



## Course Syllabus

### **KINE 2356- Prevention & Care of Athletic Injuries**

*Revision Date: 1/17/2017*

**Catalog Description:** Prevention and care of athletic injuries with emphasis on qualities of a good athletic trainer, avoiding accidents and injuries, recognizing signs and symptoms of specific sports injuries and conditions, immediate and long-term care of injuries, and administration procedures in athletic training.

**Prerequisites:** none

**Semester Credit Hours:** 3

**Lecture Hours per Week:** 3

**Lab Hours per Week:** 0

**Contact Hours per Semester:** 48

**State Approval Code:** 51.0913.52 16

#### **Core Components and Related College Student Learning Outcomes**

This course counts as part of the academic requirements of the Panola College Core Curriculum and an Associate of Arts or Associate of Science degree.  Yes  No: If no, skip to Instructional Goals.

The items below marked with an X reflect the state-mandated outcomes for this course **IF this is a CORE course:**

- Critical Thinking Skills – to include creative thinking, innovation, inquiry and analysis, evaluation and syntheses of information
  - CT1: Generate and communicate ideas by combining, changing, or reapplying existing information
  - CT2: Gather and assess information relevant to a question
  - CT3: Analyze, evaluate, and synthesize information
- Communication Skills – to include effective development, interpretation, and expression of ideas through written, oral, and visual communication
  - CS1: Develop, interpret, and express ideas through written communication
  - CS2: Develop, interpret, and express ideas through oral communication
  - CS3: Develop, interpret, and express ideas through visual communication
- Empirical and Quantitative Skills – to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
  - EQS1: Manipulate and analyze numerical data and arrive at an informed conclusion
  - EQS2: Manipulate and analyze observable facts and arrive at an informed conclusion
- Teamwork – to include the ability to consider different points of view and to work effectively with others to support a shared purpose or goal

- TW1: Integrate different viewpoints as a member of a team
- TW2: Work with others to support and accomplish a shared goal
- Personal Responsibility – to include the ability to connect choices, actions, and consequences to ethical decision-making
  - PR1: Evaluate choices and actions and relate consequences to decision-making
- Social Responsibility – to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
  - SR1: Demonstrate intercultural competence
  - SR2: Identify civic responsibility
  - SR3: Engage in regional, national, and global communities

**Instructional Goals and Purposes:**

The purpose of this course is to prepare students to manage the well-being and health of student athletes. Students will learn to recognize the signs and symptoms of common severe athletic injuries and differentiate them from less severe athletic injuries. Students will also learn the most up to date prevention methods and techniques.

**Learning Outcomes:**

After studying all materials and resources presented in the course, the student will be able to:

1. Understand the function of an Athletic Trainer.
2. Comprehend the concept of the Sports Medicine Umbrella.
3. Understand basic legal concerns regarding Athletic Injury.
4. Recognize common athletic injuries.
5. Develop a basic working knowledge of the prevention of injuries.
6. Learn basic management skills for athletic injuries.
7. Develop basic rehabilitation knowledge.
8. Demonstrate preventative measures of Athletic Training equipment usage.

**Course Content:**

A general description of lecture/discussion topics included in this course are listed in the Learning Objectives section of this syllabus.

Students in all sections of this course will learn the following content:

<b>Week 1</b>	<b>Chapter 1-3, Module 1, Organization/Admin of Athletic Healthcare</b>	<b>Assignments and Quiz due 8/26/2016</b>
<b>Week 2</b>	<b>Chapter 4-5, Module 2 Fitness and Nutrition</b>	<b>Assignments and Quiz due 9/2/2016</b>
<b>Week 3</b>	<b>Chapters 7 &amp;9, Module 3, Weather, Hydration and</b>	<b>Assignments and Quiz due</b>

