

San José State University
Kinesiology
KIN 188, Prevention and Care of Athletic Injuries
Section 01, Fall 2018

Instructor:	Henry Pai ATC, CATC
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Office Hours:	Wednesday 9:30-11:20am
Class Days/Time:	Tuesday/Thursday, 09:30-10:20 AM
Classroom:	SPX 163
Prerequisites:	KIN 70 and BIOL 65

Canvas Resources:

Course syllabus, power point presentations, study guides, and grade information for this course will be distributed via Canvas.

Student Log In Information to Canvas

1. Go to the Canvas URL Log In: <http://sjsu.instructure.com>
2. You will see a log in page. Log in with your 9-digit SJSU ID and password you use for your SJSUOne account
3. Click LOGIN to access your Canvas account
4. If you have issues logging into Canvas account, contact Information Technology Services (ITS) at 408-924-2377

Course Description

This course will introduce students to the basic concepts of athletic training administration, prevention, recognition, assessment, treatment and management of athletic injuries.

Course Goals and Learning Objectives

Course Content Learning Outcomes

At the completion of this course, students will be able to demonstrate an understanding of:

1. Diverse aspects of athletic training and related professions.
2. Basic concepts of athletic administration, injury prevention, recognition, assessment, treatment and management.
3. Working knowledge of the various aspects of relevant area of athletic training and related professions.

Program Learning Outcomes (PLOs)

At the end of a Bachelor of Science degree program in the Department of Kinesiology, students will be able to:

1. Explain, identify, and/or demonstrate the theoretical and/or scientific principles that can be used to address issues or problems in the sub-disciplines in kinesiology;
2. Effectively communicate in writing (clear, concise and coherent) on topics in kinesiology;
3. Effectively communicate through an oral presentation (clear, concise and coherent) on topics in kinesiology;
4. Utilize their experiences across a variety of health related and skill-based activities to inform their scholarship and practice in the sub disciplines in kinesiology.
5. Identify and analyze social justice and equity issues related to kinesiology for diverse populations.

Required Texts/Readings

Textbook

Prentice, W. (2009, 2011, or 2014) *Arnheim's Principles of Athletic Training: A Competency Based Approach (13th, 14th, or 15th ed.)*, New York, NY: McGraw-Hill (ISBN: 978-0-07-313890-9, 978-0-07-352367-5, or 978-0-07-802264-7)

Library Liaison

Adriana Poo (adriana.poo@sjsu.edu, 408-808-2019).

Assignments and Grading Policy

Examinations: Five (5) unit exams will be administered over the semester with only 4 out of 5 of the highest scored exams will be recorded. Each unit exam will be worth 100 points. The format of these examinations will be multiple choice, true/false, and/or matching questions. A study guide for each exam will be provided. The exams must be taken on the day and time they are scheduled. Make-up written exams are not permitted except under extreme extenuating circumstances at the discretion of the instructor.

Quizzes: Unannounced quizzes will be administered at the beginning of the class on certain dates (the specific quiz dates noted on the attached tentative schedule). Six (6) quizzes will be administered and the highest 4 quizzes out of 6 will be recorded. Each quiz will be worth 10 points. These quizzes will cover only the information presented in class since the prior quiz. The quizzes must be taken on the day and time they are scheduled. No extra time will be allowed and no make-up quizzes will be provided.

The final grade will be determined based on the following scale:

A+ = 100-96%	A = 95-93%	A- = 92-90%
440-421	420-407	406-394
B+ = 89-86%	B = 85-83%	B- = 82-80%
393-377	376-363	362-350
C+ = 79-76%	C = 75-73%	C- = 72-70%
349-333	332-319	318-306
D+ = 69-66%	D = 65-63%	D- = 62-60%
305-289	288-275	274-262
F = 59-0% Unsatisfactory		
261-0		

Classroom Protocol

Appropriate behavior in the classroom begins with demonstrating a respect of yourself and others in the course. Please adhere to the following recommendations:

1. Attend all class meetings (and arrive in class on time) and read assigned class materials before class.
2. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
3. Turn off all cell phones, pagers, PDAs, etc. during classes.
4. Remove headsets/ear buds upon entering the class.
5. Participating in other distracting behavior (e.g., reading a newspaper, sleeping, etc.) is very distracting and disrespectful to your peers and the faculty.
6. You are welcome to use laptops in class for class purposes. However, you are on your honor to use it only for class-related purposes -- no nonclass uses.
7. Verbally express opinions/views in a professional manner.

University Policies

Per University Policy S16-9, university-wide policy information relevant to all courses, such as academic integrity, accommodations, etc. will be available on Office of Graduate and Undergraduate Programs' Syllabus Information web page at

<http://www.sjsu.edu/gup/syllabusinfo/>

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*(The class schedule is subject to change with fair notice.
Any changes will be announced in class and/or via Canvas).*

Week	Date	Topics (Reading Chapters), Dates for Quizzes/Exams
1 T Th	8/24	Course Introduction
2	8/28 8/30	The Athletic Trainer as Health Care Provider (Ch. 1) Health Care Organization & Administration in AT (Ch. 2)
3	9/4 9/6	No Class – Labor Day Resistive Exercise (Conditioning Techniques) (Ch. 4)
4	9/11 9/13	Environmental Considerations (Ch. 6) CAATE Accredited SJSU Professional Athletic Training Program (ATP) (Admission Requirements/Application Procedures/Curriculum)
5	09/18 09/20	Unit Exam I (Ch. 1, 2, 4, 6) On-the-Field Acute Care and Emergency Procedures (Ch. 12)
6	9/25 9/27	Off-the-Field Injury Evaluation (Ch. 13) The Shoulder (Ch. 22)
7	10/2 10/4	The Shoulder (Ch. 22) The Elbow (Ch. 23)/The Forearm (Ch. 24)
8	10/9 10/11	The Elbow (Ch. 23)/The Forearm (Ch. 24) The Wrist, Hand and Fingers (Ch. 24)
9	10/16 10/18	The Wrist, Hand and Fingers (Ch. 24) Unit Exam II (Ch. 12, 13, 22, 23, 24)
10	10/23 10/25	The Spine (Ch. 25)/The Thorax and Abdomen (Ch. 27) The Spine (Ch. 25)/The Thorax and Abdomen (Ch. 27)
11	10/30 11/1	The Head, Face, Eyes, Ears, Nose and Throat (Ch. 26) Using Therapeutic Modalities (Ch. 15)
12	11/6 11/8	Using Therapeutic Modalities (Ch. 15) Unit Exam III (Ch. 24, 25, 26, 27)
13	11/13 11/15	Using Therapeutic Exercise in Rehabilitation (Ch. 16) The Foot (Ch. 18)
14	11/20 11/22	The Foot (Ch. 18) Unit Exam IV (Ch. 15, 16, 18)
15	11/27 11/29	The Ankle and Lower Leg (Ch. 19) The Ankle and Lower Leg (Ch. 19)/The Knee and Related Structures (Ch. 20)

Week	Date	Topics (Reading Chapters), Dates for Quizzes/Exams
16	12/4 12/6	The Knee and Related Structures (Ch. 20) The Thigh, Hip, Groin, and Pelvis (Ch. 21)
	TBD (F)	Unit Exam V (Ch. 19, 20, 21)

Note: Quizzes will be given on the days indicated by an asterisk (*).