

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: Tues 8:00-9:20 AM (follow course outline)
Class Location: HPC 3010 & Canvas (hybrid course)
Course Prerequisites: None
Instructor: Laurel Trail, MPA, LAT, ATC
Contact Info: Email: ltrail@uttyler.edu
Office hours: By Appointment Only

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 (4 @ 100 points each)	= 300 points
Ankle Tape video	= 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. For every hour late work is submitted there will be a deduction of 5 points.**

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**

AI is not permitted in this course at all:

I expect all work students submit for this course to be their own. I have carefully designed all assignments and class activities to support your learning. Doing your own work, without human or artificial intelligence assistance, is best for your efforts in mastering course learning objectives. For this course, I expressly forbid using ChatGPT or any other artificial intelligence (AI) tools for any stages of the work process, including brainstorming. Deviations from these guidelines will be considered a violation of UT Tyler’s Honor Code and academic honesty values.

Course Outline

Week 1: January 14th- In person	<ul style="list-style-type: none"> - History Of Athletic Training - Medical Law - <i>Syllabus Quiz Open</i> - <i>Quiz #1 Open</i>
January 20th	<ul style="list-style-type: none"> - <i>Syllabus Quiz by 11:59pm</i> - <i>Quiz #1 Due by 11:59pm</i>
Week 2: January 21st – Online	<ul style="list-style-type: none"> - Sports Nutrition - Discussion Board #1 - <i>Quiz #2 Open</i>
January 25th	<ul style="list-style-type: none"> - Discussion Board #1 Initial Post Due by 11:59pm
January 27th	<ul style="list-style-type: none"> - Discussion Board reply due by 11:59pm - <i>Quiz #2 due</i>
Week 3: January 28th – In person	<ul style="list-style-type: none"> - Environmental Illness - Sudden Death and Respiratory illnesses - Sickle Cell Trait - Discussion Board #2
February 1st	<ul style="list-style-type: none"> - Discussion Board #2 Initial Post Due
February 3rd.	<ul style="list-style-type: none"> - Discussion Board Reply Due by 11:59pm
Week 4: February 4th - Online	<ul style="list-style-type: none"> - Injury and Healing Process - Therapeutic Modalities and Rehabilitation - <i>Exam #1 Open</i>
February 10th	<ul style="list-style-type: none"> - Exam # 1 Due by 11:59pm
Week 5: February 11th - In person	<ul style="list-style-type: none"> - Wound Care and Splinting - Lab Activity #1 - <i>Quiz #3 Open</i>
February 17th	<ul style="list-style-type: none"> - Lab Activity #1 Due by 11:59pm - <i>Quiz #3 Due by 11:59pm</i>
Week 6: February 18th – In person	<ul style="list-style-type: none"> - Foot and Ankle - Lab Activity #2 - Ankle video

February 24th	- Lab Activity #2 Due by 11:59pm - Ankle video Due by 11:59pm
Week 7: February 25th – In person	- Knee - Discussion Board #3 (<i>Initial Post due Oct 11th</i>)
March 1st	- <i>Discussion Board #3 Initial Post Due by 11:59pm</i>
March 3rd	- <i>Discussion Board #3 Reply</i>
Week 8: March 4th- In person	- Hip and Thigh - Lab Activity #3 - <i>Quiz # 4 Open</i>
March 10th	- <i>Quiz #4 Due by 11:59pm</i> - Lab Activity #3 Due by 11:59pm
Week 9: March 11th- Online	- Back, Neck, and Core - Exam #2
March 16th	- Eam #2
March 17th-23rd- NO CLASS	Spring Break
Week 10: March 25th -In person	- Head and Face - Discussion Board #4
March 29th	- Discussion Board #4 Initial Post Due by 11:59pm
March 31st	- Discussion Board # Reply Due by 11:59pm
Week 11: April 1st - In person	- Shoulder - Lab Activity #4 (<i>due Nov 10th</i>)
April 7th	- Lab Activity#4 Due by 11:59pm
Week 12: April 8th - In person	- Elbow, Wrist, and Hand - <i>Quiz #5 Open</i>
April 14th	- <i>Quiz #5 Due by 11:59pm</i>
Week 13: April 15th- Online	- Dermatology - Exam #3 open
April 21st	- Exam #3 Due
Week 15: April 22nd- In person	- Mental Health - <i>Quiz #6 open</i>
April 27th	- <i>Quiz #6 Due 1by 1:59pm</i>
Week 16: April 28th-May 2nd Online	- Exam #4

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. .

- Exams- all exams are online.
- Extra credit- there will be 4 extra credit assignments throughout the semester worth 15 points.

Please, note this syllabus is not binding agreement and subject to change due to any unforeseen circumstances on the part of the instructor.