

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 (follow course outline)
Class Location: HPC 3055 & 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 (5 @ 10 points each)	= 50 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	= 1,200 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. **LAB SHEETS WILL BE GIVEN OUT DURING CLASS, SO IF YOU DON'T ATTEND, YOU WILL NOT HAVE THE LAB SHEET!!** 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

Wk 1: January 16 IN CLASS	<ul style="list-style-type: none"> - Course Introduction - Syllabus - History of Athletic Training/Sports Medicine - Syllabus Quiz - Discussion Board: HX Athletic Training - Legal Issues in Athletic Training
January 17 ONLINE	<ul style="list-style-type: none"> - Syllabus Quiz- due by 11:59 pm - Quiz 1 - Discussion board- initial post due by 11:59pm
January 19 ONLINE	<ul style="list-style-type: none"> - Discussion board- responses due by 11:59pm - Quiz 1- due by 11:59 pm
Wk 2: January 23 IN CLASS	<ul style="list-style-type: none"> - Inclement Weather - Sports Nutrition
January 22 ONLINE	<ul style="list-style-type: none"> - Discussion Board: Inclement Weather & Nutrition
January 24 ONLINE	<ul style="list-style-type: none"> - Quiz 2 - Discussion Board- initial post due by 11:59pm
September 1 ONLINE	<ul style="list-style-type: none"> - Quiz 2 due by 11:59 pm - Discussion Board- responses due by 11:59pm
Wk 3: January 29 ONLINE	<ul style="list-style-type: none"> - Extra Credit #1
January 30 IN CLASS	<ul style="list-style-type: none"> - Wound Care Lab - Exam 1 opens- due 1/31 by 11:59pm
February 2 ONLINE	<ul style="list-style-type: none"> - Wound Care Lab due by 11:59pm - Extra Credit #1 due by 11:59 pm
Wk 4: February 5 ONLINE	<ul style="list-style-type: none"> - Discussion Board: C-Spine/Spine Boarding - Cervical Spine Injuries - Sickle Cell Trait
February 6 IN CLASS	<ul style="list-style-type: none"> - Spine Boarding Lab
February 7 ONLINE	<ul style="list-style-type: none"> - Discussion board- initial post due by 11:59pm - Quiz 3
February 9 ONLINE	<ul style="list-style-type: none"> - Discussion Board- responses due by 11:59pm - Spine Boarding Lab due by 11:59pm - Quiz 3 due by 11:59pm
Wk 5: February 12 ONLINE	<ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress
February 13 IN CLASS	<ul style="list-style-type: none"> - Splinting Lab
February 14 ONLINE	<ul style="list-style-type: none"> - Quiz 4
February 16 ONLINE	<ul style="list-style-type: none"> - Quiz 4 due by 11:59 pm - Splinting Lab due by 11:59pm
Wk 6: February 19 ONLINE	<ul style="list-style-type: none"> - Extra Credit #2

February 20 IN CLASS	- Ankle Taping Lab A-L
February 20 ONLINE	- Exam 2 opens due by 11:59 pm 2/21 - Ankle Taping Lab- 2 parts
February 23 ONLINE	- Ankle Taping Lab Sheet due by 11:59pm - Ankle Taping Lab Video due by 11:59pm 2/25 - Extra Credit #2 due by 11:59pm
Wk 7: February 26 ONLINE	- Body's Response to Injury - Discussion Board: Pre-Concussion Knowledge
February 27 IN CLASS	- Concussion Lecture
February 28 ONLINE	- Quiz 5 - Discussion board- initial post due by 11:59pm
March 1 ONLINE	- Quiz 5 due by 11:59pm - Discussion board- responses due by 11:59pm
Wk 8: March 4 ONLINE	- Therapeutic Modalities - Discussion Board: Post-Lab Concussion Knowledge
March 5 IN CLASS	- Concussion Lab
March 6 ONLINE	- Quiz 6 - Discussion Board- initial post due by 11:59pm
March 8 ONLINE	- Concussion Lab due by 11:59pm - Discussion Board- responses due by 11:59pm - Quiz 6 due by 11:59pm
March 11-15	- SPRING BREAK NO CLASS!!!
Wk 9: March 18 ONLINE	- Extra Credit #3
March 19 IN CLASS	- Ankle Taping Lab M-Z
March 19 ONLINE	- Exam 3 opens due by 11:59pm 3/20 - Ankle Taping Lab
March 22 ONLINE	- Ankle Taping Lab Sheet due by 11:59pm - Ankle Taping Lab Video due by 11:59pm 3/24 - Extra Credit #3 due by 11:59pm
Wk 10: March 25 ONLINE	- Foot & Ankle Injuries - Knee Injuries
March 26 IN CLASS	- Shoulder/Hip Lab
March 27 ONLINE	- Quiz 7
October 27 ONLINE	- Shoulder/Hip Lab due by 11:59pm - Quiz 7 due by 11:59pm
Wk 11: April 1 ONLINE	- Research Paper - Hip Injuries
April 2 IN CLASS	- Wrist/Arch Lab
April 3 ONLINE	- Quiz 8
April 5 ONLINE	- Wrist/Arch Lab Sheet due by 11:59pm - Wrist/Arch Lab Video due by 11:59pm 4/7 - Quiz 8 due by 11:59pm
Wk 12: April 9 IN CLASS	- Basic Rehab lecture
April 9 ONLINE	- Exam 4 opens due by 11:59pm 4/10

	- Extra Credit #4 (opens 4/8)
April 12 ONLINE	- Extra Credit #4 due by 11:59pm - Research Paper- due Monday!
Wk 13: April 15 ONLINE	- Research Paper due by 11:59 pm - Elbow/Wrist/Hand Injuries - Shoulder Injuries - Discussion Board: MSK injuries - Quiz/Lab Extra Credit
April 16 IN CLASS	- Final Exam Review
April 17 ONLINE	- Discussion Board -initial post due by 11:59pm - Quiz 9
April 19 ONLINE	- Discussion Board -responses due by 11:59pm - Quiz 9 due by 11:59pm - Quiz/Lab Extra Credit due by 11:59 pm
Wk 14: April 22 ONLINE	- Final Exam Extra Credit - Discussion Board: Course wrap up
April 24 ONLINE	- Final Exam (Open through due date)
April 26 ONLINE	- Final Exam due by 11:59, <u>MAY 4</u> - Final Exam EC due by 11:59pm - Discussion Board -due by 11:59pm

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