

**Sul Ross State University**  
**KES: 3303**  
**Care and Prevention of Athletic Injuries**  
**Fall 2015**  
**Syllabus**

**Instructor:** Sierra White  
**Class Time:** MWF 11:00 – 11:50  
**Email:** [sierra.white@sulross.edu](mailto:sierra.white@sulross.edu)

**Office Phone:** 837-8241  
**Location:** PPGC 110  
**Office Hours:** 12:00 pm – 2:00 pm

**Required Text:** PRINCIPLES of ATHLETIC TRAINING, 15th Edition;  
Arnheim, Daniel and Prentice, William, McGraw Hill 2000

**COURSE DESCRIPTION**

KES 3303 is a course designed to provide students with an overview of basic principles associated with the PREVENTION, RECOGNITION, and CARE of sport related injuries.

**PURPOSE OF COURSE**

To provide each student with current and relevant information regarding the prevention and immediate care of common sport related injuries.

**PROGRAM LEARNING OUTCOMES**

1. Create and implement health and physical activity principles of performance within diverse populations.
2. Prepare, instruct, and assess developmentally appropriate physical education and / or exercise prescription based on students' / clients' needs.

**STANDARD ALIGNMENT**

Standard X; The physical education teacher understands the legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, matching participants, safety, first aid, and risk management.

*Competency 013*: The teacher understands legal issues and responsibilities of physical education teachers in relation to supervision, planning and instruction, safety, first aid and risk management.

## **METHOD OF INSTRUCTION**

This course will consist of lecture, class discussion, group presentation, and hands-on lab practical in basic skills of Athletic Training.

## **COURSE OBJECTIVE AND STUDENT OUTCOMES**

The student will be able to apply principles and concepts of physical training and conditioning to promote the prevention of sport related injuries.

The student will be able to make prudent and accountable decisions regarding sport injuries and legal implications.

The student will recognize learned signs and symptoms associated with common sport related injuries.

The student will develop an understanding of recommended care for sport related injuries and conditions.

## **STUDENT EXPECTATIONS**

The student will:

1. Read as required
2. Attend all classes
3. Participate in oral presentation
4. Perform expected lab skills
5. Complete written examinations

## **COURSE ASSESSMENT**

The student's grade will be based upon meeting the stated objectives. Evaluation will be founded on participation, attendance, performance on examinations, and professional attitude.

Calculation of students grade will be as shown:

Written Test(s)	25%
Oral Presentation	15%
Skills Test	10 %
Class Attendance	25%
Final Exam	25%

- Classroom attendance and participation are required. In accordance with the University catalog, any student with excessive absences may be dropped from the course. Each student will begin the semester with 100 pts for attendance and will have 10 pts deducted for each absence after the first.

- It is the policy of Sul Ross State University to provide reasonable accommodation to students with disabilities. If you would like to request such accommodations because of a physical, mental, or disability, please contact the ADA Coordinator for Program Accessibility in the Briscoe Administration Building, Room 206 or call 837-8203.

### **COURSE OUTLINE**

<u>Topics</u>	<u>Readings</u>
I. Athletic Training	
1. A. Definition B. History C. Sports Medicine Team D. Future E. Accreditation's & Requirements	Chapter 1
2. Health Care Administration A. Participation Physical Examination B. Facilities & Budget C. Program D. Record Keeping	Chapter 2  Supplemental Handouts
3. Legal Concerns A. Standards of Reasonable Care B. Insurance	Chapter 3

#### **TEST 1**

I. Injury Prevention	Chapters 4 – 7
1. Training and Conditioning Techniques	
2. Nutritional Considerations	
3. Environmental Considerations	
4. Protective Equipment	

#### **TEST 2**

I. Recognition and Care of Injuries
1. Mechanisms of Injury

2. Sport Injury First Aid
3. Tissue Response to Injury
4. Psychosocial Response to Injury
5. Emergency Care of Injured Athletes
6. Off the Field Evaluations of Injuries
7. Modalities & Rehabilitation

### **TEST 3**

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|----|-----------------------------------|----------------|
| I. | Specific Sport Conditions         | Chapter 17     |
|    | 1. Pharmacology & Drugs in Sports |                |
|    | 2. Taping & Bandaging             |                |
|    | a. Skills Test                    |                |
|    | 3. Common Injuries                | Chapter 18 -22 |
|    | b. Student presentations          |                |

### **FINAL EXAM – Comprehensive**

## COURSE CALENDER

- Introduction and class overview
- Definition and History of Athletic Training
- The sports medicine team
- Accreditations, requirements and job opportunities
- Domains of Athletic Training
- Administration of health care program
- Pre participation physical exam
- Facilities and budgets
- Documentation and record keeping
- Legal issues and concerns
- Insurance and Athletic training
- Standards of reasonable care
- **TEST I**
- Injury prevention a domain of profession
- Techniques of training and conditioning
- Principles of training and conditioning
- Periodization and the athlete
- Fundamentals of conditioning
- Nutrition and the athlete
- Supplementation and hydration

- Eating disorders and nutritional myths
- Environmental considerations
- Increment weather
- Physiology of heat illness
- Protective equipment and Prophylactic bracing
- Fitting and emergency removal of protective equipment

– **TEST II**

- Recognition and care of athletic injuries
- Mechanisms of injury and Tissue response to trauma
- Psychosocial response to injury
- Sport injury First aid ( Sprains, strains, and contusions)
- Emergency care of injured athlete
- Off the field evaluation of injured athlete

– **TEST III**

- Taping and bandaging
- Skills test and Student presentations
- Final review

-- **Final Exam**