

KINE 3301
Prevention and Treatment of Sports Injuries
Fall Semester, 2013
Tuesday and Thursday 8:00 AM – 9:15 AM
NURS CLNP
School of Nursing and Allied Health

COURSE DESCRIPTION

Basic instruction in the care and prevention of athletically related injuries through lectures, class discussions, demonstrations, student practice, and audio/visual materials for the future athletic trainer, coach, or physical education teacher.

COURSE SEQUENCE IN CURRICULUM AND PREREQUISITE INFORMATION

This course will help the student obtain a better understanding of sports related injuries. This course will also enhance their knowledge of human anatomy, physiology, and biomechanics. This knowledge will assist the student in other Kinetic classes.

Pre-requisites for this course are KINE 2230 Foundation of Kinesiology or KINE 1350 Foundation of Athletic Training.

INSTRUCTOR INFORMATION

Name: Bob Marley, MA, ATC, LAT, CSCS
E-mail: bmarley@hbu.edu
Office Phone: 713-410-8041 (text messages accepted)
Office Hours: By Appointment

LEARNING RESOURCES

Course Text: Anderson, Marcia K and Parr, Gail P. Sports Injury Management. 3rd Edition (2011). Lippincott, Williams & Wilkins.
Supplementary Text(s): N/A
Other Required Materials: Provided

RELATION TO THE PURPOSE STATEMENT OF THE UNIVERSITY

This course contributes to the university purpose by providing an educational program which “is committed to academic excellence in an intellectually free and objective environment” and which provides “physical resources and a campus environment which acknowledge the uniqueness of the individual...and encourages the development of the whole person.”

RELATION TO COLLEGE GOALS AND PURPOSES

The Department of Kinesiology emphasizes the goals of the School of Nursing & Allied Health with the inclusion of multiple learning approaches; a challenging criterion; and the use of reliable, fair methods of evaluation.

RELATION TO DEPARTMENTAL GOALS AND PURPOSES

The Kinesiology Department emphasizes the goals of the School of Nursing and Allied Health with the inclusion of multiple learning approaches; a challenging criterion; and the use of reliable, fair methods of evaluation. The Kinesiology Department works to:

1. Prepare the student to obtain academic excellence;
2. Introduce the student to various fitness and wellness areas in the field;
3. Invite the student to be aware of the needs and areas of study available in the community, region, nationally, and internationally; and
4. Promote the development of critical and creative thinking, compassion, responsibility, and continuing interest in learning and the field of kinesiology.

COURSE OBJECTIVES

Overview/ purpose of the course

This course will educate the student in the basic concepts of athletic training, including care and prevention of athletic injuries.

Upon completion of this course, students should be able to:

Understand the practical and theoretical study of the prevention, care, management, and treatment of injuries and illnesses sustained by the physically active;

Gain insight into the role of the athletic trainer, team physician, other sports medicine professionals and the coach when dealing with athletic injuries and illness;

Gain fundamental knowledge necessary in the recognition, care, treatment, and rehabilitation of injuries and illness that may occur in athletic endeavors;

Become familiar with the equipment and supplies utilized in an athletic training facility;

Gain knowledge necessary in the care and prevention of special populations and health conditions with regard to sports participation;

Gain insight into the administrative, legal, and ethical parameters of an athletic trainer;

Gain understanding of basic human anatomy, physiology, biomechanics, nutrition, and therapeutic modalities as they relate to athletic endeavors;

Explain the principles of effective heat loss and heat illness prevention programs;

Interpret heat and humidity measurements to determine the scheduling, type, and duration of activity;

Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication;

Select and fit appropriate standard protective equipment for athletic activity;

TOPICAL OUTLINE

The content of this outline and the attached schedule are subject to change at the discretion of the professor.

