



SUL ROSS STATE UNIVERSITY
Department of Kinesiology and Human Performance
Spring 2023

KINE 2303 –Care & Prevention of Athletic Injuries
T/TH 8 – 9:15 AM
Instructor: Billy Ray Laxton, M.Ed, LAT, ATC

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Phone: 432-837-8241

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. 15th, 16th or 17th edition.

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 thermoregulatory 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 the 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 skincare, 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 the application of direct pressure, arterial pressure, and application of dressing 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 the ground/floor to the 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 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 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 sports-related injuries.
- The student will be able to make prudent and accountable decisions regarding sports 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, Discussion, Pop Quizzes, & Participation	40 %	90 and Above	A
Mid-Term Exam	30%	79 to 89%	B
Final Exam	30%	69 to 79%	C
		59 to 69%	D
	100%	59% and Below	F

No Late Assignments Will Be Accepted.

No Credit Will Be Given For Any Late Assignments.

Excessive Absence Policy:

The instructors may, at their discretion, drop a student from a course when the student has a total of 6 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.

Pop Quizzes:

Throughout the semester, there will be (“pop”) quizzes on material that has been previously covered. The 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 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 Lobo ID and password. Librarians are a tremendous resource for your coursework and can be reached in person, by email (srsulibrary@sulross.edu), or by phone (432-837-8123).

Disability Statement

SRSU Disability Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is SRSU's 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 Schwartz 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 mschwartz@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, Sul 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 the 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.

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

Week	Tuesday	Thursday	Subjects
Week 1		19-Jan	Class introduction;
Week 2	24-Jan	26-Jan	Ch. 1/2
Week 3	31-Jan	2-Feb	Ch.3/4
Week 4	7-Feb	9-Feb	Ch. 7
Week 5	14-Feb	16-Feb	Ch. 8
Week 6	21-Feb	23-Feb	Ch. 8
Week 7	28-Feb	2-Mar	Ch. 9
Week 8	7 Mar	9-Mar Midterm	Review/Mid-Term
Week 9	14-Mar No Class	16-Mar No Class	Spring Break
Week 10	21-Mar	23-Mar	Ch. 12
Week 11	28-Mar	30-Mar	Ch. 18-19-20
Week 12	4-April	6-April	Ch. 21-22-23
Week 13	11-Apr	13-Apr	Ch.28
Week 14	18-Apr	20-Apr	Ch.29
Week 15	25-Apr	27-Apr	Concussions
Week 16	2-May	4-May	Review
Week 17			Finals
			Final Exam: TBA



