



Spring 2024

KINES 20
Athletic Training
Syllabus

Instructor: Kirby Kauk
Department: Kinesiology
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Office Hours: By Appointment Only
Classroom: S-8
Location: RHS
Term: SPR 2024
Section Number: 59063

Class Meeting: M-F (10:00AM-10:55 AM)

3.5 Unit(s)
3 Lecture hour(s)/week
2 Laboratory hour(s)
18 Weeks
90 Total number of contact hour

Prerequisites: None

Advisory: Eligibility for English 125 and 126

Course Description:

Course Goals and Student Learning Outcomes:

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

- Identify basic terminology which applies to athletic injuries.
- Apply basic knowledge and terminology of anatomy and kinesiology as it pertains to the mechanisms of athletic injuries.
- Describe the basic skills needed to care for athletic injuries relative to: prevention, recognition, evaluation, treatment, and first aid
- Demonstrate basic phases of protective taping techniques needed to care for athletic injuries.

Objectives:

In the process of completing this course, students will:

- Assess initial athletic injuries and apply appropriate first-aid treatment
- Re-assess athletic injuries treatment
- Relate human anatomy to mechanism of injury to refine injury evaluation

Required or Recommended Textbooks and Materials:

Required Text:

A. Textbooks:

1. **Recommended** Wright, Kenneth E. and Whithill Williams. Basic Athletic Training: An Introductory Course in the Core and Prevention of Athletic Injuries, 15th ed. NEW YORK, NY: McGraw-Hill, 2014

B. Materials Other than textbooks:

1. **Recommended** Lab exercises are referenced within text.

Lecture Content:

- Introduction to Athletic Training
 - Basic terminology pertinent to sports medicine
 - Responsibilities and liability
 - Supplies and equipment (lab component)
- Concepts of injury management
 - Areas of injury and anatomy
 - Foot and ankle (lab component includes arch support and ankle wraps)
 - Knee (lab component includes thigh wraps)
 - Leg (lab component includes groin and thigh compression wraps)
 - Abdomen (lab component includes palpation techniques)
 - Arms and elbow (lab components include compression wraps and slings)
 - Shoulder (lab component includes shoulder compression wrap)
 - Head, neck, back (lab component includes immobilization techniques)
 - Injury Trauma
 - Treatment Protocol
 - Thermotherapy
 - Cryotherapy
 - Contrast
 - Fundamentals of rehabilitation
- Fundamentals of injury care
 - Evaluation procedures
 - Emergency first aid
 - Basic concepts of rehabilitation
 - Taping techniques

Lab Content:

- Ankle Evaluation
 - Observation
 - Palpation
 - Active ROM
 - Passive ROM
 - Resistive ROM
 - Anterior Drawer Test
 - Posterior Drawer Test
 - Inversion Talar Tilt Test
 - Eversion Talar Tilt Test
 - Thompson's Test
- Knee Evaluation
 - Observation
 - Palpation
 - Active ROM
 - Passive ROM
 - Resistive ROM
 - Anterior Drawer Test
 - Posterior Drawer Test
 - Lachman's Test
 - Valgus Stress Test

- Verus Stress test
- McMurray's Test
- Apley's Compression Test
- Patellar Apprehension Test
- Patellar Femoral Grind Test
- C. Shoulder Evaluation
 - Observation
 - Palpation
 - Glenohumeral Apprehension
 - Test
 - Drop Arm Test
 - Empty Can Test
 - Yergason's Test
 - Speed's Test
- D. Head injury Evaluation
 - PEARL observation
 - Palpation
 - Romberg's Test
 - Finger-To-Nose Test
 - Grades of Concussions
- E. Ankle Tape Job
 - Closed Basket Weave supplies
 - Closed Basket Weave Procedure
- F. Arch Support Tape Job
 - Supplies
 - Procedure
- G. Shin Splint Tape Job
 - Supplies
 - Procedure
- H. Knee and Thigh Compression Wraps
 - Supplies
 - Procedure
- I. Groin Compression Wraps
 - Supplies
 - Procedure
- J. Shoulder Compression Wrap
 - Supplies
 - Procedure
- K. Wrist Tape Job
 - Supplies
 - Procedure
- L. Thumb Tape Job
 - Supplies
 - Procedure

Tentative Schedule:

