

San José State University
Kinesiology
KIN 188, Prevention and Care of Athletic Injuries
Section 01, Spring 2015

Instructor:	Dr. KyungMo Han, PhD, ATC, CSCS
Office Location:	YUH 110J
Telephone:	(408) (924-3041)
Email:	kyungmo.han@sjsu.edu
Office Hours:	Tuesday, 14:00-16:00
Class Days/Time:	Tuesday/Thursday, 09:30-10:20
Classroom:	YUH 233
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 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 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 should be able:

- PLO1: To obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the sub-disciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.
- PLO2: To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.
- PLO3: To apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.
- PLO4: To recognize and apply sustainable approaches as they relate to kinesiology.
- PLO5: To identify social justice and equity issues related to kinesiology for various populations.

Required Texts/Readings

Textbook

Prentice, W. (2009, 2011, 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, 978-0-07-802264-7)

Assignments and Grading Policy

Examinations: Five (5) unit exams will be administered and the highest 4 exams out of 5 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. The 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: A quiz 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.
2. Arrive in class on time and remain seated for the entire class.
3. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
4. Turn off all cell phones, pagers, PDAs, etc. during classes.
5. Remove ear phones.
6. Sleeping in class or participating in other distracting behavior (e.g., reading a newspaper) is very distracting and disrespectful to your peers and the faculty.
7. 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 email or other nonclass uses.
8. Verbally express opinions/views in a professional manner.

University Policies

Dropping and Adding

Students are responsible for understanding the policies and procedures about add/drop, grade forgiveness, etc. Refer to the current semester's [Catalog Policies](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at http://www.sjsu.edu/provost/services/academic_calendars/. The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/policy/) is available at <http://www.sjsu.edu/aars/policies/latedrops/policy/>. Students should be aware of the current deadlines and penalties for dropping classes.

Information about the latest changes and news is available at the [Advising Hub](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

Consent for Recording of Class and Public Sharing of Instructor Material

Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

Academic integrity

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires you to be honest in all your academic course work. Faculty members are required to report all infractions to the office of Student Conduct and Ethical Development. The [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

Instances of academic dishonesty will not be tolerated. Cheating on exams or plagiarism (presenting the work of another as your own, or the use of another person's ideas without giving proper credit) will result in a failing grade and sanctions by the University. For this class, all assignments are to be completed by the individual student unless otherwise specified. If you would like to include your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 requires approval of instructors.

Campus Policy in Compliance with the American Disabilities Act

If you need course adaptations or accommodations because of a disability, or if you need to make special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible, or see me during office hours. [Presidential Directive 97-03](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

Student Technology Resources (Optional)

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

SJSU Peer Connections (Optional)

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10th and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

SJSU Writing Center (Optional)

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information,

follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)



SJSU Counseling Services (Optional)

The SJSU Counseling Services is located on the corner of 7th Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

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Tentative Course Schedule

(Subject to Change With Fair Notice)

Week	Date	Topics, Reading Chapters, Quizzes, Exams
1	01/22	Course Introduction
2	01/27* 01/29	The Athletic Trainer as Health Care Provider (Ch. 1) SJSU CAATE Accredited Undergraduate Athletic Training Program (ATP) (ATP/ATP Admission Requirements/ATP Application)
3	02/03 02/05	Health Care Organization & Administration in AT (Ch. 2) Resistive Exercise (Conditioning Techniques) (Ch. 4)
4	02/10 02/12*	Resistive Exercise (Conditioning Techniques) (Ch. 4) Environmental Considerations (Ch. 6)
5	02/17 02/19	Unit Exam I (Ch. 1, 2, 4, 6) On-the-Field Acute Care and Emergency Procedures (Ch. 12)
6	02/24 02/26	Off-the-Field Injury Evaluation (Ch. 13) The Shoulder (Ch. 22)
7	03/03* 03/05	The Shoulder (Ch. 22) The Elbow/The Forearm (Ch. 23, 24)
8	03/10 03/12	Unit Exam II (Ch. 12, 13, 22, 23, 24) The Wrist, Hand and Fingers (Ch. 24)
9	03/17 03/19*	The Wrist, hand and Fingers (Ch. 24) The Spine/The Thorax and Abdomen (Ch. 25, 27)
10	03/24 03/26	Spring Recess Spring Recess
11	03/31 04/02	Cesar Chavez Day – Campus Closed The Spine/The Thorax and Abdomen (Ch. 25, 27) The Head, Face, Eyes, Ears, Nose and Throat (Ch. 26)
12	04/07 04/09	Unit Exam III (Ch. 24, 25, 26, 27) Using Therapeutic Modalities (Ch. 15)
13	04/14 04/16*	Using Therapeutic Modalities (Ch. 15) Using Therapeutic Exercise in Rehabilitation (Ch. 16) Using Therapeutic Exercise in Rehabilitation (Ch. 16)
14	04/21 04/23	The Foot (Ch. 18) The Foot (Ch. 18)
15	04/28 04/30	Unit Exam IV (Ch. 15, 16, 18) The Ankle and Lower Leg (Ch. 19)

Week	Date	Topics, Reading Chapters, Quizzes, Exams
16	05/05* 05/07	The Ankle and Lower Leg (Ch. 19) The Knee and Related Structures (Ch. 20) The Knee and Related Structures (Ch. 20) The Thigh, Hip, Groin, and Pelvis (Ch. 21)
	05/12	The Thigh, Hip, Groin, and Pelvis (Ch. 21)
Final Exam	05/18 (M)	Unit Exam V (Ch. 19, 20, 21) YUH 233, 09:45-10:45

: Quiz days are indicated by an asterisk ()