I. Course Description
KINE 3318 provides the general knowledge and general application of theory, principles, and skills used in the prevention, care, and rehabilitation of athletic injuries. Materials fee required.

II. Rationale
This course will provide information on medical terminology, risk management, general medical conditions and other topics that are related to the athletic trainer/sports medicine team relationship. This course is required for students majoring in Athletic Training and accepted into the Athletic Training Education Program at Texas A&M University-Corpus Christi. This course is to be taken concurrently with KINE 2192 (Clinical experiences in Athletic Training II) for all athletic Training majors. This is a preparatory course for students seeking to be a Certified Athletic Trainer (ATC) as they plan to sit for the National Athletic Trainers’ Association Board of Certification (BOC) exam.

III. State Adopted Proficiencies for Teachers and/or Administrators/Counselors
1. LEARNER-CENTERED KNOWLEDGE: The teacher possesses and draws on a rich knowledge base of content, pedagogy, and technology to provide relevant and meaningful learning experiences for all students.
2. LEARNER-CENTERED INSTRUCTION: To create a learner-centered community, the teacher collaboratively identifies needs; and plans, implements, and assesses instruction using technology and other resources.
3. EQUITY IN EXCELLENCE FOR ALL LEARNERS: The teacher responds appropriately to diverse groups of learners.
4. LEARNER-CENTERED COMMUNICATION: While acting as an advocate for all students and the school, the teacher demonstrates effective professional and interpersonal communication skills.
5. LEARNER-CENTERED PROFESSIONAL DEVELOPMENT: The teacher, as a reflective practitioner dedicated to all students’ success, demonstrates a commitment to learn, to improve the profession, and to maintain ethics and personal integrity.

IV. TExES Competencies
a. TExES COMPETENCIES:
   Domain II – HEALTH-RELATED PHYSICAL FITNESS
   Competency 008 – The teacher understands principles and activities for developing and maintain flexibility, posture, and muscular strength and endurance.
   Domain III – THE PHYSICAL EDUCATION PROGRAM
   Competency 013 – The teacher understands legal issues and responsibilities of physical education
teachers in relation to supervision, planning and instruction, safety, first aid, and risk management.

b. NATIONAL COMPETENCIES & PROFICIENCIES FOR ATHLETIC TRAINING (CAATE 4th Ed.)

RISK MANAGEMENT:

<table>
<thead>
<tr>
<th>Competency Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>RM-C1</td>
<td>Explain the risk factors associated with physical activity.</td>
</tr>
<tr>
<td>RM-C2</td>
<td>Identify and explain the risk factors associated with common congenital and acquired abnormalities, disabilities, and diseases.</td>
</tr>
<tr>
<td>RM-C17</td>
<td>Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication</td>
</tr>
<tr>
<td>RM-C18</td>
<td>Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.</td>
</tr>
</tbody>
</table>

Proficiencies taught and evaluated:

- RM-P5: Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.

PATHOLOGY:

Proficiencies taught:

- PA-C5: Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body’s systems.

MEDICAL CONDITIONS:

Competencies taught and evaluated:

- MC-C7: Describe and know when to refer common and significant respiratory infections, thoracic trauma, and lung disorders. (e.g., influenza, pneumonia, bronchitis, rhinitis, sinusitis, upper-respiratory infection (URI), pneumothorax, hemothorax, pneumomediastinum, exercise-induced bronchospasm, exercise-induced anaphylaxis, asthma).
- MC-C10: Explain the possible causes of sudden death syndrome.
- MC-C11: Describe and know when to refer common cardiovascular and hematological medical conditions from trauma, deformity, acquired disease, conduction disorder, and drug abuse (e.g., coronary artery disease, hypertrophic cardiomyopathy, heart murmur, mitral valve prolapse, commotion cordis, Marfan’s syndrome, peripheral embolism, hypertension, arrhythmogenic right ventricular dysplasia. Wolf-Parkinson-White syndrome, anemias, sickle cell anemia and sickle cell trait [including rhabdomyolysis], hemophilia, deep vein thrombosis, migraine headache, syncope).
- MC-C12: Describe and know when to refer common medical conditions that affect the gastrointestinal and hepatic-biliary systems from trauma, chemical and drug irritation, local and systemic infections, psychological stress, and anatomic defects (e.g., hepatitis, pancreatitis, dyspepsia, gastroesophageal reflux, peptic ulcer, gastritis and gastroenteritis, inflammatory bowel disease, irritable bowel syndrome, appendicitis, sports hernia, hemorrhoids, splenomegaly, liver trauma).
- MC-C13: Describe and know when to refer common medical conditions of the endocrine and metabolic systems from acquired disease and acute and chronic nutritional disorders (e.g., diabetes mellitus and insipidus, hypothyroidism, Cushing’s syndrome, thermoregulatory disorders, gout, osteoporosis).
- MC-C16: Describe and know when to refer common medical conditions of the immune system from infection, congenital and acquired disease, and unhealthy lifestyle. (e.g., arthritis, gout, upper respiratory tract infection [URTI], influenza, pneumonia, myocarditis, gastrointestinal
infection, urinary tract infection [UTI], sexually transmitted diseases [STDs], pelvic inflammatory disease, meningitis, osteomyelitis, septic arthrosis, chronic fatigue and overtraining, infectious mononucleosis, human immunodeficiency virus (HIV) infection and AIDS, hepatitis B virus infection, allergic reaction and anaphylaxis, childhood infectious diseases [measles, mumps, chickenpox]).