<u>Date</u>	<u>Topic</u>	<u>Reading</u>
	Intro / Syllabus / Expectations (Lab to follow)	
	Intro to Sports Medicine/Legal Concerns	Ch 1 & 3
	ATC / Sports Med Team	
	Anatomical Terminology (Lab to follow)	
	Introduction to Taping and Bandaging	Ch 8
	The Athletic Training Facility (ATF design due 3/29)	Ch 2
	Mechanisms / Classifications of Injury (Lab to follow)	Ch 9
	Physiological Response to Injury	Ch 10
	Controlling Inflammation - PRICE	
	Exam #1...100 pts	
	Fractures, Dislocations, Bleeding, Shock, BBP	Ch 14
	Injury Assessment	Ch 12 & 13
	...ABC's & HOPS	
	Environmental Concerns- Heat Illness & Lightning	Ch 6
	(Lab to follow)	
	Hyperventilation, Diabetes, and Asthma Emergencies	Ch 29
	Therapeutic Modalities (Lab to follow)	Ch 15
	Therapeutic Exercise	Ch 16
	Exam #2...100 pts (Article Review #1 Due)	
	Foot	Ch 18
	Ankle / Lower Leg (Lab to follow)	Ch 19
	Injuries / Assessment	
	Knee Anat/Biomechanics (Lab to follow)	Ch 20
	Knee (Pat-Fem / Ext Mech Injuries)	
	Knee Assessment / Rehab (Lab to follow)	
	Thigh/Hip/Groin/Pelvis	Ch21
	SPRING BREAK...No Class	
	Exam #3...100 pts	
	Shoulder	Ch 22
	Injuries / Assessment (Lab to follow)	
	Elbow / Forearm / Wrist / Hand	Ch 23
	ATF Design Due	
	Injuries / Assessment (Lab to follow)	
	Wrist / Hand / Injuries / Assessment	Ch 24
	Exam #4...100 pts (Article Review #2 due)	
	Spine (anat_c-spine_log roll)	Ch 25
	Concussion (Lab to follow)	
	Head / Face Injuries	Ch 26
	Abdomen / Thorax / Referred Pain (Lab to follow)	Ch 27

Notebook Presentations

All Lab hours are due with notebook (documentation required)
Review for Final exams

Final Written Exam...200 pts

At least 25% of the final will cover previously tested material.

Exams: Missed exams will not be allowed to be taken, unless previous arrangements have been made with the instructor. There will be a 60-minute time limit for each exam. If you arrive late to class, you will have less time to complete the exam...so don't be late. **Written exams** (100 pts each) will be composed of multiple-choice, T/F, matching, fill-ins, diagrams, short answer, and/or essay questions.

Final Written Exam will be comprehensive (200 points). Regular written exams will be worth 100 points.

Quizzes cannot be made up. In general, you can plan on a 5-10 question quiz at the beginning of each class session. Quiz questions will mainly focus on the material that has been previously covered in class, as well as on the assigned reading for that session.

Assignments: Students will complete a minimum of two (2) **Article Reviews** throughout the semester. Each review consists of one SUMMARY paragraph (75-150 words) and one REACTION paragraph (75-150 words). Both article reviews must be related to any of the topics that will be covered throughout the semester, will have a value of 25 points each, and will result in a 1-page typed paper. A copy of each article must be attached to your type-written review. Each student will also design an **Athletic Training Facility** that will be worth 100 pts. Details regarding both of these assignments will be provided by the instructor. **Late assignments will not be accepted.**

Notebook / Portfolio: Each student is required to create and maintain a “PE20: Athletic Training” **Notebook** (100 pts), which will be due at the beginning of the class session on **Thursday, May 14**. You will be given a scoring sheet regarding the criteria for your notebook.

Lab Experience... Each student is required to **arrange two (2) hours per week** outside of class time, for a minimum of **34 hours total** for the semester. There will be a **1-hour lab** provided by Mr. Kauk immediately **following class each Tuesday**, provided that materials and facilities are available. Outside of that time, **you will need to make arrangements** with the Head Athletic Trainer (**Jennifer Branshaw, ATC**) at RC in order to fulfill the lab experience requirement. The lab will take place in the **athletic training room – PHS 341** (doors face the track). Documents for verifying your athletic training lab experience will be provided to you and must be appropriately documented and signed. Up to 30 extra points (1 point per additional hour of experience) may be earned for students who accumulate more than the required minimum lab experience hours. **Failure to acquire 34 hours will result in a 30% reduction in your final grade.**

