Course and Contact Information

Instructor: Masaaki Tsuruiki, PhD, ATC
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Email: masaaki.tsuruiki@sjsu.edu
Office Hours: M: 3:00 – 4:00 pm
W: 3:00 – 4:00 pm
All other times by appointment only.
Class Days/Time: T: 4:00 pm – 6:45 pm
Classroom: YUH128
Prerequisites: Biology 65 (Human Anatomy), Biology 66 (Human Physiology), KIN 188 (Prevention and Care of Athletic Injuries) or equivalent.

Canvas
Course materials such as syllabus, handouts, notes, assignment instructions, etc. can be found on the Canvas learning management system used at SJSU. You are responsible for changing the settings so that e-mail that is sent to your Canvas account is forwarded to your regularly used email account. Announcements will be posted on Canvas and should be checked on a regular basis; students may choose to be alerted via text or email that announcements have been made.

Course Description
This course is designed to improve the knowledge of basic athletic training education. Topics include: outcome research and practical applications for mild traumatic brain injury, alteration evaluation skills for athletic injuries, and research design in the field of athletic training. The course will take a multidisciplinary approach, incorporating scientific (research) and clinical bases.

Department of Kinesiology Graduate Program Learning Outcomes (GPLO)
Upon completion of the Master’s degree program in the Department of Kinesiology, students should be able to:
1. Demonstrate the ability to conduct and critique research using theoretical and applied knowledge.

2. Interpret and apply research findings to a variety of disciplines within Kinesiology.

3. Effectively communicate essential theories, scientific applications, and ethical considerations in each student's Kinesiology program concentration.

4. Interpret and apply research findings through acquired skills in order to become agents of change to address issues in Kinesiology through the application of knowledge and research.

**Graduate Athletic Training Education Program Learning Outcomes (GATEPLO)**

The mission of the Graduate Athletic Training Program is to enhance the mastery of athletic training discipline through a sound theoretical and research base, as well as diversity of thought and experiences. The Graduate Athletic Training Education Program seeks to:

1. Develop critical and independent thinkers

2. Facilitate and promote community interaction/aid in sports medicine

3. Foster scholarly and research activities

4. Develop exemplary athletic training professionals

5. Enhance and augment athletic training skills through evidence based exploration

**Course Learning Outcomes (CLO)**

Upon successful completion of this course, students will be able to:

1. Understand the updated knowledge of mild traumatic brain injury (MTBI) in sports.

2. Demonstrate comprehensive assessment and management of MTBI in sports.

3. Apply neurocognitive tests to compare the baseline of scores in the course of competitive preseason with the scores of post MTBI.

4. Evaluate somatic, cognitive, and emotional problems after MTBI to make sound decisions regarding the management of athletes with MTBI.

5. Examine physical conditioning with alternation evaluation techniques and skills after a variety of athletic injuries.
Required Texts/Readings

Textbook / Readings


Selected readings to be provided by the instructor. All readings will be posted on Canvas and TBA. Below examples of list are shown for reading materials and further materials shown in the last of this syllabus:


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 (45) 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.

Each student will be required to:
1. Read the articles selected in each of the topics to discuss proficiency in using numerous psychomotor skills to rehabilitate various anatomical and supportive structures.
2. Actively participate in class discussions, presentations and hands-on exercises.
3. Select an injury and describe its detailed rehabilitative process, utilizing supportive literature of sound results and outcomes.
4. Present the aforementioned rehabilitation program and demonstrate the techniques (exercise, interventions, etc.) to the class.
5. Critically review selected literature.

