

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 9:05- 10:00 AM (follow course outline)
Class Location: Canvas (**Online ONLY**)
Course Prerequisites: None
Instructor: D. Michelle Gallegos, MS, 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:

Quizzes (10 @ 10 points each)	= 100 points
Discussion Boards (10 @ 10 points each)	= 100 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	= 1,250 points

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

Wk 1: January 11 ONLINE	<ul style="list-style-type: none"> - Course Introduction/Syllabus - Syllabus Quiz - <i>Discussion Board- Introduction (due January 13)</i> - Discussion Board - History of Athletic Training/Sports Medicine - Legal Issues in Athletic Training
January 13 ONLINE	<ul style="list-style-type: none"> - Syllabus Quiz- due by 11:59 pm - Quiz 1 - <i>Discussion board- initial post due by 5pm</i>
January 15 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 1- due by 11:59 pm
Wk 2: January 18 ONLINE	<ul style="list-style-type: none"> - MLK- NO CLASS!! - Sports Nutrition - Inclement Weather
January 20 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- initial post due by 5pm</i> - Quiz 2
January 22 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 2 due by 11:59 pm
Wk 3: January 25 ONLINE	<ul style="list-style-type: none"> - Exam 1 (opens January 26) - Extra Credit #1
January 27 ONLINE	<ul style="list-style-type: none"> - Exam 1, Due by 11:59 pm - Wound Care Lab
January 29 ONLINE	<ul style="list-style-type: none"> - Wound Care Lab, due by 11:59 pm - Extra Credit #1 due by 11:59 pm
Wk 4: February 1 ONLINE	<ul style="list-style-type: none"> - Cervical Spine Injuries - Sickle Cell Trait - Discussion Board
February 3 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- initial post due by 5pm</i> - Quiz 3 - Spine Boarding Lab
February 5 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- responses due by 5pm</i> - Quiz 3 due by 11:59pm - Spine Boarding Lab due by 11:59
Wk 5: February 8 ONLINE	<ul style="list-style-type: none"> - Sudden Cardiac Death - Respiratory Distress - Discussion Board
February 10 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- initial post due by 5pm</i> - Quiz 4 - Splinting Lab
February 12 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 4 due by 11:59 pm - Splinting Lab due by 11:59pm
Wk 6: February 15 ONLINE	<ul style="list-style-type: none"> - Exam 2 (Opens February 16) - Extra Credit #2
February 17 ONLINE	<ul style="list-style-type: none"> - Exam 2 due by 11:59 pm - Ankle Taping Lab (students last name A-H)

February 19 ONLINE	<ul style="list-style-type: none"> - Ankle Taping Lab A-H due by 11:59 pm - Extra Credit #2 due by 11:59 pm
Wk 7: February 22 ONLINE	<ul style="list-style-type: none"> - Body's Response to Injury - Discussion Board
February 24 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- initial post due by 5pm</i> - Quiz 5
February 26 ONLINE	<ul style="list-style-type: none"> - <i>Discussion board- responses due by 5pm</i> - Quiz 5 due by 11:59pm
Wk 8: March 1 ONLINE	<ul style="list-style-type: none"> - Therapeutic Modalities
March 3 ONLINE	<ul style="list-style-type: none"> - Concussion Lab - Quiz 6
March 5 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- responses due by 5pm</i> - Concussion Lab due by 11:59 pm - Quiz 6 due by 11:59pm
March 8-12	<ul style="list-style-type: none"> - SPRING BREAK: NO CLASS!!
Wk 9: March 15 ONLINE	<ul style="list-style-type: none"> - Exam 3 (opens March 16) - Extra Credit #3
March 17 ONLINE	<ul style="list-style-type: none"> - Exam 3 due by 11:59 pm - Ankle Taping Lab (students last name I-Z)
March 19 ONLINE	<ul style="list-style-type: none"> - Extra Credit #3 due by 11:59pm - Ankle Taping Lab I-Z due by 11:59 pm
Wk 10: March 22 ONLINE	<ul style="list-style-type: none"> - Foot & Ankle Injuries - Knee Injuries
March 24 ONLINE	<ul style="list-style-type: none"> - Quiz 7 - Shoulder/Hip Lab
March 26 ONLINE	<ul style="list-style-type: none"> - Quiz 7 due by 11:59pm - Shoulder/Hip Lab due by 11:59pm
Wk 11: March 29 ONLINE	<ul style="list-style-type: none"> - Research Paper - Hip Injuries - Discussion Board
March 31 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- initial post due by 5pm</i> - Quiz 8 - Wrist Lab
April 2 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board- responses due by 5pm</i> - Quiz 8 due by 11:59pm - Wrist Lab due by 11:59pm
Wk 12: April 5 ONLINE	<ul style="list-style-type: none"> - Exam 4 (opens April 6)
April 7 ONLINE	<ul style="list-style-type: none"> - Exam 4 due by 11:59pm - Arch Lab
April 9 ONLINE	<ul style="list-style-type: none"> - Arch Lab due by 11:59pm
Wk 13: April 12 ONLINE	<ul style="list-style-type: none"> - Research Paper due by 11:59 pm - Elbow/Wrist/Hand Injuries - Shoulder Injuries - Discussion Board
April 14 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board-initial post due by 5pm</i> - Quiz 9
April 16 ONLINE	<ul style="list-style-type: none"> - <i>Discussion Board-responses due by 5pm</i> - Quiz 9 due by 11:59pm - Quiz/Lab Extra Credit due by 11:59 pm

Wk 14: April 19 ONLINE	<ul style="list-style-type: none"> - <i>Final Exam Review?</i> - Final Exam Extra Credit - Discussion Board
April 21 ONLINE	<ul style="list-style-type: none"> - Final Exam - <i>Discussion Board initial post due by 5pm</i>
April 23 ONLINE	<ul style="list-style-type: none"> - Final Exam due by 11:59, <u>April 30</u> - Final Exam EC due by 11:59pm - <i>Discussion Board -responses due by 5pm</i>

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