MC-C14: Describe and know when to refer common medical conditions of the renal and urogenital systems from trauma, local infection, congenital and acquired disease, nutritional imbalance, and hormone disorder (e.g., kidney stones, genital trauma, gynecomastia, monorchidism, scrotum and testicular trauma, ovarian and testicular cancer, breast cancer, testicular torsion, varicoceles, endometriosis, pregnancy and ectopic pregnancy, female athlete triad, primary amenorrhea, oligomenorrhea, dysmenorrhea, kidney laceration or contusion, cryptorchidism).

MC-C15: Describe and know when to refer common and/or contagious skin lesions from trauma, infection, stress, drug reaction, and immune responses (e.g., wounds, bacteria lesions, fungal lesions, viral lesions, bites, acne, eczema dermatitis, ringworm).

ACUTE CARE:

**Competencies taught and evaluated:**
- AC-C4: Know and be able to use appropriately standard nomenclature of injuries and illnesses.
- AC-C8: Describe pathological signs of acute/traumatic injury and illness including, but not limited to, skin temperature, skin color, skin moisture, pupil reaction, and neurovascular function.
- AC-C18: Describe the signs, symptoms, and pathology of acute inflammation.
- AC-C27e: Allergic, thermal, and chemical reactions of the skin (including infestations and insect bites)
- AC-C28: Identify the signs and symptoms of serious communicable diseases and describe the appropriate steps to prevent disease transmission.
- AC-C30: Identify information obtained during the examination to determine when to refer an injury or illness for further or immediate medical attention.
- AC-C33: Describe home care and self-treatment plans of acute injuries and illnesses.

**Proficiencies taught:**
- AC-P4j: Diabetic coma

PSYCHOSOCIAL:

**Competencies taught and evaluated:**
- PS-C1: Explain the psychosocial requirements (i.e., motivation and self-confidence) of various activities that relate to the readiness of the injured or ill individual to resume participation.
- PS-C2: Explain the stress-response model and the psychological and emotional responses to trauma and forced inactivity.
- PS-C4: Describe the basic principles of mental preparation, relaxation, visualization, and desensitization techniques.
- PS-C13: Describe the acceptance and grieving processes that follow a catastrophic event and the need for a psychological intervention and referral plan for all parties affected by the event.

EXERCISE:

**Competencies taught:**
- EX-C8: Explain the effectiveness of taping, wrapping, bracing, and other supportive/protective methods for facilitation of safe progression to advanced therapeutic exercises and functional activities.

V. Course Objectives/Learning Outcomes
- Build foundations of injury care and administer protective taping and wrapping
- Recognize and understand the basic process of
  - Cranial Nerves
  - Neurological Conditions
  - Cardiorespiratory Conditions
  - Injury Assessment
  - Tissue Healing and Wound Care
  - Developing a Therapeutic Exercise program
  - Developing Muscular strength, endurance and Power
  - Return to Sport/ Physical Activity
  - Recognize, assess, manage and prevent
  - Head and Facial Conditions
  - Cervical and Thoracic Spinal Conditions
  - Lumbar Spinal Conditions

- the Athletic Training Profession and the
  - Throat, Thorax and Visceral Conditions
  - Shoulder Conditions
  - Upper Arm, Elbow, and Forearm Conditions
  - Wrist and Hand Conditions
  - Pelvic, Hip and Thigh Conditions
  - Knee Conditions
  - Lower Leg, Ankle, and Foot Conditions
  - Shock, Syncope, and Diabetic Emergency
  - Conditions of the Female, Disabled and Senior Athlete
  - Common Infectious Diseases & Dermatology

VI. Course Topics
The major topics to be considered are:
The major topics to be considered are prevention, care, and rehabilitation of athletic injuries. Other topics include protective and preventative taping and bracing, blood borne pathogens, and performance enhancing drugs.

