email: scage@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:

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| 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 |
| Final Exam | = 100 points |
| Participation | = 50 points |
| Total Points Possible | = 1,100 points |

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| 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 course, your attendance is required for labs. Should a student have an unavoidable absence (medical issue, family emergency, etc.) they are required to provide the instructor with documentation in a fashion. **Contact with the instructor is required within 48 hours.**

Artificial Intelligence Statement

UT Tyler is committed to exploring and using artificial intelligence (AI) tools as appropriate for the discipline and task undertaken. We encourage discussing AI tools' ethical, societal, philosophical, and disciplinary implications. All uses of AI should be acknowledged as this aligns with our commitment to honor and integrity, as noted in UT Tyler's Honor Code. Faculty and students must not use protected information, data, or copyrighted materials when using any AI tool. Additionally, users should be aware that AI tools rely on predictive models to generate content that may appear correct but is sometimes shown to be incomplete, inaccurate, taken without attribution from other sources, and/or biased. Consequently, an AI tool should not be considered a substitute for traditional approaches to research. You are ultimately responsible for the quality and content of the information you submit. Misusing AI tools that violate the guidelines specified for this course is considered a breach of academic integrity. The

student will be subject to disciplinary actions as outlined in UT Tyler's Academic Integrity Policy. Refer to the About This Course section of the UT Tyler Syllabus Module for specific information on appropriate use of AI in your course(s).

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

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| August 26 ONLINE | - Course Introduction - Syllabus - Syllabus Quiz |
| August 28 ONLINE | - History of Athletic Training/Sports Medicine - Legal Issues in Athletic Training - Quiz 1 |
| September 2 | NO CLASS – LABOR DAY |
| September 4 ONLINE | - Sports Nutrition - Quiz 2 |
| September 9 | - Wound Care Lab |
| September 11 | - Inclement Weather - Quiz 3 |
| September 16 ONLINE | - Exam 1, Due by 11:59 pm |
| September 18 ONLINE | - Cervical Spine Injuries |
| September 23 | - Spine Boarding Lab |
| September 25 ONLINE | - Sickle Cell Trait |
| September 30 | - Splinting Lab |
| October 2 ONLINE | - Sudden Cardiac Death - Respiratory Distress - Quiz 4 |
| October 7 | - Ankle Taping Lab, Last names A-L |
| October 9 ONLINE | - Exam 2, Due by 11:59 pm |
| October 14 | - Ankle Taping Lab, Last names M-Z |
| October 16 | - Concussions - Quiz 5 |

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| October 21 | - Body's Response to Injury |
| October 23 ONLINE | - Foot & Ankle Injuries - Quiz 6 |
| October 28 | - Knee Injuries |
| October 30 ONLINE | - Hip Injuries - Quiz 7 |
| November 4 ONLINE | - Exam 3 <i>due by 11:59 pm</i> |
| November 6 ONLINE | - Hand & Wrist Injuries |
| November 11 | - Shoulder Injuries |
| November 13 ONLINE | - Elbow Injuries - Quiz 8 |
| November 18 | - Therapeutic Modalities |
| November 20 ONLINE | - The Psychosocial Aspect of Injuries |
| November 25 & 27 | NO CLASS – THANKSGIVING |
| December 2 | - Make up lab day |
| December 4 ONLINE | - Final exam review - Quiz 9 |
| December 9 ONLINE | - Final Exam <i>due by 11:59, <u>December 12</u></i> |

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