

CARE & PREVENTION OF ATHLETIC INJURIES

DIVISION OF ARTS & SCIENCES • KINESIOLOGY
SOUTH PLAINS COLLEGE • LEVELLAND CAMPUS

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Care and Prevention of Athletic Injuries (3:3:0): This course will have an emphasis on care and prevention of common athletic injuries and the treatment of athletic injuries. An introduction to athletic training is included.

- I. Purpose: To meet the kinesiology requirements for an Associate in Science degree as well as one requirement for transfer students working toward a bachelor’s degree.
- II. Course Objectives: By the end of this course, the student should be able to recognize and care for common sports injuries, use good judgment in prevention of athletic injuries, handle emergency situations within their capabilities and demonstrate basic taping techniques.
- III. General Course Information:
 - A. Text (Optional): Essentials of Athletic Injury Management, 11th Edition
 - B. Reference: NATA Athletic Training Educational Competencies, 5th Edition
 - C. Attendance Policy: Regular class attendance (*via virtual or in-person*) is required of all students. Illness, college sponsored activities, funerals and jury duty are excused but you must have documentation. Your grade will be affected by your lack of attendance. **You, the student, are responsible for material missed during your absence.**

A student may be administratively withdrawn from the course when absences become excessive.
 - D. Phone/Electronic devices: Please silence and put away your phone. Many studies have found a cell phone to be an impediment to learning in class. Use of cell phones during class is disrespectful to the instructor and to your classmates who are distracted by the sights and sounds of you on your phone. Feel free to use a laptop/tablet, but ONLY for class related work. It is easy for the instructor to tell when you are doing something off topic and distracted from class.
 - E. Evaluating Policy: Care and Prevention of Athletic Injuries (KINE 2356) is a three-credit hour college level course. Evaluation is based class attendance, quizzes, participation, individual project and written and/or practical examinations.

- F. Grading Policy: The following scale will be used for grading (Blackboard is used to post grades):

Assignments & quizzes	25%
In-person class participation	20%
Sports injury project.....	20%
Athletic Training Room observation.....	5%
Written exam 1.....	10%
Written exam 2.....	10%
Written exam 3.....	10%

Grade Scale:

A=100-90 B=89.9-80 C=79.9-70 D=69.9-60 F=59.9-00

Grades will be assigned on the scale presented above. There will be no rounding up a letter grade at the end of the course. Extra credit opportunities may or may not be made available during the semester. Any extra credit opportunities will be announced during class time and repeated through Blackboard.

Quizzes & assignments are open for a week from the time of the end of each lecture. Late quizzes assignments are not accepted.

Make-up written exams are ONLY given upon instructor approval PRIOR to the exam. If you absolutely cannot be in class when an exam is scheduled, it is your responsibility to contact me *prior* to the scheduled exam with valid documentation. If you miss a scheduled exam due to illness or a last-minute occurrence, valid documentation may be necessary, and it is your responsibility to get in touch with me *w/in 24 hours of the missed exam* or a grade of zero will be automatically given for the exam.

- G. Lab Policy: Certain aspects of this class may include basic physical fitness exercises, taping and wrapping of body parts, simulations of treatment/rehab routines, in order to fully understand some of the material related to the topic. Students are expected to participate fully in these activities. All supplies will be provided. If a student is physically unable to participate due to a disability the instructor will make adaptations on a case-by-case basis.

You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations C.A.R.E., Campus Concealed Carry at this link: <https://www.southplainscollege.edu/syllabusstatements/>

Care and Prevention of Athletic Injuries

Tentative Schedule

Week & Open Date		Topic	Assignment & Due Date	
1	24-Aug	Course Expectations and Information	None	N/A
		Introduction to The Sports Medicine Team & Athletic Training	Essay	September-06
2	31-Aug	Medical Terminology	Quiz	September-13
		Injury Prevention by Fitness	Quiz	
3	7-Sep	Intro to Taping & Wrapping	Quiz	September-20
		Protective Equipment	Quiz	
4	14-Sep	Bloodborne Pathogens and Wound Care	Quiz	September-27
		Environmental Conditions	Quiz	
5	21-Sep	Emergency Situations	Quiz	October-04
		Injury Assessment	Quiz	
6	28-Sep	E60 Present: Project 11 - The Alex Smith Story	Essay	October-11
7	5-Oct	EXAM 1		October-11
8	12-Oct	Recognizing Different Sports Injuries	Quiz	October-11
		Basic of Injury Rehab and Treatment	Quiz	
9	19-Oct	Foot, Ankle, & Lower Leg	Quiz	November-01
10	26-Oct	Knee & Related Structures	Quiz	November-08
11	2-Nov	Thigh, Hip, Groin, Pelvis	Quiz	November-15
12	9-Nov	EXAM 2		November-22
13	16-Nov	The Shoulder Complex	Quiz	November-29
14	23-Nov	Elbow, Forearm, Wrist, Hand	Quiz	December-06
	25-Nov	Thanksgiving Break		
15	30-Nov	Head & Face Anatomy & Injuries	N/A	Sports Injury Project Due - 12/6
16	7-Dec	Finals Week		12/10 - 10:00 AM
		Exam 3 EXAM		