Prevention and Care of Athletic Injuries

I. Course Description
KINE 3318 Prevention and Care of Athletic Injuries Provides the general knowledge and general application of theory, principles, and skills used in the prevention, care, and rehabilitation of athletic injuries.

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 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 maintains 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.

V. Course Objectives/Student Learning Outcomes

*This course is designed to enable students to:*

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<thead>
<tr>
<th>Class</th>
<th>Course Objectives/Learning Outcomes</th>
<th>Measures</th>
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<tbody>
<tr>
<td>KINE 3318 Prevention and Care of Athletic Injuries</td>
<td>1. Building foundations of injury care and prevention of injuries as well as injury screens</td>
<td>Labs</td>
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<td>2. Recognize and understand the basic process of:</td>
<td>Exams,</td>
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<td>▫ Injury Assessment</td>
<td>Quizzes</td>
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<td>▫ Tissue Healing and Wound Care</td>
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<td>▫ Therapeutic Intervention – Therapeutic Modalities, Psychological Intervention, Pharmacology and Therapeutic Exercises</td>
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<td>▫ Developing Muscular strength, endurance and Power</td>
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<td>▫ Return to Sport/ Physical Activity</td>
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<td>- Recognize, assess, manage and prevent</td>
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<td>▫ Head and Facial Conditions</td>
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<td>▫ Cervical and Thoracic Spinal Conditions</td>
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<td>▫ Lumbar Spinal Conditions</td>
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<td>▫ Throat, Thorax and Visceral Conditions</td>
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<td>▫ Shoulder Conditions</td>
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<td>▫ Upper Arm, Elbow, and Forearm Conditions</td>
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<td>▫ Wrist and Hand Conditions</td>
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<td>▫ Pelvic, Hip and Thigh Conditions</td>
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<td>▫ Knee Conditions</td>
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<td>▫ Lower Leg, Ankle, and Foot Conditions</td>
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<td>▫ Leading Causes of Sudden Death – such as Shock, Diabetic Emergency and Asthma Attack</td>
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<td>▫ Conditions of the Female Athlete and Eating Disorders</td>
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<td>▫ Common Infectious Diseases &amp; Dermatology</td>
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VI. Course Topics

*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

As a hybrid class, this course will include assigned chapter readings, online video postings, PowerPoint presentations, and additional readings as appropriate. Blackboard will be a vital tool used as the main source of delivery regarding course materials including quizzes, assignments, announcements, and other information related to the course.

Methods and activities for instruction include:
A. Traditional Experiences 90% (lecture/discussion; critical thinking questions, demonstration; video, etc)
B. Clinical Experiences 10% (lab exercise)
C. High Impact Practices
   Labs – Collaborative Assignments and Projects
   Digital Discussion of various injuries – Diversity and Global Learning
   Preventative Measures and Assigned Research Reading & Discussion –
   Undergraduate
   Research, Diversity and Global Learning, Common Intellectual Experiences

VIII. Evaluation and Grade Assignment

The methods of evaluation and the criteria for grade assignment are:

A. Methods and Percentage of Final Course Grade Each Assessment Constitutes
   1. Traditional Assessment
      a. Getting to Know You Assignment = 10 Points
      b. Application Questions (10 pts each, x 9) = 90 Points
      c. Quiz (10 pts each, x 3; 15 pts each x 1) = 45 Points
      d. Lab (50 pts apiece, x 2) = 100 Points
      e. Blogs (10 pts each, x 5) = 50 Points
      f. Course Informal Evaluations (5 pts ea x 3) = 15 Points
      g. Exams (100 pts apiece, x 5) = 500 Points
      h. Total Possible = 810 Points*
         *Points values may be altered to reflect the needs of this course

   2. Performance Assessment Your final grade will be determined from your performance on exams, quizzes, lab activities, and assignments.

B. Grading Scale
   90.00-100% = A
   80.00-89.99% = B
   70.00-79.99% = C
   60.00-69.99% = D
   < 60.00% = F
IX. Course Schedule and Policies
   A. A tentative course schedule (see appendix)
   B. Class Policies

Exams & Quizzes
   Exams: Exams must be taken in class during the scheduled window. Exams will disappear from Blackboard after the window has expired. Exams will not be reopened for students. Please make sure to take your exams with enough time to finish.
   Quiz: There will be approximately 8 announced quizzes throughout the semester over the material that was taught in class. All the quizzes will be given on-line through the Blackboard, and are open for 24 hours (12:01am-11:59pm). Once closed, these quizzes will not be re-opened except a few extreme cases and students who missed this 24-hours period will receive zero points for the particular quiz. Students are responsible for obtaining a stable, reliable internet connection upon taking the quiz. Each quiz will be timed, and students are not allowed to re-take it once it’s submitted.

Attendance & Tardiness
   Class Participation and Attendance: Even though this is an online course, active participation and attendance (online presence) are extremely important, however situations do occur. Please understand that I will work with any individual that may have a conflict regarding test or lab. Obviously those individuals that approach me prior to the date in question will have a more favorable outcome.

   Lab: Points will be earned based on performance from lab. All work will be completed on your own. Students will be given instructions on completing the lab activity. You will not require substantial additional resources to complete the lab but please make sure to take the time to complete these laboratory assignments.

Late work /Make-up Exams
   If you miss the deadline for an assignment, you can still choose to turn in for a period of 24 hours for partial credit. If you missed the due date & time (i.e. due time listed on blackboard) but turn the assignment in within a 24-hour period from the due date and time, there will be 50% deduction of earned credit for the assignment. Any assignments turned in more than 24 hours after the due date and time will not receive any credit. No make-up exams or labs will be given except under extreme circumstances. Students must be prepared to provide evidence of extreme circumstances to verify for the instructor the reasoning.

Extra Credit
   Although extra credit will NOT be given upon personal request, it may be included at the end of an exam or quiz.
**Cell Phone/Electronic Device Usage**

As this is an online course, you are welcome to use whatever resources you have at your disposal.

**Academic Integrity/Plagiarism.**

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, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties 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, such as dismissal from the program or from the University.

**See the University Catalog for more information.**

**Dropping a Class**

I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and participation WILL NOT automatically result in your being dropped from the class. (November 9th, 2018) is the last day to drop a class with an automatic grade of “W” this term.

**Preferred methods of scholarly citations**

Whenever citation is required, it must be done in the APA 6th edition format.

**Classroom/professional behavior**

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere even in an online community. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students
engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

Statement of Civility
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of sex, ethnic/racial origin, religious background, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

Grade Appeals
As stated in University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures, 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 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. For assistance and/or guidance in the grade appeal process, students may contact the Dean’s office in the college in which the course is taught or the Office of the Provost.

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 Corpus Christi Hall 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.

Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus.
However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.

X. Required or Recommended Readings
   Textbook:

   Recommended or Supplemental Reading:

XI. Bibliography
   The knowledge bases that support course content and procedures include:

XII. List of Supplies
   N/A