Date	Class Discussion	Chapter	Lab
8/27	Introduction, syllabus review		
8/29	Administrative issues, legal considerations	1,2	
9/3	Paperwork, facility, equipment & supplies	2	
9/5	Injury prevention: strength & conditioning	3	Flexibility Techniques
9/10	Injury prevention: nutrition & equipment	3	
9/12	TEST ONE	1-3	
9/17	Injury mechanism & classification	4-5	
9/19	Injury management & assessment	6-7	Universal precautions & glove use
9/24	Rehab techniques & therapeutic modalities	n/a	
9/26	Bandaging & splinting	n/a	Taping & splinting
10/1	Emergency conditions	8	Spineboarding & Blood Pressure Assessment
10/3	Environmental concerns	17	
10/8	TEST TWO	4-8, 17	
10/10	Head, neck and spine injuries	9,10	Concussion assessment
10/15	Spine & trunk injuries	10, 11	Neurological examination
10/17	Shoulder injuries	12	
10/22	Shoulder evaluation	12	Shoulder examination
10/24	Elbow, wrist & hand injuries	13	Elbow, hand & wrist examination
10/29	Upper extremity taping & bracing	9-13	Upper Extremity taping & wrapping
10/31	TEST THREE	9-13	
11/5	Hip, thigh & groin injuries	14	
11/7	Knee injuries	15	
11/12	Knee evaluation	15	Knee examination
11/14	Thigh, hip & knee bracing & taping	15	Thigh, hip & knee bracing & taping
11/19	TEST FOUR		
11/21	Lower leg, ankle & foot injuries	16	Ankle & foot examination
11/26	Lower leg, ankle & foot evaluation	16	Lower Extremity taping & wrapping
11/28	THANKSGIVING		
12/3	Illness & health concerns	18	
12/5	ANKLE TAPING SKILLS EXAM		Research Papers due
12/12	FINAL EXAM, Thursday at 8:00 am		Comprehensive Exam

TEACHING STRATEGIES

Case Analysis	X	Library and Internet Research	X
Debate		Practice/drill	X
Discovery/Independent Research	X	Problem solving	X
Discussion/Questioning/Interviewing	X	Reading assignments	
Experiential Learning	X	Role playing/simulation games	
Field Experience		Service Learning	
Group Presentation		Video/Audio Review and Critique	X
Laboratory Experiences	X	Other	X
Lecture	X		

ASSESSMENT OF LEARNING

1. Periodic tests and final examination
2. Perform tasks such taping, bandaging, transporting the injured, concussion evaluation, etc.
3. Participation in class discussions.

Active Learning

Your **active participation** in this class will be required. As a result you will self-direct your studies by being responsible for your own learning. I will guide you in this process; however, in the end the **onus of learning will be your responsibility**. Organize your learning around the tasks and problems you encounter as an athletic training student. Use the vast number of resources (ACIs, CIs, books, ATEP lab, and articles) around you to synthesize the information you are learning and apply it whenever you get the chance. Do not be afraid to ask questions or challenge the current medical or scientific assumptions. In fact, when you study the material, participate in class, ask thoughtful questions, and accept my help you will be able to apply your knowledge to any clinical situation.

Grading standards:

Exams	5 @ 100 points each	500
Skills & Laboratory Techniques	3 @ 50 points each	150
Research Paper	1 @ 100 points	100
		TOTAL - 750 points

Grading Scale:

- A = 90%
- B = 80%
- C = 70%
- D = 60%
- F = < 60%

Student appraisal

Students and faculty evaluate this course at the end of each semester taught using the IDEA Survey. Information from these instruments will be used to improve the course and teaching strategies employed by the faculty. The data will not be made available to faculty or administrators until course grades are posted in the Registrar's Office. The information obtained is analyzed by the faculty teaching the course and recommendations for course revision are reviewed. Implementation of recommendations occurring the next time the course is taught.

CLASS POLICIES

Absence and Tardy Policies

Regular attendance in class is important for student success, and it is university policy that students must attend class. Absences are recorded beginning from the first class session after the student has enrolled in the course. Professors are not obligated to allow students to make up work they miss due to unexcused absences. Any student who does not attend at least 75% of the scheduled class sessions will receive a grade of "F" for the course, regardless of his performance on other assessments such as tests, quizzes, papers, or projects. Professors may apply additional attendance policies as appropriate to individual courses. Likewise, the college or school may also apply additional attendance requirements as necessary. Please see the catalog currently in use for the university's policy on classroom absences caused in the course of student representation of the university, such as athletics, chorale, and mock trial activities.

Academic Honesty

Please refer to the current catalog for the university's policy and procedures regarding academic honesty. Note that the university utilizes "Turn-It-In" and other programs to investigate possible plagiarism activities. All major papers for this course will be submitted to the plagiarism prevention software, **Turnitin.com** on or before a paper's due date. No paper will be graded without meeting this requirement beforehand. A separate handout will be provided to give detailed instructions on this process which must include the class identification number and class password.