	<b>Wound Care</b>	<b>9/9/2016</b>
<b>Week 4</b>	<b>Chapter 12, Module 4, Injury Psychology</b>	<b>Assignments and Quiz due 9/16/2016</b>
<b>Week 5</b>	<b>Chapter 11, Module 5, Rehab vs. Fitness, Phases of Rehab</b>	<b>Assignments and Quiz due 9/23/2016</b>
<b>Week 6</b>	<b>Chapters 8 &amp; 13, Module 6, Primary and Secondary Survey, Injury Assessment</b>	<b>Assignments and Quiz due 9/30/2016 Exam 1* opens in Testing Center 9/26/2016</b>
<b>Week 7</b>	<b>Chapter 14, Module 7, Injuries specific to foot and toes</b>	<b>Assignments and Quiz due 10/7/2016</b>  <b>Exam 1* due 10/7/2016</b>
<b>Week 8</b>	<b>Chapter 15, Module 8, Injuries Specific to the Ankle and Lower Leg</b>	<b>Assignments and Quiz due 10/14/2016</b>
<b>Week 9</b>	<b>Chapter 16, Module 9, Injuries Specific to the Knee</b>	<b>Assignments and Quiz due 10/21/2016</b>
<b>Week 10</b>	<b>Chapter 17, Module 10, Injuries Specific to the Thigh, Hip and Groin</b>	<b>Assignments and Quiz due 10/28/2016</b>
<b>Week 11</b>	<b>Chapter 18, Module 11, Injuries Specific to the Shoulder Complex</b>	<b>Assignments and Quiz due 11/4/2016</b>
<b>Week 12</b>	<b>Chapter 19, Module 12, Injuries Specific to the Elbow, Forearm, Wrist and Hand</b>	<b>Assignments and Quiz due 11/11/2016</b>
<b>Week 13</b>	<b>Chapter 20, Module 13, Injuries Specific to the Spine</b>	<b>Assignments and Quiz due 11/18/2016</b>
<b>Week 14</b>	<b>Chapter 21, Module 14, Injuries specific to Thorax and Abdomen</b>	<b>Assignments and Quiz due 11/27/2016</b>
<b>Week 15</b>	<b>Chapter 22-23, Module 15, Gen. Medical, Substance Abuse</b>	<b>Assignments and Quiz due 12/1/2016</b>

**Final Exam\* Dates December, 4-8, 2016 Must be taken in the testing center. It is the responsibility of the student to check time and availability to take the exam.**

**Methods of Instruction/Course Format/Delivery:**

This course is offered in lectures, cooperative activities, video presentations, and class discussions.

**Major Assignments / Assessments:**

The following items will be assigned and assessed during the semester and used to calculate the student's final grade.

**Assignments**

1. Module Grade: 10 Points per Assignment, 10 Points per Quiz - **20 Points per module for 300 total points**

**Assessment(s):**

2. Mid-Term Exam: **100 Points**
3. Final Exam: **100 Points**

**Course Grade:**

The grading scale for this course is as follows and will be based on how many points the student gains out of the overall available points.

**A= 90-100% 450-500 overall points**

**B= 80-89% 400-449 overall points**

**C=70-79% 350-399 overall points**

**D=60-69% 300-349 overall points**

**F= below 60% 0-299 overall points**

**Texts, Materials, and Supplies:**

- Required textbook:  
Prentice, W.E. (2013). *Essentials of Athletic Injury Management* (9<sup>th</sup> Ed.). New York: McGraw-Hill.  
ISBN: 978-0-07-802261-6

**Required Readings:**

- none

**Recommended Readings:**

- none

**Other:**

- For current texts and materials, use the following link to access bookstore listings:  
<http://www.panolacollegestore.com>
- For testing services, use the following link: <http://www.panola.edu/elearning/testing.html>
- If any student in this class has special classroom or testing needs because of a physical learning or emotional condition, please contact the ADA Student Coordinator in Support Services located in the Administration Building or go to <http://www.panola.edu/student-success/disability-support-services/> for more information.
- Withdrawing from a course is the student's responsibility. Students who do not attend class and who do not withdraw will receive the grade earned for the course.
- Student Handbook, *The Pathfinder*: <http://www.panola.edu/student-success/documents/pathfinder.pdf>