

**San José State University**  
**Kinesiology**  
**KIN 188, Prevention and Care of Athletic Injuries**  
**Section 01, Spring 2021**

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<b>Office Hours:</b>	Tuesday, 15:30-17:30 (by appointment via Zoom)
<b>Class Days/Time:</b>	Tuesday: 9:30-10:20 (Synchronous) Thursday: 9:30-10:20 (Asynchronous)
<b>Classroom:</b>	Canvas and Zoom
<b>Prerequisites:</b>	KIN 70 and BIOL 65

**MYSJSU Messaging and Online Access to Course Materials**

In order to ensure that you receive all pertinent email communication, you must have a current and accurate email address in the MySJSU system. Please check to make sure your email is updated in MySJSU. Copies of course materials such as the syllabus, power point presentations, study guides, and grade information may be found on Canvas. For more information on setting up your account go to <http://www.sjsu.edu/ecampus/students>. For help with using Canvas see Canvas Student Resources page ([http://www.sjsu.edu/ecampus/teachingtools/canvas/student\\_resources](http://www.sjsu.edu/ecampus/teachingtools/canvas/student_resources))

Instructional videos and materials, and student's activities cannot be recorded, shared or uploaded in any form publicly without the permission of the instructor, student and university's approval.

**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.

## **Technology Intensive, Hybrid, and Online Courses**

This is online course via Zoom. In order to access the online course, the following requirements are necessary for each student:

### **Computer Hardware Requirements**

- Internet Access: High speed internet connection such as cable modem or DSL
- Processor: 2GHz processor
- Memory: 1GB RAM; 4 GB free hard drive space
- The learning management system is optimized for desktop displays; tablet and smartphone users should use the Mobile Apps.

### **Operating System Requirements**

- PC: Windows XP SP3 and newer
- Mac: Mac OSX 10.6 and newer

### **Software Requirements**

- Microsoft Office (Word, Excel, PowerPoint) 2010 or higher

### **Browser Requirements**

Your web browser is the program (such as Internet Explorer, Chrome, or Firefox) that allows you to access the Internet.

## **Course Learning Outcomes (CLOs)**

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 (Recommended)

Prentice, W. (2009, 2011, or 2014) *Arnheim's Principles of Athletic Training: A Competency Based Approach (13<sup>th</sup>, 14<sup>th</sup>, or 15<sup>th</sup> ed.)*, New York, NY: McGraw-Hill (ISBN: 978-0-07-313890-9, 978-0-07-352367-5, or 978-0-07-802264-7)

### Library Liaison

Adriana Poo ([adriana.poo@sjsu.edu](mailto:adriana.poo@sjsu.edu), 408-808-2019).

## Assignments and Grading Policy

To access each quiz and exam, please click "Quizzes" on the left side of the screen of the course navigation in Canvas.

**Practice Quiz:** A Practice Online Quiz (PQ) will be given through Canvas. The PQ is provided to help you to become familiar with how to take online quiz and exam. You must take the PQ between Thursday (January 28), 10:30 am – Monday (February 1), 11:59 pm. to get the extra 10 points. If you do not take the PQ, you will be given a 0 (zero) for the extra 10 points. For practice purpose, you can log on the PQ as many times as you want until Monday (February 1), 11:59 pm.

**Examinations:** Five (5) online 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.

Each online unit exam will be given through Canvas on the assigned dates (noted on class schedule) at 9:30 am sharp. Fifty (50) minutes will be allowed to take the exam. The exam must be completed in a single session, and at the end of exam, you must click "Submit Quiz" button to get credits within the allowed 50-minute. Once you have logged onto the exam, you will not be allowed to log on for a second time.

The exams must be taken on the day and time they are scheduled. If you do not take the exam, you will be given a 0 (zero) for the exam. Make-up written exams are not permitted except under extreme extenuating circumstances at the discretion of the instructor.

**Quizzes:** Six (6) online quizzes will be administered and the highest 4 quizzes out of 6 will be recorded. Each quiz will be worth 10 points. The format of these quizzes will be multiple choice, true/false, short answer, and/or matching questions. These quizzes will cover only the information presented in class since the prior quiz.

Each online quiz will be given through Canvas on the assigned dates (noted on class schedule) at 9:30 am sharp. Ten (10) minutes will be allowed to take the quiz. The quiz must be completed in a single session, and at the end of quiz, you must click "Submit Quiz" button to get credits within the allowed 10-minute. Once you have logged onto the quiz, you will not be allowed to log on for a second time. The quizzes must be taken on the day and time they are scheduled. If you do not take the quiz, you will be given a 0 (zero) for the quiz. No make-up quizzes will be provided.