In accordance with FERPA, and to best protect the students' privacy, no personal identification (e.g., name, social security number, H number) should be uploaded with the text of student papers. However, Turnitin will ask for the student's name and e-mail address when setting up a personal account. This identifying information will be used by the professor to evaluate the student's paper and cannot be viewed by other faculty or students. To further increase confidentiality, the student may choose to use a pseudonym (false name) when setting up his or her personal Turnitin account.

If a pseudonym is used for Turnitin, the student must provide this identifier next to his/her typed name on the paper copy which is submitted to the professor. Five (5) points will be deducted if the professor is unable to easily match the paper copy to the Turnitin submission of the student's paper.

Children in Classroom

In almost all instances, children are not allowed in the classroom nor are they allowed to be on campus unattended. Class sessions are for enrolled students only unless other arrangements are approved by the instructor in advance.

Classroom Behavior Expectations

The classroom environment is to be conducive to learning and is under the authority of the instructor. In order to assure that all students have the opportunity to gain from the time spent in class, students are expected to demonstrate civil behavior in the classroom and show appropriate respect for the instructor and other students. Inappropriate behavior toward the instructor, in or out of the classroom, may result in a directive to the offending student to leave the classroom or the course entirely.

Classroom behaviors that disturb the teaching-learning experiences include the following behaviors: activated cellular phone or other device, demands for special treatment, frequent episodes of leaving and then returning to the class, excessive tardiness, leaving class early, making offensive remarks or disrespectful comments or gestures to the instructor or other students, missing deadlines, prolonged chattering, sleeping, arriving late to class, dominating discussions, shuffling backpacks or notebooks, disruption of group work, and overt inattentiveness. It is at the discretion of the instructor as to whether laptops will be allowed for use in the classroom.

Early Alert

As an instructor, I am committed to your success, not only in this class, but in all aspects of HBU life. To ensure that every student takes full advantage of the educational and learning opportunities, HBU has implemented an *Academic Early Alert Referral System (EARS)*. If I think you would benefit from some of these special programs or services available to you, I will make the appropriate referral. You, in turn, will be expected to take advantage of the help offered to you.

Email Policy

All university and class email communication will be sent to your HBU email account. You are responsible for checking this frequently. If you choose, you may reroute your HBU email to another email address. Your emails should be in a professional format with correct spelling, capitalization, and grammar.

Grievance Procedures

The Academic Grievance Policy may be found in the catalog currently in use, in the Academic section of the HBU Forms section of the HBU Portal, and on the Registrar's page on the HBU Website.

Incomplete Grades

Only the dean of the college or school may grant incompletes and only to students who have a major documented emergency in the last few days of a semester. Students with excessive absences, which will result in failing the course, will not be allowed to take the final exam nor be eligible to receive an incomplete.

Late Work

Late work will not be accepted without prior approval by the instructor. Work must be turned on or before the due date. If prior approval has been received, 5 points will be deducted from the grade of the work for each school day the work is late.

Learning Disabilities/Academic Accommodations:

Houston Baptist University complies with the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 regarding students with disabilities. Any student who needs learning accommodations should inform the professor immediately at the beginning of the semester that he/she will be requesting accommodations. In order to request and establish academic accommodations, the student should contact the Coordinator for Learning Disability Services at 504@hbu.edu to schedule an appointment to discuss and request academic accommodation services. Academic Accommodations must be applied for and written each semester. If academic accommodations are approved, a Letter of Accommodations will then be sent to the professor(s). Please refer to the website, www.hbu.edu/504 for all accommodation policies and procedures.

Missed Tests

A student will not be permitted to “make up” a missed exam without prior approval of the instructor. If prior approval has been received, 5 points will be deducted from the “make up exam” for each school day the completed exam is late.

Cell Phone Policy

No cell phones in class for verbal or text message conversations. Please turn them off or silence them during our class period. If you actively perform or receive cell phone calls or text messaging during class, I will deduct our final grade.

PERSON RESPONSIBLE FOR DEVELOPING SYLLABUS

Adjunct Professor Bob Marley, MA, ATC, LAT, CSCS

ADDITIONAL COMMENTS REGARDING THE SIGNIFICANCE OF THE COURSE IN TERMS OF HISTORY, MOMENT, MOVEMENT, TRENDS, TIMELINESS, BODY OF BASIC KNOWLEDGE, ETC.

It is the intent of this professor to provide a positive learning experience for each student, to encourage constructive behavior changes and life-long practices, and to create the most optimistic and affirmative environment possible.

Robert Marley
Instructor's Signature

6/15/13
Date