[Basic] Course and Contact Information

Instructor: Holly L. Brown, MA, ATC
Office Location: SPX 72
Telephone: (408) (924-3035)
Email: Holly.Brown@sjsu.edu
Office Hours: M 2:30pm-4:00pm
Class Days/Time: M 12:30pm – 2:20pm
Classroom: SPX 75
Prerequisites: BIO 65, KIN 70

Course Description

The laboratory course is designed to provide hands-on experience in the prevention and care of athletic injuries including preventative and supportive taping techniques, emergency management, and various hands-on experiences related to the prevention of activity related injuries.

Program Learning Outcomes

Program Learning Outcomes (PLO)

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

PLO 1- to obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

PLO 2- to effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

PLO 3- to apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

PLO 4- to recognize and apply sustainable approaches as they relate to kinesiology.
PLO 5- to identify social justice and equity issues related to kinesiology for various populations.

**Course Goals and Learning Outcomes**

**Course Learning Outcomes (CLO)**

Upon completion of this course, students should:

1. Demonstrate a mastery of emergency management techniques.
2. Demonstrate the ability to perform skills related to injury prevention techniques including identifying persons at risk for injury, conditions that may pre-dispose individuals to injury, various evaluation techniques, and other athletic training related skills.
3. Demonstrate an understanding of and the ability to perform the fundamental skills used for preventative and supportive taping and other basic techniques associated with the diverse aspects of athletic training and related professions.
4. Demonstrate an understanding of Evidence Based Practice and how it relates to the field of athletic training.

**Laboratory Supplies/Materials:**

Students are assessed a laboratory fee upon enrollment in this course. The instructor will utilize the laboratory fees to purchase all necessary supplies and equipment for the course meetings. Students may wish to purchase their own supply of laboratory materials, primarily taping supplies, for skill development and practice outside of class time since in-class laboratory materials will not be available for utilization outside of class time.

**Required Texts/Readings**

**Textbook**


**Other Readings**

Please check Canvas regularly for additional reading materials.

**Course Requirements and Assignments**

SJSU classes are designed such that in order to be successful, it is expected that students will spend a minimum of forty-five hours for each unit of credit (normally three hours per unit per week), including preparing for class, participating in course activities, completing assignments, and so on. More details about student workload can be found in University Policy S12-3 at [http://www.sjsu.edu/senate/docs/S12-3.pdf](http://www.sjsu.edu/senate/docs/S12-3.pdf).

You will be evaluated by the following:

KIN 189 Prevention and Care of Athletic Injuries Lab, Spring 2014
1. Oral/Practical Exams: There will be a mid-term and final oral/practical exam. Each will be worth 50 points.
2. Reading assignments: There will be 12 reading assignments each worth 10 points. Please check Canvas regularly for the reading and associated assignment.
3. Unannounced quizzes: There will be 5 unannounced quizzes and each will be worth 10 points.
4. Written exam: In addition to the final oral/practical exam, you will have a cumulative written exam. Study guide will be provided to outline specific information to be included. This will be worth 40 points. No Scantron needed.

THERE WILL BE NO EXTRA CREDIT!

Grading:
98-100% = A+
90-97% = A
88-89% = B+
80-87% = B
72-79% = C
70-71% = C-
60-69% = D
59-below = F

Classroom Protocol

Please be sure to be on time and prepared for class. Check Canvas regularly for additional assignments and information about that week. Please be dressed for activity of the day. If we are taping the knee and thigh, bring shorts to change into, etc. Quiet your cell phones. Do not eat in the laboratory. Let me know in advance if you have to miss for an extenuating circumstance. Please be sure to attend all classes, we will move quickly. Help each other and be respectful.

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 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 at http://www.sjsu.edu/provost/services/academic_calendars/. The Late Drop 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 at http://www.sjsu.edu/advising/.
Consent for Recording of Class and Public Sharing of Instructor Material

University Policy S12-7, http://www.sjsu.edu/senate/docs/S12-7.pdf, requires students to obtain instructor’s permission to record the course.

- “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.”
  - It is suggested that the greensheet include the instructor’s process for granting permission, whether in writing or orally and whether for the whole semester or on a class by class basis.
  - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- “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 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 is available at http://www.sjsu.edu/studentconduct/.

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 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 (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 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 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 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 at http://www.sjsu.edu/counseling.
## KIN 189, Section 1, Spring 2014

*Tentative Schedule. Please check Canvas regularly for any changes.*

### Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics, Readings, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1/27</td>
<td>Introductions, Administration, Assignment 1 for next week assigned.</td>
</tr>
<tr>
<td>2</td>
<td>2/3</td>
<td>Importance of Evidence Based Practice Pre-Participation Exams, Vital Signs (Blood Pressure, Pulse, Respirations)</td>
</tr>
<tr>
<td>3</td>
<td>2/10</td>
<td>Other clinical assessments: Otoscope, temperature, glucometer, peak flow Basic General Medical Information – allergic reactions, shock</td>
</tr>
<tr>
<td>4</td>
<td>2/17</td>
<td>Environmental considerations and illnesses, including core temperature, weight charts, dehydration, allergic reactions, EpiPen use</td>
</tr>
<tr>
<td>5</td>
<td>2/24</td>
<td>MRSA and Wound Care, Introduction to Taping and Wrapping</td>
</tr>
<tr>
<td>6</td>
<td>3/3</td>
<td>Protective Padding and Equipment Fittings Guest Speaker</td>
</tr>
<tr>
<td>7</td>
<td>3/10</td>
<td>On field emergency considerations: immobilization, transport, CPR, Spine Boarding, Crutch/Cane fitting and utilization</td>
</tr>
<tr>
<td>8</td>
<td>3/17</td>
<td>Mid-Term OP</td>
</tr>
<tr>
<td>9</td>
<td>3/24</td>
<td>Spring Break</td>
</tr>
<tr>
<td>10</td>
<td>3/31</td>
<td>Spring Break</td>
</tr>
<tr>
<td>11</td>
<td>4/7</td>
<td>Basic Wrist Tape, Beginning Ankle Tape, Arch Tape</td>
</tr>
<tr>
<td>12</td>
<td>4/14</td>
<td>Finger taping, Achilles tape, Turf Toe</td>
</tr>
<tr>
<td>13</td>
<td>4/21</td>
<td>Knee and Elbow Taping</td>
</tr>
<tr>
<td>14</td>
<td>4/28</td>
<td>Knee - McConnell Taping</td>
</tr>
<tr>
<td>15</td>
<td>5/5</td>
<td>Written Exam Review all taping</td>
</tr>
<tr>
<td>16</td>
<td>5/12</td>
<td>Final Oral/Practical: just taping</td>
</tr>
</tbody>
</table>