VII. Instructional Methods and Activities
Methods and activities for instruction include:
A. Traditional Experiences 77% (lecture/discussion; demonstration; drill; guest speaker; video, etc)
B. Clinical Experiences 23% (lab exercise)

VIII. Evaluation and Grade Assignment
Methods and Percentage of Final Course Grade Each Assessment Constitutes
A. Traditional Assessment
  1. Exams and Cumulative Final Exam 5 exams @ 100pts each = 500 points
  Labs 3 labs @ 10pts each= 30 points (Subject to change)
  Pre-Lab Quizzes 18 quizzes @ 5pts each = 90 points
  Guest Lecture write up= 2 lectures @ 15pts each = 30 points
  Evidence Based Practice Papers= 2 papers @ 25pts each= 50 points
  Total Possible = 700 points (Subject to change)

Grading Scale:
- 90-100% = A
- 80-89% = B
- 70-79% = C
- 60-69% = D
- Below 60% = F
## IX. Course Schedule and Policies

### A. Tentative Course Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Associated Reading</th>
</tr>
</thead>
<tbody>
<tr>
<td>09/05</td>
<td>Syllabus and Introduction to Sports Medicine</td>
<td>Chpt 1</td>
</tr>
<tr>
<td>09/10</td>
<td>Vernacular, Legality, and the Sports Medicine Team</td>
<td>Chpt 6</td>
</tr>
<tr>
<td></td>
<td>Tissue Healing, Wound Care, and OSHA</td>
<td>Chpt 8, Chpt 6</td>
</tr>
<tr>
<td>09/17</td>
<td>Therapeutic Interventions</td>
<td>Chpt 8</td>
</tr>
<tr>
<td>09/19</td>
<td>Exam #1</td>
<td>Chpts 1,6,8 and Associated Materials</td>
</tr>
<tr>
<td>09/24</td>
<td>Head and Facial Condition</td>
<td>Chpt 10</td>
</tr>
<tr>
<td>09/26</td>
<td>Concussions and Neurologic Disorders</td>
<td>Chpt 21</td>
</tr>
<tr>
<td>10/01</td>
<td>Cardiovascular and Respiratory Conditions</td>
<td>Chpts 20, 22</td>
</tr>
<tr>
<td>10/03</td>
<td>Dr. Nisimblat Lecture- The Heart of an Athlete</td>
<td>Supplementary</td>
</tr>
<tr>
<td>10/08</td>
<td>Throat, Thorax, and Visceral Conditions</td>
<td>Chpt 13</td>
</tr>
<tr>
<td>10/10</td>
<td>Exam #2 and Paper #1 due</td>
<td>Chpts 10, 13,20, 21, 22, and Associated Materials</td>
</tr>
<tr>
<td>10/15</td>
<td>Cervical, Thoracic, and Lumbar Spine Conditions</td>
<td>Chpt 11, Chpt 12</td>
</tr>
<tr>
<td>10/17</td>
<td>Pelvic, Sacral, and Hip Conditions</td>
<td>Chpt 17</td>
</tr>
<tr>
<td>10/22</td>
<td>Knee Conditions</td>
<td>Chpt 18</td>
</tr>
<tr>
<td>10/24</td>
<td>Lower Leg, Ankle, and Foot Conditions</td>
<td>Chpt 19</td>
</tr>
<tr>
<td>10/29</td>
<td>Lab #1: Taping and Wrapping of the Lower Extremities</td>
<td>Supplementary</td>
</tr>
<tr>
<td></td>
<td>Exam #3</td>
<td>Chpts 11,12,17,18,19, and Associated Materials</td>
</tr>
<tr>
<td>11/05</td>
<td>Shoulder Conditions</td>
<td>Chpt 14</td>
</tr>
<tr>
<td>11/07</td>
<td>Upper Arm, Elbow, and Forearm Conditions</td>
<td>Chpt 15</td>
</tr>
<tr>
<td>11/12</td>
<td>Wrist and Hand Conditions</td>
<td>Chpt 16</td>
</tr>
<tr>
<td>11/14</td>
<td>Lab #2: Taping and Wrapping of the Upper Extremities</td>
<td>Supplementary</td>
</tr>
<tr>
<td>11/19</td>
<td>Dr. Peter’s Lecture- Looking at the Body as a Whole</td>
<td>Supplementary</td>
</tr>
<tr>
<td>11/21</td>
<td>Lab #3: Postural Assessment and Gate Analysis</td>
<td>Supplementary</td>
</tr>
<tr>
<td>11/26</td>
<td>Exam #4 and Paper #2 due</td>
<td>Chpts 14,15,16, and Associated Materials</td>
</tr>
<tr>
<td>11/28</td>
<td>Happy Thanksgiving</td>
<td></td>
</tr>
<tr>
<td>12/03</td>
<td>Shock, Syncopy, Environmental Conditions, &amp; Diabetic</td>
<td>Chpts 24, 25</td>
</tr>
<tr>
<td>12/05</td>
<td>Conditions of the Female Athlete and Special Populations</td>
<td>Chpt 27</td>
</tr>
<tr>
<td>12/10</td>
<td>Common Infectious Diseases &amp; Dermatology</td>
<td>Chpts 26, 29</td>
</tr>
<tr>
<td>TBD</td>
<td>Cumulative Final Exam</td>
<td>CUMULATIVE</td>
</tr>
</tbody>
</table>