Grade Determination (based on total points)

A = $\geq 90\%$ B = 80% - 89% C = 70% - 79% D = 60% - 69% F = 0% - 59%

Here are the primary items that will comprise your grade:

Tests (4 x 100 pts + 1 x 200 pts = 600 pts)	(Quizzes and other assignments are TBD)
PE20 Notebook (100 pts)	
Athletic Training Facility Design (100 pts)	
Article Reviews (2 x 25 pts = 50 pts)	<i>Approximate Total = 850 pts</i>

Subject to Change:

This syllabus and schedule are subject to change. If you are absent from class, it is your responsibility to check on any changes made while you were absent.

Evaluation:

Students will be evaluated on the basis of their performance on quizzes (announced and unannounced), written assignments, unit tests, lab projects and final examination according to the following scale. The instructor reserves the right to adjust scores as it may be required throughout the semester.

Unit Assignments	10%
Tests & Quizzes	20%
Projects	40%
Final Exam	20%

Your grade in this course will be based on the following scale:

A – 90 – 100%
B – 80 – 89%
C – 70 – 79%
D – 60 – 69%
F – 59% and below

Attendance

Lecture: Attendance is required and roll will be taken at each class meeting. There is no difference between an “excused” or “unexcused” absence. A “tardy” is considered an absence unless the student contacts the instructor at the end of class to change the status from absent to tardy. Two tardies will count as an absence. Any student who misses more than two weeks of class meetings within the first 9 weeks of class may be dropped from the class by the instructor (i.e., class meets two times per week, 4 absences; class meets 1 time per week, 2 absences).

Lab: Attendance in all labs is mandatory. Students must make prior arrangements with the instructor to be excused from lab. At that time, the instructor will determine, if any, make-up work will be appropriate.

Quizzes: There will be no make-ups for quizzes.

Tests: Make-up tests are limited to students who have made arrangements with the instructor prior to the required testing period or those students who have been excused by High School Attendance Office. Test material is constructed from class discussions, assigned readings, guest lectures, video presentations, and special assignments. Tests will consist of true/false and multiple choice questions. Unless the student receives prior approval from the instructor, no make-up tests will be allowed.

Grading Policy/Scales/Evaluation Criteria

For maximum point consideration, all written assignments and term reports should be typed and double-spaced. Lecture assignments (homework) will be accepted late up to the test for that unit of the course or 2 weeks past the deadline, whichever is sooner; however, late assignments will be penalized 1/5 of the possible points. Late laboratory assignments turned in within one week of the required due date will be accepted with a penalty equal to 1/5 of the maximum points. Any lab assignment turned in after that time up to the last regular class meeting will be accepted with a 50% penalty.

College Policies:

Cheating & Plagiarism

In keeping with the philosophy that students are entitled to the best education available, and in compliance with Board Policy 5410, each student is expected to exert an entirely honest effort toward attaining an education. Violations of this policy will result in disqualification for the course.

Cheating is:

- A. Copying someone else’s class work or letting someone copy you, when your teacher tells you that the work is to be done on your own (includes asking/telling orally).
- B. Copying answers on a test or letting someone copy from your test (includes asking/telling orally).
- C. Using a cheat sheet or unauthorized notes.
- D. Turning in someone else’s work as your own.
- E. Text messaging and multimedia messaging.

Consequences, Per School Year:

1st Offense - The teacher shall send a referral to office. Student shall receive an “F” or zero on the work or the test and a one (1) day suspension or Saturday School, parent contact required.

2nd Offense - The teacher shall send a referral to the office. The student shall receive an “F” or zero on the work or the test and a one (1) day suspension with parent contact required. Student placed on honesty contract. A high school student shall be removed to a study hall/or alternative class with a “W/F” for the semester.

3rd Offense - Recommendation for transfer.

Instances of cheating need not be confined to one (1) class. Each of the three (3) offenses could happen in a different class. Any student who is transferred to a study hall/or alternative class and then required disciplinary removal from the study hall/or alternative class shall be transferred to an alternative school site/program.

Each student is expected to assist in the overall environment of the classroom making it conducive to learning.

Accommodations for Students with Disabilities

If you have a verified need for an academic accommodation or materials in alternate media (i.e., Braille, large print, electronic text, etc.) per the Americans with Disabilities Act (ADA) or Section 504 of the Rehabilitation Act, please contact the instructor as soon as possible.

