

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: Mon 9:05-10am (follow course outline)
Class Location: HPC 3055 & 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. (2021). Principles of Athletic Training: A Competency-Based Approach. New York, NY: McGraw Hill. 17th 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 (4@ 10 points each)	= 40 points
Discussion Board (4@ 10 points each)	= 40 points
Labs (4@ 75 points each)	= 300 points
Exams (4@ 100 points each)	= 400 points
Participation	= 70 points
Total Points Possible	= 850 points

Extra Credit (4@ 10pts) =40 points

Grading Scale:

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

Participation: This portion of the grade is determined by replying to classmates in the discussion boards and attendance to lab sessions associated with this course.

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 24 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 2 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

Weeks & Dates	Subjects & Assignments
Week 1- Aug. 25th (Online)	-Syllabus -Intro to Sports Medicine Lecture -Quiz #1
Aug. 31st	-Quiz #1 due at 11:59pm.
Week 2- Sept. 1st (Online) Labor Day	-Injury Classification & Injury Response Lecture -Quiz #2
Sept. 7th	- Quiz #2 due at 11:59pm.
Week 3- Sept. 8th (In Class)	-Wound Care Lab- in class -Emergency Medicine Lecture- canvas
Sept. 14th	- Wound Care lab sheet due at 11:59pm.
Week 4- Sept. 15th (Online)	-Exam #1 -Therapeutic Exercise & Modalities for Athletic Injuries- canvas -Extra Credit #1
Sept. 21st	- Exam #1 due at 11:59pm. - Extra credit #1 due at 11:59pm.
Week 5- Sept. 22nd (In Class)	-Ankle Taping Lab- in class -Lower leg/Ankle/Foot Lecture- canvas
Sept. 28th	- Ankle Taping Lab sheet due at 11:59pm.
Week 6- Sept. 29th (In Class)	-Knee Injuries -Discussion Board #1
Oct. 5th	- Discussion Board #1 due at 11:59pm.
Week 7- Oct. 6th (Online)	-Midterm Exam #2 -Hip & Upper Leg Injuries- canvas -Extra Credit #2

Oct. 12th	- Exam #2 due at 11:59pm. - Extra Credit #2 due at 11:59pm.
Week 8- Oct. 13th (In Class)	-Spine Injuries Lecture -Quiz #3
Oct. 19th	- Quiz #3 due at 11:59pm.
Week 9- Oct. 20th (In Class)	-Head Injuries Lecture -Discussion Board #2
Oct. 26th	- Discussion Board #2 due at 11:59pm.
Week 10- Oct. 27th (In Class)	-Shoulder Wrapping Lab- in class -Shoulder Injuries Lecture- canvas
Nov. 2nd	- Shoulder wrapping lab sheet due at 11:59pm.
Week 11- Nov. 3rd (Online)	-Exam #3 -Chest/Heart/Abdomen injuries- canvas -Extra Credit #3
Nov. 9th	- Exam #3 due at 11:59pm. - Extra Credit #3 due at 11:59pm.
Week 12- Nov. 10th (In Class)	-Elbow/Wrist/Hand Taping Lab- in class -Elbow/Wrist/Hand Lecture- canvas
Nov. 16th	- Elbow/Wrist/Hand taping lab sheet due at 11:59pm.
Week 13- Nov. 17th (In Class)	-Dermatology Conditions in Athletics Lecture -Quiz #4
Nov. 23rd	- Quiz #4 due at 11:59pm.
Nov. 24th – 30th (No Class) Thanksgiving Break	
Week 14- Dec. 1st – (In Class)	-Mental Health Conditions in Athletics Lecture -Discussion Board #3
Dec. 7th	- Discussion Board #3 due at 11:59pm.
Week 15- Dec. 8th (Online)	-Exam #4 -Extra Credit #4
Dec. 12th	- Exam #4 due at 11:59pm. - Extra Credit #4 due at 11:59pm.

***Online (blue)-** means specific dates/times we will not meet in-class and all lectures and course work are on canvas.

***In class (orange)-** means specific dates/times we meet in person for lectures or labs.

***Canvas labeled-** means for the weeks of exams or labs additional lecture material will be posted on canvas related to the subject listed. Students must review this material for as it can be used in exams and labs sheets.

Special Needs Policy: Students needing special accommodation 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.
- Lab Activities- work sheets will be submitted online.
- Exams- all exams are online.

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