

San José State University
CASA/Kinesiology
KIN 189-01, Prevention & Care of Athletic Injuries Lab Fall 2018

Instructor:	Henry Pai MA, ATC, CATC
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Office Hours:	W 9:30-11:20am 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:

William E. Prentice. (2010) *Arnheim's Principles of Athletic Training: A Competency-Based Approach*. McGraw-Hill Higher Education. ISBN: 0073523739

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 an understanding of athletic prophylactics and immobilization equipment.
3. Demonstrate the ability to perform taping skills related to injury prevention techniques.

4. Demonstrate an understanding for preventative and supportive taping and other basic techniques associated with the diverse aspects of athletic training and related professions.

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/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/>.

Assignments and Grading Policy

Students will be evaluated by the following methods:

1) Oral 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 up to 60 points. **OP exams cannot be made up**, unless for significant circumstances.

2) Laboratory Assignments

There will be a total of 4 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 assignments will be worth 10 points.

3) Final Exam

There will be an online final exam. Quizzes will cover prior material covered in lab or notes provided on Canvas. Quizzes will be written at the beginning of lab sessions. Lab quizzes cannot be made up, unless for considerable circumstances.

Laboratory Assignments (4 at 10 points)	20%
Oral Practical Exam (2)	60%
Final Exam (Online)	20%

Grading Scale used to determine letter grade for each component above.

Percentage	Equivalent Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
below 60%	F

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](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](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

Week	Date	Tentative Topics, Assignments, Deadlines
2	8/27	Syllabus Overview Protective Equipment and Prophylactic Devices (Lab assignment 1)
3	9/3	No Class – Labor Day
4	9/10	Spine-boarding and Equipment Removal (Assignment 2)
5	9/17	Ankle taping
6	9/24	Wound Care and Urgent Care (Assignment 3)
7	10/1	Ankle taping, Achilles taping, arch and toe taping
8	10/8	Knee taping (MCL, LCL, ACL, PCL), McConnell taping

Week	Date	Tentative Topics, Assignments, Deadlines
9	10/15	Groin spica, lower extremity tape review
10	10/22	Oral Practical Exam 1
11	10/29	Splinting and Bracing (Assignment 4)
12	11/5	Shoulder spica, AC joint sprain
13	11/12	Elbow Taping
14	11/19	Wrist, thumb, finger taping
15	11/26	NO CLASS – THANKSGIVING
16	12/3	Taping review/practice
17	12/10	Oral Practical Exam Final Exam – Online (TBD)