

**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: Summer I: May 30 – July 1  
Class Location: Online  
Course Prerequisites: None  
Instructor: S. Andrew Cage, EdD, ATC, LAT, CES  
Contact Info: Email: [acage@uttyler.edu](mailto:acage@uttyler.edu)

Recommended **NOT REQUIRED** Textbooks: Prentice, W.E. (2013). Principles of Athletic Training: A Competency-Based Approach. New York, NY: McGraw Hill. 15<sup>th</sup> edition.

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:

1. 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.
2. Discuss any legal implications of athletic training as they relate to the concepts discussed in class.
3. Discuss the relationship between evaluation of athletic injuries and decision-making in the management of athletic injuries.
4. 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.
5. Apply various bandages, tape applications, protective equipment, and padding for a variety of musculoskeletal problems.
6. Possess knowledge of basic medical terminology and musculoskeletal components.

Course Requirements:

Ankle Taping Lab	= 150 points
Quizzes (6 @ 10 points each)	= 60 points
Exams (4 @ 100 points each)	= 400 points
Final Exam	= <u>100 points</u>
Total Points Possible	= 710 points

Grading Scale:

A = 90-100%
B = 80-89%
C = 70-79%
D = 60-69%
F = below 60%

Assignment &  
Exam Policy:

**PLEASE READ!!!**

- PowerPoints & assignments will be made available on Monday of each new week under the **Modules** tab.
- Assignments and Exams will be due on the following Friday by midnight. You may work on them throughout the week as you complete the viewing of each Powerpoint presentation OR you may complete them in one sitting.
- **You will submit your ankle taping lab assignments online via email. If for some reason this method is not working, let me know so that I can help you through the procedure.**
- Because technical issues are common with online courses however, do NOT wait until Sunday night 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.
- The final exam will be made available on Monday, June 27<sup>th</sup> and must be completed by midnight on July 2<sup>nd</sup>.

Note on Ankle Taping Lab:

In order to incorporate the ankle taping lab component of this course, students will be required to submit a video of them taping an ankle via Canvas. If the video format does not play, the student will be given a chance to resubmit the video in a timely fashion. An instruction sheet will be sent out the week of the ankle taping lab assignment.

Late Work:

Because of the nature of an online course, all assignments and exams are expected AND required to be completed by the date they are due. No exceptions will be made. See Course Outline for due dates.

Academic Integrity  
Policy:

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 IN AN ONLINE COURSE!**

### Course Outline

Module 1: Week of May 30 <sup>th</sup> – June 2 <sup>nd</sup>	<ul style="list-style-type: none"> <li>- Legal Issues in Sports Medicine</li> <li>- The History of Sports Medicine</li> <li>- Sports Nutrition</li> <li>- Inclement Weather</li> <li>- Wound Care</li> </ul> <p><b>Quizzes 1 &amp; 2 Due June 2<sup>nd</sup></b> <b>Exam #1 Due June 3<sup>rd</sup></b></p>
Module 2: Week of June 5 <sup>th</sup> – 9 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Cervical Spine Injuries</li> <li>- Sickle Cell Trait</li> <li>- Sudden Cardiac Death</li> <li>- Respiratory Distress</li> <li>- Spine Boarding</li> </ul> <p><b>Quiz 3 Due June 9<sup>th</sup></b> <b>Exam #2 Due June 10<sup>th</sup></b></p>
Module 3: Week of June 12 <sup>th</sup> – 16 <sup>th</sup>	<ul style="list-style-type: none"> <li>- The Body's Response to Injury</li> <li>- Therapeutic Modalities</li> <li>- Concussions</li> </ul> <p><b>Quizzes 4 &amp; 5 Due June 16<sup>th</sup></b> <b>Exam #3 Due June 17<sup>th</sup></b></p>
Module 4: Week of June 19 <sup>th</sup> – 23 <sup>rd</sup>	<ul style="list-style-type: none"> <li>- Foot &amp; Ankle Injuries</li> <li>- Knee Injuries</li> <li>- Hip Injuries</li> <li>- Ankle Taping Lab Assigned</li> </ul> <p><b>Ankle Taping Lab Due June 23<sup>rd</sup></b> <b>Exam #4 Due June 24<sup>th</sup></b></p>
Module 5: June 26 <sup>th</sup> – June 30 <sup>th</sup>	<ul style="list-style-type: none"> <li>- Elbow Wrist &amp; Hand Injuries</li> <li>- Shoulder Injuries</li> </ul> <p><b>Final Exam – Will be available June 26<sup>th</sup>. Must be completed by midnight on July 1<sup>st</sup>.</b></p>

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