*The instructor reserves the right to change the schedule. Any changes in test dates will be announced in class at least one class prior to the tentative exam date.*
B. Class Policies

Exams
Exams must be taken in class during the scheduled class session. No make-up exams will be given except under extreme circumstances. If you are late to an exam you will not be given extra time to take it.

Guest Speakers
This is an opportunity to gain valuable insight and information from other professionals in the field. 10 Points will be earned for completion of a one page paper on the speaker. No make-ups are allowed.

Pre-Lab Quiz
At the beginning of every class period there will be a pre lab quiz worth 5 points total. Questions may be based off of either information learned in the previous class sessions, or information that can be found in the required reading for the current class session. If you do not read the associated reading in a timely manner it will be very difficult to earn all points possible for the quizzes. These quizzes will only be available for the first five minutes of each class period. If you enter class more than five minutes after the class period begins you will not be eligible to take the pre-lab quiz. Pre-lab quizzes may only be made up in the event of an excused absence.

Lab
Points will be earned based on performance from a quiz or lab. All work must be completed during the scheduled class period. If you are late to a quiz or a lab, you will not be given extra time to take it. No make-ups are allowed.

Evidence Based Practice Papers
Two Evidence Based Practice papers will be due during the semester. Your task, should you choose to except it, is to pick a subject previously covered in class, use the University online research guide (http://tamucc.libguides.com/content.php?pid=212091&sid=1765598) and find a peer reviewed article that interest you on that subject. You will need to summarize the article along with critically reviewing the article (AKA, did you think the research was done well, why or why not?) Each paper must be a minimum of 2 pages, double spaced, with 1” margins. You must turn in both the paper and a copy of the journal article. Be VERY AWARE of wording and phraseology, sometimes we unintentionally plagiarize, if you state an idea you must properly site it!

Attendance, Excused Absences, and Make Up Work/Tests-
Attendance in class is not calculated into your grade, but it is necessary for your education, however strictly consuming oxygen does not qualify as attendance, be prepared to take a pre-lab quiz and answer questions when called upon. Tests and homework will only be permitted to be made up in the event of an excused absence. In order for an absence to be classified as excused one of several criteria must be met;
1. Instructor must be informed by email prior to the beginning of the class period.
2. Note from a physician stating that you missed class for a medical issue including date and time of class missed.

Academic Integrity/Plagiarism
As per the university catalog, “university students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, forgery, or plagiarism. (Plagiarism is the presentation of the work of another as one’s own). Penalites that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of ‘F’ to work in question;
6. Assigning grade of ‘F’ for course;
7. Recommendation for more severe punishment

**Dropping a Class**

Dropping a class is sometimes an unfortunate necessity. HOWEVER I urge you to check with me before making the decision to drop the class, so that we can take a thorough look at your current class grade to be sure that you are aware of exactly where you stand in the class. Should dropping the class be the best possible course of action you must go to the Student Services Center and fill out a course drop form. **Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class.** **November 15, 2013** is the last day to drop a class with an automatic grade of “W” this term.

**X. Textbook(s)**

_The textbook(s) adopted for this course is/are:_


**XI. Bibliography**

_The knowledge bases that support course content and procedures include:_


**XII. Grade Appeals**

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

**XIII. Disabilities Accommodations**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 116. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.
-Note-
Extra credit is an opportunity NOT a requirement, so do not rely on it to boost your grade at the end of the semester. No extra credit opportunities will be given to any individual student, IF any extra credit opportunities arise all students will be informed of the opportunity.
KINE 3318- Prevention and Care of Athletic Injuries
Syllabus Acknowledgement Form

I ________________________________, wish to inform you that I understand the rules set forth in this lovely syllabus that my instructor, Chelsea Kuehner, has taken a great deal of time to put together. I promise to consult this document prior to asking my instructor any and all questions that are more than likely to be clearly stated in it. I also understand that life does not always go according to plan, therefore my instructor may feel the need to change any and/or all portions of the schedule put forth in this syllabus in order to better facilitate my learning needs. I will do my best to adapt to any changes as I am informed of them.

Student Signature ________________________________ Date __________

Student ID A # ________________