

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: M 8:00- 8:55 AM (follow course outline)
Class Location: HPC 2055 & Canvas (hybrid course)
Course Prerequisites: None
Instructor: D. Michelle Gallegos, MS, AT, ATC; S. Andrew Cage, M.Ed, AT, ATC
Contact Info: Email: dgallegos@uttyler.edu

Recommended Textbooks: Prentice, W.E. (2013). Principles of Athletic Training: A Competency-Based Approach. New York, NY: McGraw Hill. 15th 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:

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| Quizzes (10 @ 10 points each) | = 100 points |
| Discussion Boards (5 @ 10 points each) | = 50 points |
| Labs (8 @ 50 points each) | = 400 points |
| Exams (4 @ 100 points each) | = 400 points |
| Research Paper | = 100 points |
| Final Exam | = 100 points |
| Participation | = 50 points |
| Total Points Possible | = 1,200 points |

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

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 online only, you will have some autonomy with your coursework, but please make sure that you pay attention to the due dates listed in your course outline. 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 48 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.**

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**

Course Outline

Regular print- module/assignment opens

Bold or *Italics*- assignment/exam due, important note

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| Wk 1: August 23 IN CLASS | <ul style="list-style-type: none"> - Course Introduction - Syllabus - History of Athletic Training/Sports Medicine |
| August 23 ONLINE | <ul style="list-style-type: none"> - Syllabus Quiz - Discussion Board: HX Athletic Training - Legal Issues in Athletic Training |
| August 25 ONLINE | <ul style="list-style-type: none"> - Syllabus Quiz- due by 11:59 pm - Quiz 1 - Discussion board- initial post due by 11:59pm |
| August 27 ONLINE | <ul style="list-style-type: none"> - Discussion board- responses due by 11:59pm - Quiz 1- due by 11:59 pm |
| Wk 2: August 30 IN CLASS | <ul style="list-style-type: none"> - Wound Care Lab |
| August 30 ONLINE | <ul style="list-style-type: none"> - Sports Nutrition - Inclement Weather |
| September 1 ONLINE | <ul style="list-style-type: none"> - Quiz 2 |
| September 3 ONLINE | <ul style="list-style-type: none"> - Quiz 2 due by 11:59 pm |
| Wk 3: September 6 ONLINE | <ul style="list-style-type: none"> - Labor Day- NO CLASS!! - Exam 1 (opens September 7) - Extra Credit #1 |
| September 8 ONLINE | <ul style="list-style-type: none"> - Exam 1, Due by 11:59 pm |
| September 10 ONLINE | <ul style="list-style-type: none"> - Extra Credit #1 due by 11:59 pm |
| Wk 4: September 13 IN CLASS | <ul style="list-style-type: none"> - Spine Boarding Lab |
| September 13 ONLINE | <ul style="list-style-type: none"> - Cervical Spine Injuries - Sickle Cell Trait - Discussion Board: C-Spine/Spineboarding |
| September 15 ONLINE | <ul style="list-style-type: none"> - Discussion board- initial post due by 11:59pm - Quiz 3 |
| September 17 ONLINE | <ul style="list-style-type: none"> - Discussion Board- responses due by 11:59pm - Quiz 3 due by 11:59pm |
| Wk 5: September 20 IN CLASS | <ul style="list-style-type: none"> - Splinting Lab |
| September 20 ONLINE | <ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress |
| September 22 ONLINE | <ul style="list-style-type: none"> - Quiz 4 |
| September 24 ONLINE | <ul style="list-style-type: none"> - Quiz 4 due by 11:59 pm |
| Wk 6: September 27 IN CLASS | <ul style="list-style-type: none"> - Ankle Taping Lab A-H |
| September 27 ONLINE | <ul style="list-style-type: none"> - Exam 2 (Opens September 28) - Extra Credit #2 |
| September 29 ONLINE | <ul style="list-style-type: none"> - Exam 2 due by 11:59 pm |
| October 1 ONLINE | <ul style="list-style-type: none"> - Extra Credit #2 due by 11:59 pm |
| Wk 7: October 4 IN CLASS | <ul style="list-style-type: none"> - Concussion Lecture |

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| October 4 ONLINE | - Body's Response to Injury |
| October 6 ONLINE | - Quiz 5 |
| October 8 ONLINE | - Quiz 5 due by 11:59pm |
| Wk 8: October 11 IN CLASS | - Concussion Lab |
| October 11 ONLINE | - Therapeutic Modalities - Discussion Board: Concussions |
| October 13 ONLINE | - Quiz 6 |
| October 15 ONLINE | - Discussion Board- responses due by 11:59pm - Quiz 6 due by 11:59pm |
| Wk 9: October 18 IN CLASS | - Ankle Taping Lab I-Z |
| October 18 ONLINE | - Exam 3 (Opens October 19) - Extra Credit #3 |
| October 20 ONLINE | - Exam 3 due by 11:59 pm |
| October 22 ONLINE | - Extra Credit #3 due by 11:59pm |
| Wk 10: October 25 IN CLASS | - Shoulder/Hip Lab |
| October 25 ONLINE | - Foot & Ankle Injuries - Knee Injuries |
| October 27 ONLINE | - Quiz 7 |
| October 29 ONLINE | - Quiz 7 due by 11:59pm |
| Wk 11: November 1 IN CLASS | - Wrist Lab |
| November 1 ONLINE | - Research Paper - Hip Injuries |
| November 3 ONLINE | - Quiz 8 |
| November 5 ONLINE | - Quiz 8 due by 11:59pm |
| Wk 12: November 8 IN CLASS | - Arch Lab |
| November 8 ONLINE | - Exam 4 (Opens November 9) |
| November 10 ONLINE | - Exam 4 due by 11:59pm |
| November 12 ONLINE | - Research Paper- due Monday! |
| Wk 13: November 15 IN CLASS | - NO CLASS!! |
| November 15 ONLINE | - Research Paper due by 11:59 pm - Elbow/Wrist/Hand Injuries - Shoulder Injuries - Discussion Board: MSK injuries |
| November 17 ONLINE | - Discussion Board-initial post due by 11:59pm - Quiz 9 |
| November 19 ONLINE | - Discussion Board-responses due by 11:59pm - Quiz 9 due by 11:59pm - Quiz/Lab Extra Credit due by 11:59 pm |
| November 22-26 | - Thanksgiving Break- NO CLASS! |
| Wk 14: November 29 IN CLASS | - Final Exam Review? |
| November 29 ONLINE | - Final Exam Extra Credit - Discussion Board: Course wrap up |
| December 1 ONLINE | - Final Exam (Open through due date) - Discussion Board- initial post due by 11:59pm |

December 3 ONLINE

- **Final Exam** *due by 11:59, December 10*
- **Final Exam EC** *due by 11:59pm*
- **Discussion Board** *-responses due by 11:59pm*

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