

KINE 2350 – Care and Prevention of Athletic Injuries
Spring 2025

Instructor: Rachel Gillespie, MEd, LAT, ATC

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Office Hours: T/TH 930AM – 11 am or By appointment

Textbook:

Fundamentals of Athletic Training and Sports Medicine, 5th edition by Lori A. Cartwright and Kimberly S. Peer

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 – 40%
Unit Exams – 45%
Attendance – 15%

Late Test/Assignments will not be accepted.

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.

Exam Schedule

Unit 1

- Chapter 7 – Introduction to Anatomy
- Chapter 8 – Basics of Tissue Injuries
- Chapter 6 – The Preparticipation Physical Exam
- Chapter 33 – Common Drugs Used in Athletics

Unit 2

- Chapter 20 – Foot, Ankle, and Lower-Leg Injuries
- Chapter 19 – Knee Injuries
- Chapter 18 – Hip, Pelvis, and Thigh Injuries
- Chapter 4 – Documentation and Recordkeeping

Unit 3

- Chapter 14 – Spinal Injuries
- Chapter 15 – Shoulder Injuries
- Chapter 16 – Elbow Injuries
- Chapter 17 – Wrist and Hand Injuries
- Chapter 26 – Environmental Situations and Injuries

Unit 4

- Chapter 9 – Head Injuries
- Chapter 10 – Facial Injuries
- Chapter 11 – Throat and Thorax Injuries
- Chapter 12 – Abdominal Injuries
- Chapter 29 – Protective Equipment and Durable Medical Equipment Used in Athletics
- Chapter 30 – Basic Diagnostic Imaging and Testing

Course Schedule

	Chapter
Week 1 Jan 15 – Jan 18	No Class
Week 2 Jan 19 – Jan 25	Chapter 7 – Introduction to Anatomy Chapter 8 – Basics of Tissue Injuries
Week 3 Jan 26 – Feb 1	Chapter 6 – The Preparticipation Physical Exam Chapter 33 – Common Drugs Used in Athletics
Week 4 Feb 2 – Feb 8	Unit 1 Review Unit 1 Exam
Week 5 Feb 9 – Feb 15	Chapter 20 – Foot, Ankle, and Lower-Leg Injuries Skill Lab: Chapter 20
Week 6 Feb 16 – Feb 22	Chapter 19 – Knee Injuries Chapter 18 – Hip, Pelvis, and Thigh Injuries Skills Lab: Chapters 19 and 18
Week 7 Feb 23 – March 1	Chapter 4 – Documentation and Recordkeeping Unit 2 Review Unit 2 Exam
Week 8 March 2 – March 8	Chapter 14 – Spinal Injuries Chapter 15 – Shoulder Injuries
Week 9 March 9 – March 15	Chapter 16 – Elbow Injuries Chapter 17 – Wrist and Hand Injuries Skills Lab: Chapters 16 and Chapter 17
Week 10 March 16 – March 22	SPRING BREAK
Week 11 March 23 – March 29	Chapter 26 – Environmental Situations and Injuries Unit 3 Review Unit 3 Exam
Week 12 March 30 – April 5	Chapter 9 – Head Injuries Chapter 10 – Facial Injuries
Week 13 April 6 – April 12	Chapter 11 – Throat and Thorax Injuries Chapter 12 – Abdominal Injuries
Week 14 April 13 – April 19	Chapter 29 – Protective Equipment and Durable Medical Equipment Used in Athletics
Week 15 April 20 – April 26	Chapter 30 – Basic Diagnostic Imaging and Testing Unit 4 Review
Week 16 April 27 – May 3	Unit 4 Exam
Week 17 May 4 – May 10	Finals