San José State University  
Kinesiology  
KIN 188, Prevention and Care of Athletic Injuries  
Section 01, Spring 2019

Instructor: Dr. KyungMo Han, PhD, ATC, CSCS  
Office Location: SPX 173A  
Telephone: (408) (924-3041)  
Email: kyungmo.han@sjsu.edu  
Office Hours: Tuesday, 15:00-17:00 pm  
Class Days/Time: Tuesday/Thursday, 09:30-10:20 am  
Classroom: YUH 128  
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

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

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:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Minimum Score</th>
<th>Maximum Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>A plus</td>
<td>100 to 96%</td>
<td>440 to 421</td>
</tr>
<tr>
<td>A</td>
<td>95 to 93%</td>
<td>420 to 407</td>
</tr>
<tr>
<td>A minus</td>
<td>92 to 90%</td>
<td>406 to 394</td>
</tr>
<tr>
<td>B plus</td>
<td>89 to 86%</td>
<td>393 to 377</td>
</tr>
<tr>
<td>B</td>
<td>85 to 83%</td>
<td>376 to 363</td>
</tr>
<tr>
<td>B minus</td>
<td>82 to 80%</td>
<td>362 to 350</td>
</tr>
<tr>
<td>C plus</td>
<td>79 to 76%</td>
<td>349 to 333</td>
</tr>
<tr>
<td>C</td>
<td>75 to 73%</td>
<td>332 to 319</td>
</tr>
<tr>
<td>C minus</td>
<td>72 to 70%</td>
<td>318 to 306</td>
</tr>
<tr>
<td>D plus</td>
<td>69 to 66%</td>
<td>305 to 289</td>
</tr>
<tr>
<td>D</td>
<td>65 to 63%</td>
<td>288 to 275</td>
</tr>
<tr>
<td>D minus</td>
<td>62 to 60%</td>
<td>274 to 262</td>
</tr>
<tr>
<td>F</td>
<td>59 to 0%</td>
<td>261 to 0</td>
</tr>
<tr>
<td>Unsatisfactory</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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/.”
## KIN 188/Prevention and Care of Athletic Injuries
### Spring 2019

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

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics (Reading Chapters), Dates for Quizzes/Exams</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Th 01/24</td>
<td>Course Introduction</td>
</tr>
</tbody>
</table>
| 2    | T 01/29 Th 01/31 | The Athletic Trainer as Health Care Provider (Ch. 1)  
Health Care Organization & Administration in AT (Ch. 2)                                                                 |
| 3    | T 02/05 Th 02/07* | Resistive Exercise (Conditioning Techniques) (Ch. 4)  
Resistive Exercise (Conditioning Techniques) (Ch. 4)                                                                 |
| 4    | T 02/12 Th 02/14 | Environmental Considerations (Ch. 6)  
SJSU CAATE Accredited Professional Athletic Training Program (ATP)  
(Application Requirements/Academic Curriculum)                                                                |
| 5    | T 02/19 Th 02/21 | Unit Exam I (Ch. 1, 2, 4, 6)  
On-the-Field Acute Care and Emergency Procedures (Ch. 12)                                                   |
| 6    | T 02/26 Th 02/28 | On-the-Field Acute Care and Emergency Procedures (Ch. 12)  
Off-the-Field Injury Evaluation (Ch. 13)  
Off-the-Field Injury Evaluation (Ch. 13)                                                                     |
| 7    | T 03/05 Th 03/07 | The Shoulder (Ch. 22)                                                                                       |
| 8    | T 03/12 Th 03/14 | The Elbow (Ch. 23)/The Forearm (Ch. 24)  
Unit Exam II (Ch. 12, 13, 22, 23, 24)                                                                       |
| 9    | T 03/19 Th 03/21 | The Wrist, Hand and Fingers (Ch. 24)  
The Spine (Ch. 25)                                                                                             |
| 10   | T 03/26 Th 03/28 | The Thorax and Abdomen (Ch. 27)  
The Head, Face, Eyes, Ears, Nose and Throat (Ch. 26)                                                            |
| 11   | T 04/02 Th 04/04 | Spring Recess                                                                                               |
| 12   | T 04/09 Th 04/11 | Unit Exam III (Ch. 24, 25, 26, 27)  
Using Therapeutic Modalities (Ch. 15)                                                                          |
| 13   | T 04/16 Th 04/18 | Using Therapeutic Modalities (Ch. 15)  
Using Therapeutic Exercise in Rehabilitation (Ch. 16)  
Using Therapeutic Exercise in Rehabilitation (Ch. 16)                                                          |
<p>| 14   | T 04/23 Th 04/25 | The Foot (Ch. 18)                                                                                           |</p>
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics (Reading Chapters), Dates for Quizzes/Exams</th>
</tr>
</thead>
</table>
| 15 T Th | 04/30, 05/02 | Unit Exam IV (Ch. 15, 16, 18)  
The Ankle and Lower Leg (Ch. 19) |
| 16 T Th | 05/07*, 05/09 | The Knee and Related Structures (Ch. 20)  
The Knee and Related Structures (Ch. 20)  
The Thigh, Hip, Groin, and Pelvis (Ch.21) |
| T | 05/21 (T) | Unit Exam V (Ch. 19, 20, 21)  
09:45-10:35, YUH 128 |

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