

ACU Department of Kinesiology & Nutrition
Course Syllabus
Care and Prevention of Athletic Injuries
KINE 296.01
Spring 2016

Instructor: Jenny Scruggs M.Ed., ATC, LAT
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ACU Mission Statement

To educate students for Christian service and leadership throughout the world.

College of Education and Human Services Mission Statement

To equip students for global ministry through exemplary practice and service in education and human services.

Department of Kinesiology and Nutrition Mission Statement

To prepare students to serve and lead through the development of healthful lifestyles.

Course Description

A study of athletic training room procedures stressing the care and prevention of athletic injuries. The format will include lecture, group class discussion, and laboratories concerning the evaluation, prevention, and care of athletic related injuries.

Lab Fee: \$50 per student for taping supplies

Credit: 3 hours

When: TR 8:00-9:20 a.m.

Where: Gibson 130

Prerequisites: KINE 291 and BIOL 291/293, 292/294

Purpose and audience: The course provides a practical view of sports medicine/athletic training concerning care and prevention of athletic injuries. It is required for students in the Athletic Training concentration (KNAT) of the B.S. in Kinesiology degree. They must have passed KINE 291 Basic Sports Medicine and BIOL 291/293, 292/294.

Format: Lecture, discussion, laboratory, and out-of-class assignments.

Conduct of the Course/Teaching Methodology: Chapters should be read before material is discussed in class. Lecture will cover chapter material. On-field assessment/evaluation and out-of-class assignments (worksheets) will be assessed to determine if competencies are achieved.

Overview of Content: The course examines comprehensive information concerning the care and prevention of athletic injuries.

Required Textbook: Beam, J. (2012). *Orthopedic Taping, Wrapping, Bracing & Padding* (2nd ed). Philadelphia: F.A. Davis Company.

Library Holdings: The Brown Library has numerous resources concerning athletic training/sports medicine.

Course goal: The student should be able to care for and help prevent athletic injuries.

Statement of Faith/Scripture

Just as the Bible states in 1 Corinthians 12:12-26, "the body is a unit and though all its parts are many, they form one body." The way that God designed our body as many parts working together to form one strong, working unit is truly amazing to me. The understanding and knowledge of these many parts is important in the understanding of the human body as a whole.

Course Competencies

	Competency	Measurement Instrument
1	The student will be able to demonstrate practical knowledge of taping/bracing/splinting techniques pertinent to entry level athletic training	On-field Assessment/Evaluation and Worksheets
2	The student will be able to apply knowledge and understanding of First-Aid and First Responder care	Exams/Quizzes, On-field Assessment/Evaluation, and Worksheets
3	The student will be able to demonstrate and understand on-field assessment and emergency plans/procedures	On-field Assessment/Evaluation and Worksheets
4	The student will be able to show knowledge of care and prevention of basic athletic related injuries/illnesses	Exams/Quizzes
5	The student will be able to understand and demonstrate the proper use of protective equipment	On-field Assessment/Evaluation and Worksheets
6	The student will be able to understand and explain components of the acute care and emergency management of athletic injuries.	Exams/Quizzes
7	The student will be able to recognize various types of injuries and demonstrate acute management procedures	Exams/Quizzes, On-field Assessment/Evaluation, and Worksheets

Course Evaluation and Grading Scale

3 exams worth 100 points each	300
8 module worksheets worth 10 points each	80
5 pop quizzes worth 20 points each	100
Participation/On-field assessment/evaluation	100

Final grades will be assigned as follows:

A = 522 - 580 points

D = 348 - 405 points

B = 464 - 521 points

F = < 348 points

C = 406 - 463 points

Assignments, quizzes, and tests, and point totals are subject to change.

Quizzes/Assignments/Exams

All assignments are individual assignments. Therefore, all parts of the lab/assignments must be done independently by each student. **Late assignments will not be accepted unless the student submits a university-approved absence or the student has extenuating circumstances such as a serious illness or death in the family.** Exams will be primarily multiple-choice with the possibility of some true/false questions, matching, and/or short answer case studies.

Class Attendance Policy

Students are expected to attend class. Excessive tardiness or absences from class will reflect in the students' grade. Only university-approved absences or extenuating circumstances such as serious illness, or death in the family will be accepted as excused absences. It is the student's responsibility to notify the instructor of excused absences. Be aware that students with more than seven (7) absences (excused or unexcused) may not receive credit for the course subject to departmental review. Likewise, tardiness is not appropriate for this class. Three (3) tardies will result in one absence. An unexcused absence on the day of a quiz or exam will result in a zero (0) for that quiz/exam.

