



SUL ROSS STATE UNIVERSITY
Department of Kinesiology and Human Performance
Spring 2020

KES 3303 – Athletic Care & Prevention of Athletic Injuries
M/W/F 10 – 10:50 am
Instructor: Anya Malloch, MS, LAT, ATC

Office: Gallego Center 217 Athletic Training Facility

Phone: 432-837-8450

Office Hours: Monday & Wednesday 9:00 – 10:00 am by appointment

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Course Description:

Injury prevention, treatment and rehabilitation techniques in sports.

Purpose of Course:

The purpose of this course is to 1) create an academic atmosphere in which students may develop their intellects and skills; and 2) provide courses so that students may receive a certificate and/or associate degree or transfer to a senior institution that offers baccalaureate degrees.

Required Text:

Prentice, W. E. (2017). *Principles of athletic training: A guide to evidence-based clinical practice*. New York, NY: McGraw-Hill Education. 14th, 15th, 16th edition.

Recommended Text:

Hillman, S. K. (2012). *Core concepts in athletic training and therapy*. Champaign, IL: Human Kinetics.

Student Objectives:

PREVENTION

1. Basic components of a comprehensive athletic injury / illness prevention program including
 - a. physical examinations and screening procedures, (b) physical conditioning, (c) fitting and maintenance of protective equipment, (d) application of taping and special pads, and (e) control of environmental risks.
2. Common risk factors and causes of athletic injuries in various sports as identified by contemporary epidemiological studies and athletic injury / illness surveillance systems.

3. Safety precautions, contraindications, and hazards associated with the use of various strength training equipment, conditioning methods, and exercise routines.
4. Principles of an effective heat illness prevention program including those pertaining to acclimatization and conditioning, fluid and electrolyte replacement, selection of clothing, monitoring of weight loss, and scheduling organization of practice sessions.
5. Normal thermoregulator mechanisms of the human body including methods of heat dissipation and the associated effects of exposure to high environmental heat and humidity and the use of various clothing materials.
6. Principles of organization of practice sessions with regard to minimization of injury / illness risk factors.
7. Rules and regulations pertaining to use of special protective equipment, braces, and splints as established by governing athletic associations.
8. Assessment of systolic and diastolic blood pressure through the use of a sphygmomanometer.
9. Fitting of standard protective equipment and clothing consistent with the physical characteristics and needs of individual athletes and the demands of participation in specific sports activities.
10. Application of appropriate preventive taping and wrappings, splints, braces, and other special protective devices consistent with sound anatomical and biomechanical principles.
11. The effects of commonly abused drugs and other substances on the athlete's physical and psychological health and athletic performance (alcohol, tobacco, stimulants, steroids, narcotics, etc).
12. General principles of health maintenance and personal hygiene pertaining to skin care, dental hygiene, environmental sanitation, immunizations, avoidance of infections and contagious diseases, diet, rest, exercise, and weight control.

CLINICAL ASSESSMENT

1. Respect for the injured athlete as an individual deserving of quality professional health care.
2. Acceptance of the injured athlete's physical complaints without personal bias or prejudice.

ACUTE CARE

1. Basic components of a comprehensive athletic injury emergency care plan including (a) personal training, (b) equipment, (c) emergency care facilities, (d) communication systems, (e) transportation, (f) game and practice coverage, and (g) record keeping.
2. Typical community based emergency health care delivery plans including communication and transportation systems.
3. Legal, moral, and ethical parameters which define the scope of first aid and emergency care and identify the proper role of the licensed athletic trainer.
4. Typical administrative policies and procedures governing first aid and emergency care including those pertaining to parental consent, notification of parents, accident reports, and record keeping.

5. Availability and purpose of contemporary first aid and emergency care equipment and supplies and commonly recommended contents of emergency care field kits.
6. Accepted first aid and emergency care procedures for acute athletic injuries / illnesses.
7. Application of first aid procedures for closed soft tissue injuries including the use of pressure bandages, ice, and elevation.
8. Control of external bleeding including application of direct pressure, arterial pressure, and application of dressings and bandages.
9. Application of aseptic techniques in the management of open wounds (sterilization procedure, wound cleansing / debridement, dressing and bandaging).
10. Application of immobilization devices including cervical collars, spine boards, fixation and traction splints, shoulder immobilizers, and slings.
11. Use of short distance transportation methods including walking assists, manual carries, and transfers from ground / floor to spine board.
12. Acceptance of the professional, ethical, and legal parameters which define the proper role of the licensed athletic trainer in the first aid and emergency care of athletic injuries / illnesses.
13. Appreciation of the importance of developing a thorough, comprehensive athletic injury emergency care plan and the need for continual review and practice of emergency care procedures.
14. Realization of the injured athlete's physical, emotional, and psychological dependence on the licensed athletic trainer as an initial health care provider.

