



SUL ROSS STATE UNIVERSITY
Department of Kinesiology and Human Performance
Spring 2022

KES 3303 – Athletic Care & Prevention of Athletic Injuries
T/TH 8 – 9:15 AM
Instructor: Anya Malloch, MS, LAT, ATC

Office: Gallego Center 217 Athletic Training Facility

Phone: 432-837-8450

Office Hours: Tuesday & Thursday 9:30 – 10:30 AM or 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	300 Pts	90 and Above	A
Mid-Term Exam	150 Pts	79 to 89%	B
Final Exam	150 Pts	69 to 79%	C
Pop Quizzes	40 Pts	59 to 69%	D
		59% and Below	F
Total Points	640 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.

SRSU Distance Education Statement

Students enrolled in distance education courses have equal access to the university’s academic support services, such as library resources, online databases, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should correspond using Sul Ross email accounts and submit online assignments through Blackboard, which requires secure login. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website. Directions for filing a student complaint are located in the student handbook.

SRSU Library Info

The Bryan Wildenthal Memorial Library in Alpine. Offers FREE resources and services to the entire SRSU community. Access and borrow books, articles, and more by visiting the library's website, library.sulross.edu. Off-campus access requires logging in with your LoboID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or phone (432-837-8123).

Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with Americans with Disabilities Act of 1973. It is SRSU policy to provide reasonable accommodations to students with documented disabilities. It is the student's responsibility to initiate a request each semester for each class. Alpine students seeking accessibility/accommodations services must contact Mary Schwartze Grisham, M.Ed., LPC, SRSU's Accessibility Services Coordinator at 432-837-8203 (please leave a message and we'll get back to you as soon as we can during working hours), or email mschwartze@sulross.edu Our office is located on the first floor of Ferguson Hall (Suite 112), and our mailing address is P.O. Box C-122, SUI Ross State University, Alpine. Texas, 79832.

Academic Integrity Statement

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. A scholar is expected to be punctual, prepared, and focused; meaningful and pertinent participation is appreciated. Examples of academic dishonesty include but are not limited to: Turning in work as original that was used in whole or part for another course and/or professor; turning in another person's work as one's own; copying from professional works or internet sites without citation; collaborating on a course assignment, examination, or quiz when collaboration is forbidden.

Classroom Climate of Respect

Importantly, this class will foster free expression, critical investigation, and the open discussion of ideas. This means that all of us must help create and sustain an atmosphere of tolerance, civility, and respect for the viewpoints of others. Similarly, we must all learn how to probe, oppose and disagree without resorting to tactics of intimidation, harassment, or personal attack. No one is entitled to harass, belittle, or discriminate against another on the basis of race, religion, ethnicity, age, gender, national origin, or sexual preference. Still we will not be silenced by the difficulty of fruitfully discussing politically sensitive issues.

Diversity Statement

I aim to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, sexuality, religion, ability, socioeconomic class, age, nationality, etc.). I also understand that the crisis of COVID, economic disparity, and health concerns, or even unexpected life events could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of Sul Ross State University to create an inclusive environment and care for the whole student as part of the Sul

Ross Familia. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me. I want to be a resource for you.

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.

Calendar Course Outline:

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

Week	Tuesday	Thursday	Subjects
Week 1	11-Jan	13-Jan	Class introduction; Ch.1
Week 2	18-Jan	20-Jan	Ch. 10
Week 3	25-Jan	27-Jan	Ch. 9
Week 4	1-Feb	3-Feb	Ch. 22
Week 5	8-Feb	10-Feb	Ch. 23
Week 6	15-Feb	17-Feb	Ch. 24
Week 7	22-Feb	24-Feb	Ch. 25
Week 8	1- Mar	3-Mar Midterm	Ch. 18/Mid-Term
Week 9	8-Mar No Class	10-Mar No Class	Spring Break
Week 10	15-Mar	17-Mar	Ch. 19
Week 11	22-Mar	24-Mar	Ch. 20
Week 12	29-Mar	31-Mar	Ch. 21
Week 13	5-Apr	7-Apr	Ch. 6
Week 14	12-Apr	14-Apr	Ch.2
Week 15	19-Apr	21-Apr	Concussions
Week 16	26-Apr	28-Apr No Class	Review
Finals			Final Exam: May 4, 2022 8-10 AM



SUL ROSS

Department of Kinesiology and Human Performance

KES 3303 SYLLABUS CONTRACT – SPRING 2022

*(To be printed out, signed and returned to your KES 3303 Instructor
no later than Friday, January 28, 2022)*

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