Reedley College is committed to creating accessible learning environments consistent with federal and state law. To obtain academic adjustments or auxiliary aids, students must be registered with the DSP&S office on campus. DSP&S can be reached at (559) 638-3332. If you are already registered with the DSP&S office, please provide your Notice of Accommodation form as soon as possible.

Work Ethic - Most students are enrolled in college classes to obtain a quality job or to enhance their skills for advancement with their current employment situation. Employers look for a punctual, responsible individual who is prepared to go to work. Our goal is to replicate the workplace environment where a student can develop and demonstrate these desirable traits.

- **Punctual:** It is customary to arrive at least 5 minutes before work begins. Individuals will be terminated if they are not punctual.
- **Responsible:** It is expected that an employee works every scheduled work day. Individuals will be terminated if they are not responsible.
- **Prepared:** It is expected that an employee be prepared when he/she arrives for work. Students must have work shirts, safety glasses, and appropriate footwear to participate in the laboratory. If a student is not prepared, he/she cannot participate and will receive a zero (see “responsible”).

Language - English is expected to be spoken in class for the following reasons:

- All course content and materials are presented in English and class discussions all take place in English.
- All lab activities are conducted in groups and must have effective communication between all group members.
- Activities can be hazardous and it is vital that instructors receive feedback in English to ensure safe practices.
- This policy is designed so that instructors and all students may communicate in a common language.
- All individuals must have freedom of expression and are allowed and encouraged to communicate in the language of their choice outside of class times, including breaks.

Behavioral Standards

- Each student is responsible for his/her own work. Written assignments are not group assignments and no credit will be awarded for students who turn in the same work. Students suspected of cheating on tests and quizzes will receive no credit for that particular assignment and may be removed from the class.
- It is considered polite to turn off cell phones when in the classroom or shop. Please do so.
- There is no smoking, chewing tobacco, alcohol, or drugs allowed in classrooms, shops, or school vehicles.
- This class is set for the semester. All doctor’s appointments, interviews, meetings with counselor, and other types of appointments should be scheduled during your time outside of class.

Important Dates for Spring 2024

DATE	DAY	EVENT / DEADLINE
January 2	(T)	Campus re-opens after Winter Break
January 5	(F)	Last day to add a full-term or short-term Spring 2024 class in person 5:00 p.m.
January 7	(Su)	Last day to add a full-term or short-term Spring 2024 class through Self-Service 11:59 p.m.
January 8	(M)	Start of Spring 2024 semester
January 8 - March 8	(M-F)	Short-term Spring 2024 classes, first nine weeks
January 15	(M)	Martin Luther King, Jr. Day observed (no classes held, campus closed)
January 19	(F)	Last day to drop a Spring 2024 full-term class for full refund
January 26	(F)	Last day to register for a Spring 2024 full-term class in person with add authorization
January 26	(F)	Last day to drop a Spring 2024 full-term class to avoid a "W" in person
January 28	(Su)	Last day to drop a Spring 2024 full-term class to avoid a "W" on Self-Service
January 28	(Su)	Last day to add a Spring 2024 full-term class with add authorization on Self-Service
February 16	(F)	Lincoln Day observance (no classes held, campus closed)
February 19	(M)	Washington Day observance (no classes held, campus closed)
March 1	(F)	Deadline to apply for graduation for Spring 2024 completion
March 8	(F)	Last Day to drop a Spring 2024 full-term class (letter grades assigned after this date)
March 11 - May 17	(M-F)	Short-term Spring 2024 classes, second nine weeks
March 25 - March 29	(M-F)	Spring recess (no classes held, campus open Mar 25-28)
March 29	(F)	Good Friday observance (no classes held, campus closed) (classes reconvene Apr 1)
May 13-17	(M-F)	Spring 2024 final exams week
May 17	(F)	Last day to change a Spring 2024 class to/from Pass/No-Pass grading basis
May 17	(F)	End of Spring 2024 semester/commencement
May 27	(M)	Memorial Day holiday (campus closed)

** Withdrawal (W): A student will be assigned a grade of "W" for classes dropped on or after 20 percent of the duration of the class, up to and including 50 percent of the duration of the class. After the 50 percent point, the student must receive a letter grade other than a "W" (i.e., A, B, C, D, F, I, P, NP). Check with your instructor for the deadline applicable to your class.