

KINES 20: Athletic Training

Code: *KINES-20-58236*
Tues & Thurs 6:00 – 7:15 (Lecture)
Tues & Thurs 7:20 – 8:10 (Lab)
(Training Room)

Spring 2018
Location: BUS42
Location: PHS341

Instructor: Kirby Kauk, MA, ATC
Remind101: text “@kines20” to number 81010

Office: N/A
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This course is designed to instruct students in the prevention, evaluation, and treatment of athletic injuries. Emergency first aid, injury assessment techniques, treatment, rehabilitation, taping/bandaging, and athletic training field experience will constitute the majority of the lab component. ADVISORIES: Eligibility for English 125 and 126. (A, CSU, UC).

Required Text: Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice
16th edition, Prentice, WE; McGraw-Hill

The publisher of the textbook has made available a free website that will serve as a useful resource for you. Detailed power-point presentations, review activities, quiz materials, extended chapter lecture notes/outlines, and additional web links are available at the following site:

www.mhhe.com/prentice16e

Important dates to keep in mind:

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- = **January 26**...deadline for dropping without receiving a “W” on your transcript.
 - = **Mar 9**...last day to drop a class and Mid-Term Grade Report
(Students who continue past March 9 will receive a letter grade for the course.)
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Note: If you have special needs as addressed by the Americans with Disabilities (ADA) act including alternate media requests, please notify your course instructor immediately. Reasonable efforts will be made to accommodate your special needs.

Course Requirements:

Attendance and Active Participation: Your attendance in this course is required. Students are expected to arrive on-time (at or before the scheduled start time), prepared, and fully participate in all discussions and clinical opportunities throughout the entire class session. Students leaving class before the assigned time (whether voluntarily or because of unacceptable classroom behavior) will be counted as being absent. Attendance will be recorded at the beginning of each class session. Each unexcused absence will result in a deduction of 20 participation points and each unexcused tardy will result in a deduction of 10 class participation points.

Canvas / Web Adviser: Each student is expected to access the Canvas platform/system on a regular basis throughout the semester. It is the students’ responsibility to stay up-to-date by accessing this course’s Canvas Calendar and Modules in order to obtain the class lecture notes (for creating your graphic notes), hand-outs, study guides, and other important documents that will be made available by the instructor. In the event that a class meeting is canceled, the instructor will post a notice on the classroom door, posted on the Canvas Calendar, and/or send out a text message via Remind 101.

Behavioral Expectations: You are expected to take care of personal business (restroom, water, sharpening a pencil, etc.) prior to the beginning of class. Students who disrupt the learning

environment will be asked to leave class, and would then be counted as being absent. Cell phones should not be used in class unless approved by the instructor. **Phones should be turned off or silenced** prior to coming into class and **will be collected and held by the instructor during tests**. Food and/or guests are NOT allowed to enter the class with you. Plagiarism and cheating will be dealt with in accordance with the RC administrative policy.

Graphic Notes. In order to encourage better learning and understanding throughout this course, students are encouraged to take notes prior to coming to class each class session. This will allow for more interactive learning rather than just sitting and taking notes the entire class session. Lecture notes will be posted on the Canvas calendar on the days that the information will be addressed in class. When printing out the notes, choose the *Handouts (3 slides per page)* option.

Graphic Notes options:

Option 1: Create a hand-written set of notes from the info presented in the attached presentations/docs posted on Canvas while a) **using 4 or more colors** in a meaningful/creative manner and b) **adding appropriate illustrations/drawings** for the information. **Earn up to 5 pts per class session.**

Option 2: Print out the slides/notes {“*Handouts (3 slides per page)*”} from the calendar and place a copy in your notebook **AND create a colorful, 1-2 page infographic** (like a mini poster) where you use pictures/illustrations and words/phrases to illustrate your understanding of that particular lesson’s topic(s). **Earn up to 5 pts per class session.**

Option 3: No graphic notes created. However, you do **print out and bring to class a colored version of the lecture notes/presentations from the Canvas calendar**. When printing out the notes, choose the “*Handouts (3 slides per page)*” option so that you can refer to them as you take/add notes in class. **Earn up to 3 of the 5 pts per class 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 ANALYSIS 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.** Additional assignments may also be given out throughout the semester.

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. Student phones will be collected and held safely by the instructor during tests. If you arrive late to class, you will have less time to complete the exam and will suffer a 10 point deduction...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).

Notebook / Portfolio: Each student is required to create and maintain a “KINES20: Athletic Training” **Notebook/Portfolio** (100 pts), which will be due at the beginning of the class session on **Thursday, May 10**. You will be given a scoring sheet regarding the criteria for organizing, maintaining, and scoring your notebook.

