

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: Canvas (**Online ONLY**)
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. Grading should be completed within 2 weeks of the due date of assignments; however things may come up. For questions on grading, please contact me via email.

Attendance Policy: Given that this course is a hybrid, class attendance is **REQUIRED!** All labs will be done in class and submitted online. Should a student have an unavoidable absence (medical issue, family emergency, etc.) they are required to provide the instructor with documentation in a reasonable 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: January 10 IN PERSON	Course Introduction/Syllabus History of Athletic Training/Sports Medicine
January 9 ONLINE	Syllabus Quiz Quiz 1 Discussion Board: Introductions (initial post only due by Sunday 1/15!!) Discussion Board: History of AT/ Legal Issues in Athletic Training
January 11 ONLINE	Syllabus Quiz- due by 11:59 pm <i>Discussion board - initial post due by 5pm</i>
January 13 ONLINE	<i>Discussion board- responses due by 5pm</i> Quiz 1- due by 11:59 pm
Wk 2: January 17 IN PERSON	Inclement Weather
January 16 ONLINE	Sports Nutrition Quiz 2 Discussion Board: Nutrition/Inclement Weather
January 18 ONLINE	<i>Discussion Board- initial post due by 5pm</i>
January 20 ONLINE	<i>Discussion board- responses due by 5pm</i> Quiz 2 due by 11:59 pm
Wk 3: January 24 IN PERSON	Wound Care Lab
January 23 ONLINE	Exam 1 (opens January 24) Extra Credit #1
January 25 ONLINE	Exam 1, Due by 11:59 pm
January 27 ONLINE	Wound Care Lab, due by 11:59 pm Extra Credit #1 due by 11:59 pm
Wk 4: January 31 IN PERSON	Spine Boarding Lab
January 30 ONLINE	Cervical Spine Injuries Sickle Cell Trait Quiz 3 Discussion Board: C-Spine/Spine Boarding
February 1 ONLINE	<i>Discussion board- initial post due by 5pm</i>
February 3 ONLINE	<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 IN PERSON	Splinting Lab
February 6 ONLINE	Sudden Cardiac Death Respiratory Distress Discussion Board: Sudden Death Quiz 4
February 8 ONLINE	<i>Discussion board- initial post due by 5pm</i>
February 10 ONLINE	<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 IN PERSON	Ankle Taping Lab (students last name A-H)
February 13 ONLINE	Exam 2 (Opens February 14)

	Extra Credit #2
February 15 ONLINE	Exam 2 due by 11:59 pm
February 17 ONLINE	Ankle Taping Lab & Video A-H due by 11:59 pm Extra Credit #2 due by 11:59 pm
Wk 7: February 21 IN PERSON	Concussions (lecture only)
February 20 ONLINE	Body's Response to Injury Discussion Board: Current Concussion Knowledge Quiz 5
February 22 ONLINE	<i>Discussion Board- initial post due by 5pm</i>
February 24 ONLINE	<i>Discussion board- responses due by 5pm</i> Quiz 5 due by 11:59pm
Wk 8: February 28 IN PERSON	Concussion Lab
February 27 ONLINE	Therapeutic Modalities Discussion Board: Post-Lecture Concussion Knowledge Quiz 6
March 1 ONLINE	
March 3 ONLINE	<i>Discussion Board- responses due by 5pm</i> Concussion Lab due by 11:59 pm Quiz 6 due by 11:59pm
Wk 9: March 7 IN PERSON	Ankle Taping Lab I-Z
March 6 ONLINE	Exam 3 (opens March 7) Extra Credit #3
March 8 ONLINE	Exam 3 due by 11:59 pm Ankle Taping Lab (students last name I-Z)
March 10 ONLINE	Extra Credit #3 due by 11:59pm Ankle Taping Lab & Video I-Z due by 11:59 pm
March 13-17	SPRING BREAK: NO CLASS!!
Wk 10: March 21 IN PERSON	Shoulder/Hip Lab
March 20 ONLINE	Foot & Ankle Injuries Knee Injuries Quiz 7
March 22 ONLINE	
March 24 ONLINE	Quiz 7 due by 11:59pm Shoulder/Hip Lab due by 11:59pm
Wk 11: March 28 IN PERSON	Rehab/Injury Prevention (lecture only)
March 27 ONLINE	Research Paper Hip Injuries Quiz 8 Discussion Board: Injury/Illness Prevention
March 29 ONLINE	<i>Discussion Board- initial post due by 5pm</i>
March 31 ONLINE	<i>Discussion Board- responses due by 5pm</i> Quiz 8 due by 11:59pm
Wk 12: April 4	Wrist/Arch Lab
April 3 ONLINE	Exam 4 (opens April 4)
April 5 ONLINE	Exam 4 due by 11:59pm
April 7 ONLINE	Wrist/Arch Lab & Video due by 11:59pm
Wk 13: April 11 IN PERSON	Final Exam Review
April 10 ONLINE	Research Paper due by 11:59 pm Elbow/Wrist/Hand Injuries

	Shoulder Injuries Discussion Board: Musculoskeletal Injuries
April 12 ONLINE	<i>Discussion Board-initial post due by 5pm</i> Quiz 9
April 14 ONLINE	<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 IN PERSON	NO CLASS!!!
April 17 ONLINE	Final Exam Extra Credit Discussion Board: Course Wrap up
April 19 ONLINE	Final Exam <i>Discussion Board initial post due by 5pm</i>
April 21 ONLINE	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.