ORGANIZATION/ADMINISTRATION

1. Basic records and forms pertaining to the management of athletic injuries including those used for (a) securing emergency care information and parental consent, (b) accident reporting, (c) medical referral, (d) documentation of treatment, (e) recording of rehabilitation progress, (f) release of medical information.
2. Appreciation of the importance of developing a thorough, comprehensive athletic injury emergency care plan and the need for continual review and practice of emergency care procedures.

ETHICAL and PROFESSIONAL RESPONSIBILITY

1. Acceptance of the responsibility to interpret and promote athletic training as a professional discipline among allied professional groups and the general public.
2. Respect for the injured athlete as an individual deserving of quality professional health care.
3. Acceptance of the injured athlete's physical complaints without personal bias or prejudice.

Student Learning Outcomes:

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

- The student will be able to apply principles and concepts of athletic training 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.

Attendance

Attendance for class is mandatory

GRADING POLICIES/TESTING/ASSIGNMENTS/ATTENDANCE/EXPECTATIONS

Grade calculation	Grade (Points)	Grading Scale
Class attendance—10 pts/class	200 Pts	90 and Above A
Mid-Term Exam	100 Pts	79 to 89% B
Mid-Term Practical	50 Pts	69 to 79% C
Final Exam	100 Pts	59 to 69% D
Final Practical	50 Pts	59% and Below F
Pop Quizzes	40 Pts	
Total Points	540 Pts	

No Late Assignments Will Be Accepted.

No Credit Will Be Given For Any Late Assignments.

Attendance Policy:

- If you are more than **10 minutes** late for class, you will be counted as “ABSENT”.
- Make-up work is permitted for excused absences ONLY and must be completed by the next class period.
- Your instructor must be notified in writing in advance of any requested “EXCUSED” absences.
- Notify instructor via email/phone in advance of any absences that may occur. If it is a death in the family an obituary must be given to the instructor upon return to class in order for the absence to be excused.
- If you miss class due to a sickness and you go to the doctor, a doctor’s note must be produced to the instructor within **48 hours** of the missed class. After 48 hours, the absence will remain unexcused.

- Being late to class you will receive 5 Attendance points and being absent you will receive 0 attendance points.

Excessive Absence Policy:

The instructors may, at their discretion, drop a student from a course when the student has a total of 9 absences. A student who is dropped from a course for excessive absences will be notified in writing by the Center for Enrollment Services after the drop has been approved by the Provost and Vice President for Academic and Student Affairs. Any student dropped for excessive absences will receive an “F” for the course.

Unannounced Quizzes:

Throughout the semester, there will be a total of 4 unannounced (“pop”) quizzes over material that has been previously covered. Dates of quizzes will not be known to students in advance; therefore, it is important that you keep up with assigned readings and material covered in class.

Course Requirements:

Classroom attendance is required. Appropriate dress and classroom decorum is expected. It is the responsibility of the student to notify me before, or immediately after the absence if it is to be excused. There will be mid-terms and a final given as well.

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student’s responsibility.

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 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 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 .

Calendar Course Outline:

The outline tentative and be subject to change. If a change is made you will be informed.

Week	Monday	Wednesday	Friday	Subjects
Week 1	13-Jan	15-Jan No Class	17-Jan No Class	Class introduction; Ch.1
Week 2	20-Jan	22-Jan	24-Jan	Ch. 10
Week 3	27-Jan	29-Jan	31-Jan	Ch. 9
Week 4	3-Feb	5-Feb	7-Feb	Ch. 22
Week 5	10-Feb	12-Feb	14-Feb	Ch. 23
Week 6	17-Feb	19-Feb	21-Feb	Ch. 24
Week 7	24-Feb	26-Feb	28-Feb	Ch. 25
Week 8	2- Mar	4-Mar	6-Mar	Ch. 18/Mid-Terms
Week 9	9-Mar No Class	11-Mar No Class	13-Mar No Class	Spring Break
Week 10	16-Mar	18-Mar	20-Mar	Ch. 19
Week 11	23-Mar	25-Mar	27-Mar	Ch. 20
Week 12	30-Mar	1-Apr	3-Apr	Ch. 21
Week 13	6-Apr	8-Apr	10-Apr	Ch. 6
Week 14	13-Apr	15-Apr	17-Apr	Ch.2
Week 15	20-Apr	22-Apr	24-Apr	Concussions
Week 16	27-Apr	29-Apr	30-Apr Dead Day	Final Practical/Review
Finals				



SUL ROSS

Department of Kinesiology and Human Performance

KES 3303 SYLLABUS CONTRACT – SPRING 2020

*(To be printed out, signed and returned to your PE 1306 Instructor
no later than Friday, January 17, 2020)*

I, _____, have read and understand all of the sections of the syllabus. By signing this form, I am agreeing to abide by the terms and policies listed in this syllabus.

Further, I recognize that the syllabus may be changed by my instructor during the semester, but understand that I will be informed in writing of any substantive changes to assignments or grading procedures associated with this course.

Signature

Date