

San José State University
Kinesiology
KIN 189, Prevention and Care of Athletic Injuries Laboratory
Section 01, Fall 2017

Instructor:	Dr. KyungMo Han, PhD, ATC, CSCS
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Office Hours:	Tuesday, 14:00-16:00
Class Days/Time:	Wednesday, 12:30-14:20
Classroom:	YUH 128
Prerequisites:	KIN 70, BIOL 65, KIN 188 (concurrent enrollment acceptable).

Canvas Resources:

Course syllabus, power point presentations, and grade information for this course will be distributed via Canvas.

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

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 Learning Objectives

Course Content Learning Outcomes

At the completion of this course, students will be able to demonstrate an understanding of:

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.

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

Perrin, D. (2005 or 2012). *Athletic Taping and Bracing (2nd or 3rd ed.)*, Champaign, IL: Human Kinetics (ISBN: 0-7360-4811-1 or ISBN: 13: 978-1-4504-1352-7).

Library Liaison

Adriana Poo (adriana.poo@sjsu.edu, 408-808-2019).

Grading Policy

Students will be evaluated by the following methods:

1) Practical Examination

One (1) oral practical (OP) examination will be administered. The OP examination will be conducted during the scheduled lab time. Each student will sign up for a specific segment of time. Examination date are noted on the attached tentative course schedule. The OP examination will be worth 100 points.

2) Active Participation

This is a laboratory course that requires student participation in hands-on skill acquisition and development when appropriate per the course material. Specific

dates have been identified on the attached tentative schedule that are associated with critical material for students to participate in hands-on learning in order to further their own knowledge and skill development. Active participation on each date associated with a participation element will be worth 10 points.

Grading Breakdown and Scale:

Oral Practical Exam	100 points
Participation (10 points/each day)	<u>100 points</u>
TOTAL	200 points

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

A+ = 100-96%	A = 95-93%	A- = 92-90%
200-191	190-185	184-179
B+ = 89-86%	B = 85-83%	B- = 82-80%
178-171	170-165	164-159
C+ = 79-76%	C = 75-73%	C- = 72-70%
158-151	150-145	144-139
D+ = 69-66%	D = 65-63%	D- = 62-60%
138-131	130-125	124-119
F = 59-0% Unsatisfactory		
118-0		

Classroom Protocol

Appropriate behavior in the classroom begins with demonstrating a respect of yourself and others in the course. Please adhere to the following recommendations:

1. Attend all class meetings (and arrive in class on time) and read assigned class material instructions before class.
2. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
3. Turn off all cell phones, pagers, PDAs, etc. during classes.
4. Remove ear phones.
5. Participating in other distracting behavior (e.g., reading a newspaper, sleeping, etc.) is very distracting and disrespectful to your peers and the faculty.
6. You are welcome to use laptops in class for class purposes. However, you are on your honor to use it only for class-related purposes -- no nonclass uses.
7. Verbally express opinions/views in a professional manner.

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/>

Tentative Course Schedule

(Subject to Change With Fair Notice)

Week	Date	Topics, Practical Exams
1	08/23	Course Introduction
2	08/30	Selection and fitting of standard protective equipment and clothing Braces, splints and other protective devices Characteristics of materials Ankle, knee, wrist, elbow & shoulder braces, and Shoes/Orthotics Introduction to "Taping and Wrapping" Techniques Closed basketweave (Regular Ankle Taping)
3	09/06	Physical examination components Height and weight measurements Vital signs - pulse, respirations, blood pressure Snellen eye chart Ambulatory aids Crutch and cane fitting Environmental considerations WBGT index Sling psychrometer Taping and Wrapping – Foot and Ankle Arch Support Turf Toe
4	09/13	Protective equipment Principles of energy absorption and force dissipation Standards for design, construction, maintenance and reconditioning (NOCSAE) Legal concepts and considerations Rules/regulations pertaining to use of protective equipment Football helmet fitting and removal Football shoulder pad fitting and removal Mouthguards Fracture/dislocation immobilization/splinting/packaging Vacuum splints Ancillary splint materials Wound care principles and demonstration Universal precautions Biohazardous waste disposal

Week	Date	Topics, Practical Exams
		Taping and Wrapping – Foot and Ankle Heel contusion Open basketweave
5	09/20	Cervical spine immobilization Spine board principles and utilization
6	09/27	Cervical spine immobilization Spine board principles and utilization
7	10/04	Introduction to passive, active and resistive ranges of motion Introduction to goniometric measurements Introduction to manual muscle testing/strength grades
8	10/11	Taping and Wrapping – Leg, Knee, Thigh and Hip Achilles tendon Shin splints Patellar tendon Collateral/Cruciate knee sprain
9	10/18	Taping and Wrapping – Leg, Knee, Thigh and Hip Knee hyperextension Quadriceps/hamstring compression wrap Hip adductor strain Hip flexor strain
10	10/25	Review/Practice all taping/wrapping techniques 1
11	11/01	Taping and Wrapping – Wrist and Thumb Wrist compression Wrist flexion/extension Thumb sprain Taping and Wrapping - Thumb and Fingers Finger buddy taping Finger collateral ligament
12	11/08	Taping and Wrapping – Elbow and Shoulder Elbow hyperextension AC joint sprain Shoulder spica
13	11/15	Review all taping/wrapping techniques
14	11/22	Thanksgiving Holiday
15	11/29	Practical Exam (Group A)
16	12/06	Practical Exam (Group B)