San José State University  
CASA/Kinesiology  
KIN 189-01, Prevention & Care of Athletic Injuries Lab Fall 2016

**Instructor:** Henry Pai MA, ATC, CATC  
**Office Location:** SPX 156  
**Telephone:** (408) 924-3035  
**Email:** henry.pai@sjsu.edu  
**Office Hours:** MW: 2:30-4:20PM  
All other times by appointment only.

**Class Days/Time:** M 12:30-2:20pm  
**Classroom:** YUH 128  
**Prerequisites:** BIO 65, KIN 70, KIN 188 (concurrent enrollment accepted)

**Suggested Text:**  

**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.

**Course Goals and Student Learning Objectives**  
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.  
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.
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.

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 calendar web page located at http://www.sjsu.edu/registrar/calendar/2134/index.html. The Late Drop Policy is available at http://www.sjsu.edu/aars/policies/shortterm/policies.html. 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/.

Assignments and Grading Policy

Students will be evaluated by the following methods:

1) Practical Examination

   There will be 2 practical examinations during the semester. The practical examinations will be conducted during scheduled class times. Each student will sign up for a specific segment of time with a partner. Examination dates are noted on the attached tentative course schedule. Each practical examination will be worth 50 points.

2) Laboratory Assignments

   There will be a total of 5 laboratory assignments during the semester. Laboratory assignment dates are noted on the attached tentative schedule. Generally, the laboratory assignments will be due at the end of each associated class meeting or at the outset of the next class meeting. The nature of the laboratory assignments will vary throughout the semester based upon the respective material addressed. Additional information regarding each assignment will be discussed in class at the time of distribution. Each laboratory assignment will be worth 10 points.

3) Lab Quizzes

   There will be 5 unannounced quizzes each worth 10 points. Quizzes will cover prior material covered in lab or reading that is pre-announced for an upcoming class.
Laboratory Assignments (10 at 5 points)  50 points
Oral Practical Exam (2)  100 points
Lab Quizzes (5 at 10 points)  50 points
TOTAL  200 points

A  183 - 200 (92 - 100%)  
A-  179-182 (90 - 91%)  
B+  175 - 178 (88 - 89%)  
B  163 - 174 (82 - 87%)  
B-  159 - 162 (80 - 81%)  
C+  155 - 158 (78 - 79%)  
C  143 -154 (72 - 77%)  
C-  139 - 142 (70 - 71%)  
D+  135 - 138 (68 - 69%)  
D  123 - 134 (62 - 67%)  
D-  119 - 122 (60 - 61%)  
F  0 - 118 (0 - 59%)

Canvas
Green sheet, power point presentations, laboratory assignments and grad information for this course will be distributed via Canvas.

University Policies
Academic integrity
Students should know that the University’s Academic Integrity Policy is available at http://www.sa.sjsu.edu/download/judicial_affairs/Academic_Integrity_Policy_S07-2.pdf. Your own commitment to learning, as evidenced by your enrollment at San Jose State University and the University’s integrity policy, require 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 website for Student Conduct and Ethical Development is available at http://www.sa.sjsu.edu/judicial_affairs/index.html.

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 in your assignment any material you have submitted, or plan to submit for another class, please note that SJSU’s Academic Policy F06-1 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 requires that students with disabilities requesting accommodations must register with the DRC (Disability Resource Center) to establish a record of their disability.
KIN 189-01 Prevention and Care of Athletic Injuries Lab

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Tentative Topics, Assignments, Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>8/29</td>
<td>Syllabus Overview</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Introduction: Protective Equipment: Braces, splints and other</td>
</tr>
<tr>
<td></td>
<td></td>
<td>protective devices</td>
</tr>
<tr>
<td>3</td>
<td>9/5</td>
<td>NO LAB – LABOR DAY</td>
</tr>
<tr>
<td>4</td>
<td>9/12</td>
<td>Football Helmet and Shoulder Pad Fitting and Removal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Spine Boarding and Immobilization</td>
</tr>
<tr>
<td>5</td>
<td>9/19</td>
<td>Environmental considerations: WBGT index</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wound Care</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ankle Taping</td>
</tr>
<tr>
<td>6</td>
<td>9/26</td>
<td>Arch Taping and Heel Contusion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ankle Taping</td>
</tr>
<tr>
<td>7</td>
<td>10/3</td>
<td>Turf Toe and Shin Taping</td>
</tr>
<tr>
<td>8</td>
<td>10/10</td>
<td>Practical Exam 1</td>
</tr>
<tr>
<td>9</td>
<td>10/17</td>
<td>Knee Taping (ACL, MCL)</td>
</tr>
<tr>
<td>10</td>
<td>10/24</td>
<td>Patellar Tendon Knee Hyperextension</td>
</tr>
<tr>
<td>11</td>
<td>10/31</td>
<td>Hamstring, Hip/Groin Spicas, Shoulder Spicas</td>
</tr>
<tr>
<td>12</td>
<td>11/7</td>
<td>AC Joint Sprain</td>
</tr>
<tr>
<td>13</td>
<td>11/14</td>
<td>Elbow Taping</td>
</tr>
<tr>
<td>14</td>
<td>11/21</td>
<td>Wrist, Thumb, Finger</td>
</tr>
<tr>
<td>15</td>
<td>11/28</td>
<td>Review all taping techniques</td>
</tr>
<tr>
<td>16</td>
<td>12/5</td>
<td>NO LAB</td>
</tr>
<tr>
<td>17</td>
<td>12/12</td>
<td>Practical Exam 2</td>
</tr>
</tbody>
</table>