

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: T 8:00- 9:20 AM
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 (10 @ 10 points each)	= 100 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	= 1,250 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.**

Attendance Policy: Given that this course is online only, you will have some autonomy with your coursework, but please make sure that you pay attention to the due dates listed in your course outline. 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

FIRST 2 WEEKS WILL BE ONLINE ONLY!!

Wk 1: January 10 ONLINE	<ul style="list-style-type: none"> - Course Introduction/Syllabus - Syllabus Quiz - <i>Discussion Board- Introduction (due January 14)</i> - Discussion Board - History of Athletic Training/Sports Medicine - Legal Issues in Athletic Training - ZOOM: Jan 11th 8AM
January 12 ONLINE	<ul style="list-style-type: none"> - Syllabus Quiz- due by 11:59 pm - Quiz 1 - <i>Discussion board- initial post due by 5pm</i>
January 14 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 1- due by 11:59 pm
Wk 2: January 17 ONLINE	<ul style="list-style-type: none"> - MLK- NO CLASS!! - Sports Nutrition - Inclement Weather
January 19 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- initial post due by 5pm</i> - Quiz 2
January 21 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 2 due by 11:59 pm
Wk 3: January 24 ONLINE	<ul style="list-style-type: none"> - Exam 1 (opens January 25) - Extra Credit #1 - IN PERSON: Wound Care Lab (Jan 25)
January 26 ONLINE	<ul style="list-style-type: none"> - Exam 1, Due by 11:59 pm
January 28 ONLINE	<ul style="list-style-type: none"> - Wound Care Lab, due by 11:59 pm - Extra Credit #1 due by 11:59 pm
Wk 4: January 31 ONLINE	<ul style="list-style-type: none"> - Cervical Spine Injuries - Sickle Cell Trait - Discussion Board - IN PERSON: Spine Boarding Lab (Feb 1)
February 2 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- initial post due by 5pm</i> - Quiz 3
February 4 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- responses due by 5pm</i> - Quiz 3 due by 11:59pm - Spine Boarding Lab due by 11:59
Wk 5: February 7 ONLINE	<ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress - Discussion Board - IN PERSON: Splinting Lab (Feb 8)
February 9 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- initial post due by 5pm</i> - Quiz 4
February 11 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 4 due by 11:59 pm - Splinting Lab due by 11:59pm
Wk 6: February 14 ONLINE	<ul style="list-style-type: none"> - Exam 2 (Opens February 15) - Extra Credit #2

	- IN PERSON: Ankle Taping Lab (Feb 15)
February 16 ONLINE	- Exam 2 due by 11:59 pm - Ankle Taping Lab (students last name A-H)
February 18 ONLINE	- Ankle Taping Lab A-I due by 11:59 pm - Video due by 11:59 pm (Feb 20) - Extra Credit #2 due by 11:59 pm
Wk 7: February 21 ONLINE	- Body's Response to Injury - Discussion Board - IN PERSON: Concussion lecture (Feb 22)
February 23 ONLINE	- Discussion Board- initial post due by 5pm - Quiz 5
February 25 ONLINE	- Discussion board- responses due by 5pm - Quiz 5 due by 11:59pm
Wk 8: February 28 ONLINE	- Therapeutic Modalities - IN PERSON: Concussion Lab (Mar 1)
March 2 ONLINE	- Quiz 6
March 4 ONLINE	- Discussion Board- responses due by 5pm - Concussion Lab due by 11:59 pm - Quiz 6 due by 11:59pm
March 7-11	- SPRING BREAK: NO CLASS!!
Wk 9: March 14 ONLINE	- Exam 3 (opens March 15) - Extra Credit #3 - IN PERSON: Ankle Taping Lab J-Z (Mar 15)
March 16 ONLINE	- Exam 3 due by 11:59 pm
March 18 ONLINE	- Extra Credit #3 due by 11:59pm - Ankle Taping Lab J-Z due by 11:59 pm - Video due by 11:59 pm (Mar 20)
Wk 10: March 21 ONLINE	- Foot & Ankle Injuries - Knee Injuries - IN PERSON: Shoulder/Hip Lab (Mar 22)
March 23 ONLINE	- Quiz 7
March 25 ONLINE	- Quiz 7 due by 11:59pm - Shoulder/Hip Lab due by 11:59pm
Wk 11: March 28 ONLINE	- Research Paper - Hip Injuries - Discussion Board - IN PERSON: Wrist Lab (Mar 29)
March 30 ONLINE	- Discussion Board- initial post due by 5pm - Quiz 8 - Wrist Lab
April 1 ONLINE	- Discussion Board- responses due by 5pm - Quiz 8 due by 11:59pm - Wrist Lab due by 11:59pm
Wk 12: April 4 ONLINE	- Exam 4 (opens April 5) - IN PERSON: Arch Lab (Apr 5)
April 6 ONLINE	- Exam 4 due by 11:59pm
April 8 ONLINE	- Arch Lab due by 11:59pm
Wk 13: April 11 ONLINE	- Research Paper due by 11:59 pm - Elbow/Wrist/Hand Injuries

	<ul style="list-style-type: none"> - Shoulder Injuries - Discussion Board
April 13 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board-initial post due by 5pm</i> - Quiz 9
April 15 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board-responses due by 5pm</i> - Quiz 9 due by 11:59pm - Quiz/Lab Extra Credit due by 11:59 pm
Wk 14: April 18 ONLINE	<ul style="list-style-type: none"> - <i>Final Exam Review?</i> - Final Exam Extra Credit - Discussion Board
April 20 ONLINE	<ul style="list-style-type: none"> - Final Exam - <i>Discussion Board initial post due by 5pm</i>
April 22 ONLINE	<ul style="list-style-type: none"> - Final Exam due by 11:59, <u>April 29</u> - Final Exam EC due by 11:59pm - <i>Discussion Board -responses due by 5pm</i>

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