EVALUATION & GRADING

- Midterm Exam: 40%
- Class Laboratory Assignments: 40%
- Final Project: 20%
The course is based on a percentage scale (100%). The breakdown is as follows:

- A: 100 - 93%
- A-: 92.9 - 90%
- B+: 89.9 - 87%
- B: 86.9 - 83%
- B-: 82.9 - 80%
- C+: 79.9 - 77%
- C: 76.9 - 73%
- C-: 72.9 - 70%
- D+: 69.9 - 67%
- D: 66.9 - 63%
- D-: 62.9 - 60%
- F: <60%

**CLASS LABORATORY ASSIGNMENTS: 40%**

In the first eight sessions regarding mild traumatic brain injury (MTBI):

1) Students will work on a variety of neuropsychological and cognitive tests and discuss the brain and behavior for the athletes with MTBI.
2) Students will learn a new concept to elicit somatic symptoms and signs by using the inversion tilt table and how to evaluate postural balance tests for athletes with MTBI.
3) Students will create the diagrams to help assess MTBI. Each of the students will interpret the current knowledge of MTBI discussed in the class across the classmates.
4) Students will find out how we can design the next study of MTBI.

Class Laboratory Assignments also include as follows:

5) Report for what you learn from a special guest speaker regarding concussion occurrence in NFL, compared with discussions in the class
6) Acquired data and statistical analysis report

(Midterm Exam: 40%)

There will be one exam covering all materials (lectures, labs, discussions, readings, etc.) to date from ALL units discussed during the course of the fall semester. The date and format of the midterm exam are to be determined. (GPLO 1, 2) (GATEPLO 1, 4, 5) (CLO 1-5)

<table>
<thead>
<tr>
<th>Exam</th>
<th>Tentative Date</th>
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<tbody>
<tr>
<td>Midterm</td>
<td>Nov 15</td>
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**Final Project: 20%**

Students are required to present what we can potentially discuss current issues pertinent to the field of athletic training with you partner (1). Current issues may be limited to the knowledge and skills of athletic training relative to any of the six (6) domains: I) Prevention, II) Clinical Evaluation and Diagnosis, III) Immediate Care, IV) Treatment, Rehabilitation, and Reconditioning, V) Organization and Administration, VI) Professional Responsibility. (GPLO 1-4) (GATEPLO 1, 3, 5) (CLO 1-4)

**Classroom Protocol**

- All students in the class must be required to set a silent mode for your cell phone.
- Students are allowed to use your PC in the class only if you would like to take notes with
the PC. However, you are not allowed to access any unnecessary internets or emails in the class. (You can access a phone call or email out of the classroom if necessary)

- No food and drinks are allowed in the laboratory, except for water.
- The class will have a break for 5 to 10 min, depending on the topics discussed in the first half lecture session. All students may use this break for refreshments.
- All students may be required to wear training clothes and shoes for the hands-on exercises.

**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/](http://www.sjsu.edu/gup/syllabusinfo/)
KIN271, Advanced Topics in Athletic Training, Fall 2016

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topics</th>
<th>Review Assignments</th>
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<tbody>
<tr>
<td>1</td>
<td>8/30</td>
<td>Introduction of expected course works</td>
<td>Blyth 2010</td>
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<tr>
<td>6</td>
<td>10/4</td>
<td>Functional Movement Screen (FMS)</td>
<td>Cook G, 2014</td>
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<td>8</td>
<td>10/18</td>
<td>Corrective Exercises for FMS</td>
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<td>9</td>
<td>10/25</td>
<td>Selective Functional Movement Assessment</td>
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<tr>
<td>10</td>
<td>11/1</td>
<td>Selective Functional Movement Assessment II</td>
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<tr>
<td>11</td>
<td>11/8</td>
<td>Review of MTBI, FMS and SFMA</td>
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<tr>
<td>12</td>
<td>11/15</td>
<td>Midterm</td>
<td></td>
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<tr>
<td>13</td>
<td>11/22</td>
<td>Updated Taping Concept and Techniques</td>
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<td>14</td>
<td>11/29</td>
<td>Discuss current topics in athletic training, EBP</td>
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<tr>
<td>15</td>
<td>12/6</td>
<td>Discuss current topics in athletic training, EBP II</td>
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<tr>
<td>Final</td>
<td>12/20</td>
<td>Turn in Final Project</td>
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REFERENCES

Mild Traumatic Brain Injury (Concussion)


**Functional Movement Assessment (FMS)**


