

The University of Texas at Tyler
Department of Health & Kinesiology
KINE 2337 001: Care & Prevention of Athletic Injuries

Department: Health and Kinesiology
Class Credit: 3 semester hours
Class Schedule: TTh – 9:30 am
Class Location: HPC 2255
Course Prerequisites: None
Instructor: Rebekah Grube, MEd, ATC, LAT
Off. Location & Hrs: HPC 1045; Open door policy
Contact Info: Office: (903) 565-5545
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Required Textbooks: Prentice, W.E. (2009). Arnheim's Principles of Athletic Training. New York, NY: McGraw Hill. 13th edition.

Course Description: It is the purpose of this course to introduce students to the field of athletic training and to develop competencies related to injury prevention, sports trauma, emergency care, and the related legal/ethical responsibilities. Students will also develop competencies in the basic recognition and management of athletic injuries with emphasis placed on prevention, mechanisms, signs & symptoms, and care of athletic injuries.

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 athletic trainer's role and responsibility in each area.
2. Relate and discuss the legal implications of athletic training as it relates to 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 as well as to ensure safe-playing environments and protective equipment.
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:

Terminology Handout	= 50 pts
Observation Hours (16 hours)	= 100 pts
Blackboard Quizzes (8 @ 50 pts each)	= 400 pts
Attendance/Participation	= 50 pts
4 Exams (100 pts each)	= <u>400 pts</u>
Total	1000 pts

Grading Scale:

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

Exam Policy:

In order to protect the integrity of examinations and to treat all students fairly, examinations should be taken only when they are scheduled. If a student knows that he/she is going to be absent for an exam, it is the student's responsibility to make arrangements with the instructor to take the exam prior to the absence. Exams may be taken after the scheduled date only in the event of an illness or personal or family emergency.

Attendance Policy:

Students are expected and urged to attend all class sessions with the exception of illness, emergencies or a sanctioned university event. According to the university Catalog (pg. 95), "Each instructor may establish a more stringent absence policy if it is outlined in the course syllabus." Therefore, each student will be allowed 4 absences over the course of the semester. On the 5th absence, you will lose 10 points from your attendance grade.

Late Work:

All assignments are expected to be turned in as scheduled in the course syllabus. For each day that an assignment is late, the grade for that assignment will be decreased by 5%.

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. When references are used, please cite them accordingly.

Care & Prevention of Athletic Injuries Course Outline

August 28 th	Introduction, Syllabus, Course Outline & Start Ch. 1 Lecture
September 2 nd	Ch. 1 – The Athletic Trainer and the Sports Medicine Team
4 th	Ch. 2 – Health Care Organization & Administration
9 th	Ch. 3 – Legal Concerns and Insurance Issues
11 th	Ch. 4 – Conditioning Techniques
16 th	Ch. 4 – Conditioning Techniques
18 th	Examination #1
23 rd	Ch. 5 – Nutritional Considerations
25 th	Ch. 5 – Nutritional Considerations
30 th	Ch. 6 – Environmental Considerations
October 2 nd	Ch. 7 – Protective Equipment
7 th	Ch. 8 – Bandaging & Taping
9 th	Ch. 8 – Bandaging & Taping
14 th	Examination #2
16 th	Ch. 9 – Mechanisms & Characteristics of Sports Trauma
21 st	Ch. 10 – Tissue Response to Injury
23 rd	Ch. 10 – Tissue Response to Injury
28 th	Ch. 11 – Psychosocial Intervention for Sport Injuries & Illnesses
30 th	Ch. 11 – Psychosocial Intervention for Sport Injuries & Illnesses
November 4 th	Ch. 12 – On-the-Field Acute Care & Emergency Procedures
6 th	Ch. 12 – On-the-Field Acute Care & Emergency Procedures
11 th	Examination #3
13 th	Ch. 13 – Off-the-Field Injury Evaluation
18 th	Ch. 13 – Off-the-Field Injury Evaluation
20 th	Ch. 14 – Infectious Diseases, Bloodborne Pathogens & Universal Precautions
25 th	Ch. 15 – Using Therapeutic Modalities
27 th	No Class ☺ - Thanksgiving Break
December 2 nd	Ch. 16 – Using Therapeutic Exercise in Rehabilitation
4 th	Ch. 16 – Using Therapeutic Exercise in Rehabilitation
9 th	Ch. 17 – Pharmacology, Drugs & Sports
11 th	Ch. 17 – Pharmacology, Drugs & Sports
16 th	No Class – Finals Week
18 th	Examination #4 9:30 – 11:30 am

There may be additional lab sessions that will take place outside of the regular class time.

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