The final grade will be determined based on the following scale:

A plus = 100 to 96%	A = 95 to 93%	A minus = 92 to 90%
440 to 421 points	420 to 407 points	406 to 394 points
B plus = 89-86%	B = 85 to 83%	B minus = 82 to 80%
393 to 377 points	376 to 363 points	362 to 350 points
C plus = 79-76%	C = 75 to 73%	C minus = 72 to 70%
349 to 333 points	332 to 319 points	318 to 306 points
D plus = 69-66%	D = 65 to 63%	D minus = 62 to 60%
305 to 289 points	288 to 275 points	274 to 262 points
F = 59 to 0% Unsatisfactory		
261 to 0 points		

### Zoom Classroom Etiquette

1. Mute Your Microphone: To help keep background noise to a minimum, make sure you mute your microphone when you are not speaking
2. Be Mindful of Background Noise and Distractions: Find a quiet place to "attend" class, to the greatest extent possible; Avoid video setups where people may be walking behind you, people talking/making noise, etc.; Avoid activities that could create additional noise, such as shuffling papers, listening to music in the background, etc.
3. Position Your Camera Properly: Be sure your webcam is in a stable position and focused at eye level.
4. Limit Your Distractions/Avoid Multitasking: You can make it easier to focus on

- the meeting by turning off notifications, closing or minimizing running apps, and putting your smartphone away (unless you are using it to access Zoom).
5. Use Appropriate Virtual Backgrounds: If using a virtual background, it should be appropriate and professional and should not suggest or include content that is objectively offensive or demeaning.

### 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 2021

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

Week	Date	Topics, Dates for Quizzes/Exams
1 T Th	01/28	Course Introduction
2	02/02* 02/04	The Athletic Trainer as Health Care Provider (Ch. 1) Health Care Organization & Administration in AT (Ch. 2)
3	02/09 02/11	Resistive Exercise (Conditioning Techniques) (Ch. 4) Resistive Exercise (Conditioning Techniques) (Ch. 4)
4	02/16* 02/18	Environmental Considerations (Ch. 6) SJSU "UGAT" and "Proposed MSAT"
5	<b>02/23</b> 02/25	<b>Unit Exam I (Ch. 1, 2, 4, 6)</b> On-the-Field Acute Care and Emergency Procedures (Ch. 12),
6	03/02 03/04	Off-the-Field Injury Evaluation (Ch. 13) The Shoulder (Ch. 22)
7	03/09* 03/11	The Shoulder (Ch. 22) The Elbow (Ch. 23) / The Forearm (Ch. 24)
8	<b>03/16</b> 03/18	<b>Unit Exam II (Ch. 12, 13, 22, 23, 24)</b> The Wrist, Hand and Fingers (Ch. 24)
9	03/23* 03/25	The Spine (Ch. 25) The Thorax and Abdomen (Ch. 27)
10	<b>03/30</b> <b>04/01</b>	<b>Spring Recess</b> <b>Spring Recess</b>

<b>Week</b>	<b>Date</b>	<b>Topics, Dates for Quizzes/Exams</b>
11	04/06 <b>04/08</b>	The Head, Face, Ears, Nose, Throat (Ch. 26) <b>Exam III (Ch. 24, 25, 26, 27)</b>
12	04/13 04/15	Using Therapeutic Modalities (Ch. 15) Using TM (Ch. 15) / Using Therapeutic Exercise in Rehabilitation (Ch. 16)
13	04/20* 04/22	Using Therapeutic Exercise in Rehabilitation (Ch. 16) / The Foot (Ch. 18) The Foot (Ch. 18)
14	<b>04/27</b> 04/29	<b>Unit Exam IV (Ch. 15, 16, 18)</b> The Ankle & Lower Leg (Ch. 19)
15	05/04 05/06	The Ankle & Lower Leg (Ch. 19) The Knee and Related Structures (Ch. 20)
16	05/11* 05/13	The Knee & Related Structures (Ch. 20) The Thigh, Hip, Groin, and Pelvis (Ch. 21)
	<b>05/24 (M)</b>	<b>Unit Exam V (Ch. 19, 20, 21)</b> <b>09:45-10:35 am</b>

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