

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: Laurel Trail, MPA, LAT, ATC
Contact Info: Email: ltrail@uttyler.edu
Office Location: HPC 1045 B Hours: Tues & Wed: 9am-10:30am or by appointment.

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 (6 @ 10 points each)	= 60 points
Discussion Board (4 @ 15 points each)	= 60 points
Labs (4 @ 75 points each)	= 300 points
Exams (3 @ 100 points each)	= 300 points
Ankle Tape video	= 100 points
Research Paper	= 100 points
Participation	= 80 points
Total Points Possible	= 1000 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 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.**

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

Week 1: August 26th- Online (No Class)	<ul style="list-style-type: none"> - History Of Athletic Training - Medical Law - Syllabus Quiz Open (<i>due Aug 28th</i>)
August 28th	<ul style="list-style-type: none"> - <i>Syllabus Quiz Due by 11:59pm</i> - Quiz #1 Open (<i>due September 1st</i>)
September 1st	<ul style="list-style-type: none"> - <i>Quiz #1 Due by 11:59pm</i>
Week 2: September 2nd – Online (No Class)	<ul style="list-style-type: none"> - Sports Nutrition - Discussion Board #1 (<i>Initial Post due Sept 6th</i>)
September 5th	<ul style="list-style-type: none"> - <i>Discussion Board #1 Due by 11:59pm</i>
September 8th	<ul style="list-style-type: none"> - <i>Discussion Board reply due by 11:59pm</i>
Week 3: September 9th – In Class	<ul style="list-style-type: none"> - Environmental Illness - Sickle Cell Trait - Discussion Board #2 (<i>Initial Post due Sept 13th</i>) - Quiz #2 Open (<i>due Sept 15th</i>)
September 13th	<ul style="list-style-type: none"> - <i>Discussion Board #2 Initial Post Due</i>
September 15th	<ul style="list-style-type: none"> - <i>Quiz #2 Due by 11:59pm</i> - <i>Discussion Board Reply Due by 11:59pm</i>
Week 4: September 16th- In Class	<ul style="list-style-type: none"> - Injury and Healing Process - Quiz #3 Open (<i>due Sept 20th</i>) - Exam #1 Open (<i>due Sept 22nd</i>)
September 20th	<ul style="list-style-type: none"> - <i>Quiz #3 Due by 11:59pm</i>
September 22nd	<ul style="list-style-type: none"> - <i>Exam # 1 Due by 11:59pm</i>
Week 5: September 23rd- In Class	<ul style="list-style-type: none"> - Wound Care and Splinting - Lab Activity (<i>due Sept 29th</i>) - Quiz #4 Open (<i>due Sept 29th</i>)
September 29th	<ul style="list-style-type: none"> - <i>Lab Activity Due by 11:59pm</i> - <i>Quiz #4 Due by 11:59pm</i>
Week 6: September 30th – In Class	<ul style="list-style-type: none"> - Foot and Ankle - Lab Activity (<i>due Oct 6th</i>) - Ankle video
October 6th	<ul style="list-style-type: none"> - <i>Lab Activity Due by 11:59pm</i> - <i>Ankle video Due by 11:59pm</i>
Week 7: October 7th – In Class	<ul style="list-style-type: none"> - Knee - Discussion Board #3 (<i>Initial Post due Oct 11th</i>)
October 11th	<ul style="list-style-type: none"> - <i>Discussion Board #3 Initial Post Due by 11:59pm</i>
October 13th	<ul style="list-style-type: none"> - <i>Discussion Board #3 Reply</i>
Week 8: October 14th- In Class	<ul style="list-style-type: none"> - Hip and Thigh - Lab Activity (<i>due Oct 18th</i>)

	- Exam #2 Open (<i>due Oct 20th</i>)
October 18th	- <i>Lab Activity Due by 11:59pm</i>
October 20th	- <i>Exam #2 Due by 11:59pm</i>
Week 9: October 21st- In Class	- Back, Neck, and Core - Quiz #5 Open (<i>due Oct 27th</i>)
October 27th	- <i>Quiz #5 Due by 11:59pm</i>
Week 10: October 28th -In Class	- Head and Face - Discussion Board #4 (<i>Initial Post due Nov 1st</i>)
November 1st	- <i>Discussion Board #4 Initial Post Due by 11:59pm</i>
November 3rd	- Discussion Board # Reply Due by 11:59pm
Week 11: November 4th	- Shoulder - Lab Activity (<i>due Nov 10th</i>)
November 10th	- <i>Lab Activity Due by 11:59pm</i>
Week 12: November 11th	- Elbow and Wrist - Quiz #6 Open (<i>due Nov 17th</i>)
	- <i>Quiz #6 Due by 11:59pm</i>
Week 13: November 18th	- Dermatology - Research Paper (<i>due Dec 6th</i>)
Week 14: November 25th- 28th (Thanksgiving Break!)	- No Class
Week 15: December 2nd – Optional In-class	- Review - Exam #3 Open (<i>due Dec 9th</i>)
	- <i>Research Paper Due by 11:59pm</i>
Week 16: December 9th- Online (Finals)	- <i>Exam #3 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.

Assignments:

- Quizzes- all quizzes are online.
- Discussion Boards- Initial post 100-150 words with 1 reference. Response 50-75 words. Both are required for full credit.
- Lab Activities- work sheets will be submitted online
- Ankle tape video- submit an overhead view of you performing an ankle tape.
- Research Paper- 500-750 words essay of an athletic injury providing a description of the anatomy, mechanism of injury, and treatment in order for an individual to return to play.
- Exams- all exams are online.
- Extra credit- there will be 4 extra credit assignments throughout the semester worth 15 points.