

**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: Tues 8:00-9:20am (follow course outline)  
Class Location: HPC 3010 & Canvas (hybrid course)  
Course Prerequisites: None  
Instructor: Laurel Trail, MPA, LAT, ATC  
Contact Info: Email: [ltrail@uttyler.edu](mailto: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. 17<sup>th</sup> 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         |
| <b>Total Points Possible</b>         | <b>= 850 points</b> |
| 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.**

**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 0.5 point.**

**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

| <b>Weeks &amp; Dates</b>                          | <b>Subjects &amp; Assignments</b>                                                                                                                    |
|---------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 1- Jan 13<sup>th</sup> (In Class)</b>     | -Syllabus<br>-Intro to Sports Medicine Lecture<br>-Quiz #1<br>-Discussion Board #1                                                                   |
| <b>Jan 19th</b>                                   | -Quiz #1 due at 11:59pm.<br>-Discussion Board #1 due at 11:59pm.                                                                                     |
| <b>Week 2- Jan 20<sup>th</sup> (In Class)</b>     | -Injury Classification & Injury Response- lecture in class<br>Therapeutic Exercise & Modalities for Athletic Injuries- lecture on canvas<br>-Quiz #2 |
| <b>Jan 26th</b>                                   | - Quiz #2 due at 11:59pm.                                                                                                                            |
| <b>Week 3- Jan 27<sup>th</sup> (In Class LAB)</b> | -Wound Care Lab- in class<br>-Emergency Medicine- lecture on canvas                                                                                  |
| <b>Feb 2<sup>nd</sup></b>                         | - Lab Activity #1 due at 11:59pm.                                                                                                                    |
| <b>Week 4- Feb 3<sup>rd</sup> (Online)</b>        | -Exam #1<br>-Extra Credit #1                                                                                                                         |
| <b>Feb 9th</b>                                    | - Exam #1 due at 11:59pm.<br>- Extra credit #1 due at 11:59pm.                                                                                       |
| <b>Week 5- Feb 10<sup>th</sup> (In Class LAB)</b> | -Ankle Taping Lab- in class                                                                                                                          |

|                                                                                |                                                                                                |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
|                                                                                | -Lower leg and Ankle Injuries- lecture on canvas                                               |
| <b>Feb 16<sup>th</sup></b>                                                     | - Lab Activity #2 due at 11:59pm.                                                              |
| <b>Week 6- Feb 17<sup>th</sup> (Online)</b>                                    | -Knee Injuries<br>-Discussion Board #2                                                         |
| <b>Feb 23<sup>rd</sup></b>                                                     | -Discussion Board #2 due at 11:59pm.                                                           |
| <b>Week 7- Feb. 24<sup>th</sup> (In Class)</b>                                 | -Hip & Upper Leg Injuries<br>-Quiz #3                                                          |
| <b>Mar 2nd</b>                                                                 | - Quiz #3 due at 11:59pm.                                                                      |
| <b>Week 8- Mar 3<sup>rd</sup> (Online)</b>                                     | -Exam #2<br>-Extra credit #2                                                                   |
| <b>Mar. 8<sup>th</sup></b>                                                     | - Exam #2 due at 11:59pm.<br>- Extra Credit #2 due at 11:59pm.                                 |
| <b>March 9<sup>th</sup>- March 15<sup>th</sup> (No Class)<br/>Spring Break</b> |                                                                                                |
| <b>Week 9- Mar 17<sup>th</sup> (In Class)</b>                                  | -Head Injuries- lecture in class<br>-Spine injuries- lecture on canvas<br>-Discussion Board #3 |
| <b>Mar 23<sup>rd</sup></b>                                                     | - Discussion Board #3 due at 11:59pm.                                                          |
| <b>Week 10- Mar 24<sup>th</sup> (In Class Lab)</b>                             | - Shoulder Injuries<br>-Lab Activity #3                                                        |
| <b>Mar. 30<sup>th</sup></b>                                                    | - Lab Activity #3 at 11:59pm.                                                                  |
| <b>Week 11- Mar 31<sup>st</sup> (Online)</b>                                   | -Exam #3<br>-Extra Credit #3                                                                   |
| <b>April 6<sup>th</sup></b>                                                    | - Exam #3 due at 11:59pm.<br>- Extra Credit #3 due at 11:59pm.                                 |
| <b>Week 12- April 7<sup>th</sup> (In Class)</b>                                | -Elbow/Wrist/Hand Injuries<br>-Lab Activity #4                                                 |
| <b>April 13th</b>                                                              | - Lab Activity #4 due at 11:59pm.                                                              |
| <b>Week 13- April 14<sup>th</sup> (Online)</b>                                 | -Dermatology Conditions in Athletics<br>-Quiz #4                                               |
| <b>April 20<sup>th</sup></b>                                                   | - Quiz #4 due at 11:59pm.                                                                      |
| <b>Week 14- April 21<sup>st</sup> (In Class)</b>                               | -Mental Health Conditions in Athletics<br>-Discussion Board #4                                 |
| <b>April 27<sup>th</sup></b>                                                   | - Discussion Board #4 due at 11:59pm.                                                          |
| <b>Week 15- April 28<sup>th</sup> (Online)</b>                                 | -Exam #4<br>-Extra Credit #4                                                                   |
| <b>May 1<sup>st</sup></b>                                                      | - Exam #4 due at 11:59pm.<br>- 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.

**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.**