

KINE 2350 – Care and Prevention of Athletic Injuries Spring 2024

Instructor: Rachel Gillespie, MEd, LAT, ATC
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Office Hours: T/TH 930AM – 11 am or By appointment

Textbook:

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice by William Prentice

Class Information:

Tuesday/Thursday 8:00am – 9:15am
Room: Graves Pierce Complex 108

Course Description:

An introductory course to injury prevention, treatment and rehabilitation techniques in a sport setting.

Style of Teaching:

The objectives of this course will be met through an integrated teaching style that will include discussion, the use of attendance quizzes, and PowerPoint presentations. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class.

Program Learning Outcomes:

The purpose of this course is to provide an introduction to the principles of injury prevention, injury evaluation, and the treatment of common sport-related injuries. The student will apply skills learned in the class and be prepared for real-life scenarios on and off the field.

Marketable Skills

The following marketable skills are met in this course:

- Collaboration – Students will interact with each other through various class discussion and activities.
- Critical Thinking – Students will discuss various situations and scenarios through critical decision-making activities.
- Career Readiness – Students will develop the skills necessary to evaluate and treat athletic related injuries and conditions.

Student Learning Objectives:

- A. The student will be able to apply principles and concepts of athletic training to promote the prevention of sports-related injuries.
- B. The student will be able to make prudent and accountable decisions regarding sports injuries and legal implications.
- C. The student will recognize learned signs and symptoms associated with common sport related injuries.
- D. The student will develop an understanding of recommended care for sport related injuries and conditions.

Attendance:

Attendance for class is mandatory. You are allowed 3 unexcused absences before you start to lose points on your attendance grade. The instructors, at their discretion, may drop a student from a course when the student has a **total of nine absences**. An absence is constituted for every 50 minutes of missed class time. A student who is dropped from a course for excessive absences will be notified in writing by the Center for Enrollment Services after the Provost has approved the drop and Vice President for Academic and Student Affairs. Any student dropped for excessive absences will receive either an "F" or a "W" depending upon the faculty member's discretion.

Grading Policy:

Homework/Chapter Quizzes – 30%

Chapter quizzes: 15 questions, 30 points total

Unit Exams – 60%

Unit Exams will range from 50-75 questions for a total of 100-150 points total

Attendance – 10%

Late Test/Assignments will not be accepted. Each chapter assignment will open at 12:00am on Monday and will be due at 11:59pm on Friday.

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 a 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.

Accidents and Injuries:

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

Academic Integrity Statement:

Students in this class are expected to demonstrate scholarly behavior and academic honesty in the use of intellectual property. Students should submit work that is their own and avoid the temptation to engage in behaviors that violate academic integrity, such as 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. Students should also avoid using open AI sources *unless permission is expressly given* for an assignment or course. Violations of academic integrity can result in failing assignments, failing a class, and/or more serious university consequences. These behaviors also erode the value of college degrees and higher education overall.

Academic Civility Statement:

Students are expected to interact with professors and peers respectfully, enhancing 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.

SRSU Library Information:

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 LobID 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).

No matter where you are based, public libraries and many academic and special libraries welcome the general public into their spaces for study. SRSU TexShare Cardholders can access additional services and resources at various libraries across Texas. Learn more about the TexShare program by visiting library.sulross.edu/find-and-borrow/texshare/ or ask a librarian by emailing srsulibrary@sulross.edu.

Disability Statement:

SRSU Accessibility Services. Sul Ross State University (SRSU) is committed to equal access in compliance with the 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. Students seeking accessibility/accommodations services must contact Mrs. Mary Schwartz Grisham, LPC, SRSU's Accessibility Services Director at 432-837-8203 or email mschwartz@sulross.edu or contact Alejandra Valdez, at 830-758-5006 or email alejandra.valdez@sulross.edu. Our office is located on the first floor of Ferguson Hall, room 112, and our mailing address is P.O. Box C122, Sul Ross State University, Alpine. Texas, 79832.

Course Schedule

	Chapter	Due Dates
Week 1 Jan 15 – Jan 21	Syllabus Review	
Week 2 Jan 22 – Jan 28	Chapter 1 Fitness Professionals, Coaches, and the Sports Medicine Team Chapter 2 Organizing and Administering an Athletic Health Care Program	Chapter 1 Quiz Due Friday, Jan 26 at 11:59 pm Chapter 2 Quiz Due Friday, Jan 26 at 11:59 pm
Week 3 Jan 29 – Feb 4	Chapter 3 Legal Liability and Insurance Chapter 4 Preventing Injuries through Fitness	Chapter 3 Quiz Due Friday, Feb 2 at 11:59 pm Chapter 4 Quiz Due Friday, Feb 2 at 11:59 pm Unit 1 Exam Due Sunday, Feb 4 at 11:59 pm
Week 4 Feb 5 – Feb 11	Chapter 7 Understanding the Potential Dangers of Adverse Environmental Conditions Chapter 8 Handling Emergency Situations and Injury Assessment	Chapter 7 Quiz Due Friday, Feb 9 at 11:59 pm Chapter 8 Quiz Due Friday, Feb 9 at 11:59 pm
Week 5 Feb 12 – Feb 18	Chapter 13 Recognizing Different Sport Injuries No Class – Feb 15	Chapter 13 Quiz Due Friday, Feb 16 at 11:59 pm Unit 2 Exam Due Sunday, Feb 18 at 11:59 pm
Week 6 Feb 19 – Feb 25	Chapter 14 The Foot and Toes	Chapter 14 Quiz Due Friday, Feb 23 at 11:59 pm

Week 7 Feb 26 – March 3	Chapter 15 The Ankle and Lower Leg	Chapter 15 Quiz Due Friday, March 1 at 11:59 pm
Week 8 March 4 – March 10	Taping Skills related to the Foot and Ankle	
Week 9 March 11 – March 17	SPRING	BREAK
Week 10 March 18 – March 24	Chapter 16 The Knee and Related Structures	Chapter 16 Quiz Due Friday, March 22 at 11:59 pm
Week 11 March 25 – March 32	Chapter 17 The Thigh, Hip, Groin, and Pelvis	Chapter 15 Quiz Due Friday, March 29 at 11:59 pm Unit 3 Exam Due Sunday, March 31 at 11:59 pm
Week 12 April 1 – April 7	Chapter 18 The Shoulder Complex	Chapter 18 Quiz Due Friday, April 5 at 11:59 pm
Week 13 April 8 – April 14	Chapter 19 The Elbow, Forearm, Wrist, and Hand	Chapter 19 Quiz Due Friday, April 12 at 11:59 pm
Week 14 April 15 – April 21	Chapter 22 The Head, Face, Eyes, Ears, Nose and Throat	Chapter 22 Quiz Due Friday, April 19 at 11:59 pm
Week 15 April 22 – April 28	Chapter 23 General Medical Conditions and Additional Health Concerns	Chapter 29 Quiz Due Friday, April 26 at 11:59 pm
Week 16 April 29 – May 5	Exam/Course Review	Unit 4 Exam Opens Wednesday, May 1 at 12:00am
Week 17 May 6 – May 12	FINALS	Unit 4 Exam Due Monday, May 6 at 11:59 pm