



**SUL ROSS STATE  
UNIVERSITY**

Alpine Del Rio Eagle Pass Uvalde

**KES 3303  
Care and Prevention  
of Athletic Injuries  
Spring 2017**

**Billy Jack Ray, M.S. – Instructor - Kinesiology**

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**Office Hours:** By appointment  
**Required Text:** Core Concepts in Athletic Training and Therapy  
**Meeting:** MW 11-12 GPC 106; F on-line assignments

**Course Description**

To provide students with an overview of basic principles associated with the *PREVENTION*, *RECOGNITION*, and *CARE* of sport related injuries.

**Student Learning Outcomes**

1. The Kinesiology and Sport Science students will understand the principles of motor learning; understand the practice for developing motor skills; apply knowledge to biomechanical principles; apply knowledge of individual and teams sports and understand the principles of dance, personal performance activities, recreational activities and outdoor pursuits (Movement Skills and Knowledge Domain).
2. The Kinesiology and Sport Science students will understand major body systems, principles of physical fitness and benefits of a healthy lifestyle; understand the principles and activities for developing cardiovascular endurance; understand principles and activities for developing and maintaining flexibility, muscular strength and endurance; and understand health and wellness concepts (Health-Related Physical Fitness Domain).
3. The Kinesiology and Sport Science students will know how to use effective instruction and assessment to prepare physically educated individuals; understand factors relevant to learning and performance in physical education and use knowledge to promote students' development; understand the structure and purposes of physical education programs; and understand legal issues and responsibilities of physical education teachers (The Physical Education Program Domain).

**Learning Objectives**

**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.

## STUDENT OBJECTIVES

At the conclusion of the course each student will be able to:

1. The student will be able to apply principles and concepts of physical training and conditioning to promote the prevention of sport related injuries.
2. The student will be able to make prudent and accountable decisions regarding sport injuries and legal implications.
3. The student will recognize learned signs and symptoms associated with common sport related injuries.
4. The student will develop an understanding of recommended care for sport related injuries and conditions.

## METHOD OF INSTRUCTION:

Face to Face and Web Instruction.

## COURSE REQUIREMENTS

- I. **ATTENDANCE/PARTICIPATION.** Attendance for class is mandatory. **One letter grade will be deducted for every absence after two (2).**
- II.
- III. **WEEKLY QUIZZES.** Ten weekly quizzes will be based on the chapter(s) for the day and reading completed. Reviewing and analyzing the PowerPoint presentation for each chapter will be helpful in selecting important concepts to understand and answer quiz questions. Each quiz will be completed and submitted on Blackboard. Each quiz will be worth 10 points.
- IV. **QUARTERLY TEST.** There will be four test given throughout the semester accounting for 150 points each.
- V. **FINAL EXAM.** Will be worth 250 points possible. Quiz questions will be posted each day and the final questions will be primarily taken from these concepts.

## GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	% of Grade (Points)	Grading Scale
Attendance/Participation	5% (50 points)	89.5% and Above A
Quizzes	10% (100 points)	79.5 to 89.4% B
Test	60% (600 points)	69.5 to 79.4% C
Final Exam	25% (250 points)	59.5 to 69.4% D
Total Points	1000	59.4% and Below F

**No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**

### Academic Honesty

Students are expected to do their own work. Cheating in any form will be subject to disciplinary action that can result in dismissal from the class with a grade of F. This includes plagiarism.

All of the following are considered plagiarism: (taken from: <http://www.plagiarism.org/>)

- turning in someone else's work as your own

- copying words or ideas from someone else without giving credit
- failing to put a quotation in quotation marks
- giving incorrect information about the source of a quotation
- changing words but copying the sentence structure of a source without giving credit
- copying so many words or ideas from a source that it makes up the majority of your work, whether you give credit or not

### **Academic Integrity Statement**

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

### **Academic Civility Statement**

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

### **Academic Affairs Service Statement**

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

### **Academic Excellence Statement**

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

### **ADA Statement**

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartz, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartz@sulross.edu .