Professional Behavior in the Classroom or Lab

All students are expected to exhibit consistent professional conduct in the classroom and laboratory setting. Students are expected to maintain an active and learning classroom environment. Disruptive classroom behaviors include cell phones, challenges to faculty authority, demanding special treatment, tardiness, leaving early, offensive remarks, chattering, reading newspapers/magazines, sleeping, or overt inattentiveness. Inappropriate behavior will result, minimally, in a request for the student to leave class. After the first incident of inappropriate behavior, the instructor will discuss the behavior with the student as soon as possible following the class. If a second incident occurs, the instructor will refer the student to the program director or department chair. Repeated offenses will result in disciplinary action deemed appropriate to the offense according to the program director.

Other Course Policies

Students are responsible for tracking their academic progress in this class throughout the semester. Therefore, students with questions about grades are encouraged to contact the instructor. Final grades will be posted on IQ Web at the conclusion of the semester.

Academic Integrity

Violations of academic integrity and other forms of cheating, as defined in ACU's Academic Integrity Policy, involve the intention to deceive or mislead or misrepresent, and therefore are a

form of lying and represent actions contrary to the behavioral norms that flow from the nature of God. Violations will be addressed as described in the Policy. While the university enforces the Policy, the most powerful motive for integrity and truthfulness comes from one's desire to imitate God's nature in our lives. Every member of the faculty, staff, and student body is responsible for protecting the integrity of learning, scholarship, and research. The full Policy is available for review at the Provost's office web site (<http://www.acu.edu/campusoffices/provost>) and the following offices: provost, college deans, dean of campus life, director of student judicial affairs, director of residential life education and academic departments.

ADA Compliance Statement

Abilene Christian University is dedicated to removing barriers and opening access for students with disabilities in compliance with ADA and Section 504 of the Rehabilitation Act. The Alpha Scholars Program facilitates disability accommodations in cooperation with instructors. In order to receive accommodations, you must be registered with Alpha Scholars Program, and you must complete a specific request for each class in which you need accommodations. If you have a documented disability and wish to discuss academic accommodations, please call our office directly at 325-674-2667.

Sexual Harassment

Harassment will not be tolerated at Abilene Christian University. As a Christian community, Abilene Christian University has committed itself, unequivocally, to ensuring a working and learning environment in which the dignity of every individual is respected. Therefore it is the purpose of this policy to maintain a work and academic environment that is free of harassment, sexual or otherwise. This policy applies to all members of the ACU community, including trustees, faculty, staff, students, and volunteers at Abilene Christian University. For a more in-depth look at the university's anti-harassment policy, full definition of harassment, and procedure for reporting, visit: [www.acu.edu/campusoffices/studentlife/judicial/For Students/Harassment Policy](http://www.acu.edu/campusoffices/studentlife/judicial/ForStudents/HarassmentPolicy)

Tentative Course Schedule – Spring 2016

<i>Date</i>	<i>Lecture Topics</i>	<i>Assignments & Exams</i>
January 13	Syllabus & Overview of Course	
January 15	Chapter 1 Tapes, Wraps, Braces, and Pads	
January 20	Chapter 3 Foot and Toes First-Aid Lab/First Responder	Worksheet
January 22	4 Ankle Environmental Factors-Chapter 6	
January 27	5 Lower Leg Environmental Factors-Chapter 6 Lab	Worksheet
January 29	6 Knee Protective Equipment-Chapter 7	
February 3	7 Thigh, Hip, and Pelvis Protective Equipment-Chapter 7	
February 5	8 Shoulder and Upper Arm Protective Equipment-Chapter 7 Lab	Worksheet
February 10	9 Elbow and Forearm First-Aid/First Responder, Chapter 6, and Chapter 7 Exam	Exam 1
February 12	10 Wrist Padding/Bracing/Taping	
February 17	11 Hand, Fingers, and Thumb Padding/Bracing/Taping	
February 19	12 Thorax, Abdomen, and Spine Padding/Bracing/Taping Lab	Worksheet
February 24	13 Protective Equipment and Padding Padding/Bracing/Taping	
February 26	Padding/Bracing/Taping	

March 3	Padding/Bracing/Taping Lab	Worksheet
March 5	Padding/Bracing/Taping	
March 9-13	Spring Break	
March 17	Padding/Bracing/Taping	
March 19	Padding/Bracing/Taping	
March 24	Padding/Bracing/Taping Lab	Worksheet
March 26	On-Field Assessment/Evaluation	
March 31	On-Field Assessment/Evaluation	
April 2	On-Field Assessment/Evaluation	Worksheet
April 7	On-Field Assessment/Evaluation	
April 9	On-Field Assessment/Evaluation	
April 14	On-Field Assessment/Evaluation	Worksheet
April 16	On-Field Assessment/Evaluation	
April 21	On-Field Assessment/Evaluation	
April 23	On-Field Assessment/Evaluation	
April 28	On-Field Assessment/Evaluation	Worksheet
April 30	Practical Exam	Exam 2
May 5	Finals Week	8:00 a.m. – 9:45 a.m. (Exam 3)

This schedule may be modified according to the discretion of the instructor.