Clinical Lab Experience...Each student is required to **participate in two (2) hours of lab per week** for a minimum of **34 hours total** for the semester. There will usually be a **1-hour lab** provided by the instructor immediately **following class**, provided that materials and facilities are available. Labs will take place either in **BUS42** or in the **RC athletic training room – PHS 341** (doors face the

track). Outside of our scheduled class time all **students are highly encouraged to make arrangements** with the RC Head Athletic Trainer (**Jennifer LaRue, ATC**) in order to fulfill the balance of or add to your clinical lab experience requirement. Even though only 34 hours of lab time are required, each student can accumulate up to 120 points (1 point per additional hour of experience) by spending productive time in the training room with Jennifer. Verification of your athletic training lab experience must be provided by you (in your portfolio) and must be appropriately documented and signed. These extra points will be very helpful in terms of 1) giving you an opportunity for real-world athletic training clinical experience and 2) off-setting low graphic notes, assignments, and/or test scores throughout the semester.

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:

- **Attendance/Participation (100 pts:** 20 pt deduction per absence, 10 pt deduction per tardy)
 - **Graphic Notes (5 pts each = 135 pts)**
 - **Tests (4 x 100 pts + 1 x 200 pts = 600 pts)**
 - **Ath Training Lab Experience (34 hrs required x 1 pt per hour = ≥ 34 pts: max of 120 pts)**
 - **KINES 20 Portfolio / Notebook (100 pts)**
 - **Athletic Training Facility Design (100 pts)**
 - **Article Reviews (2 x 25 pts = 50 pts)** *Approximate Total = 1119 pts*
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Tentative Course Outline

| <u>Date</u> | <u>Topic</u> | <u>Associated Chapter / Reading</u> |
|-------------|--|-------------------------------------|
| 1/9 | Intro / Syllabus / Expectations | |
| 1/11 | Intro to Sports Medicine/Legal Concerns ATC / Sports Med Team | Ch 1 & 3 |
| 1/16 | Anatomical Terminology | Ch 8 |
| 1/18 | Introduction to Taping and Bandaging The Athletic Training Facility (ATF design due 4/10) | Ch 2 |
| 1/23 | Mechanisms / Classifications of Injury | Ch 9 |
| 1/25 | Physiological Response to Injury Controlling Inflammation - RICE | Ch 10 |
| 1/30 | Exam #1...100 pts | |
| 2/1 | Fractures, Dislocations, Bleeding, Shock, BBP Injury Assessment ...ABC's & HOPS | Ch 14 Ch 12 & 13 |
| 2/6 | Environmental Concerns- Heat Illness & Lightning | Ch 6 |

| <u>Date</u> | <u>Topic</u> | <u>Associated Chapter / Reading</u> |
|-------------|---|-------------------------------------|
| 2/8 | Hyperventilation, Diabetes, and Asthma Emergencies | Ch 29 |
| 2/13 | Therapeutic Modalities | Ch 15 |
| 2/15 | Therapeutic Exercise | Ch 16 |
| 2/20 | Exam #2...100 pts (Article Review #1 Due) | |
| 2/22 | Foot | Ch 18 |
| 2/27 | Ankle / Lower Leg | Ch 19 |
| 3/1 | Injuries / Assessment | |
| 3/6 | Knee Anat/Biomechanics | Ch 20 |
| 3/8 | Knee (Pat-Fem / Ext Mech Injuries) | |
| 3/13 | Knee Assessment / Rehab | |
| 3/15 | Thigh/Hip/Groin/Pelvis | Ch21 |
| 3/20 | Lower Extremity Review / Lab | |
| 3/22 | Exam #3...100 pts | |
| 3/26-30 | SPRING BREAK...No Class | |
| 4/3 | Shoulder Anatomy | Ch 22 |
| 4/5 | Shoulder Injuries / Assessment | Ch 22 |
| 4/10 | Injuries / Assessment / Rehab | |
| 4/12 | Elbow / Forearm / Wrist / Hand ATF Design Due | Ch 23 |
| 4/17 | Injuries / Assessment | |
| 4/19 | Wrist / Hand / Injuries / Assessment | Ch 24 |
| 4/24 | Exam #4...100 pts (Article Review #2 due) | |
| 4/26 | Spine (anat_c-spine_log roll) | Ch 25 |
| 5/1 | Concussion / Brain Injury | |
| 5/3 | Head / Face Injuries | Ch 26 |
| 5/8 | Abdomen / Thorax / Referred Pain | Ch 27 |
| 5/10 | Notebook Presentations / Assessment All Lab hours are due with notebook (documentation required) Review for Final exam | |
| 5/15 | Final Written Exam...200 pts At least 25% of the final will cover previously tested material. | |