

**San José State University**  
**Kinesiology**  
**KIN 189: Prevention and Care of Athletic Injuries**  
**Laboratory Fall 2015**

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<b>Office Hours:</b>	Friday 10:30am- 12:30pm, by appointment
<b>Class Days/Time:</b>	Monday 12:30pm-2:20pm
<b>Classroom:</b>	YUH 128
<b>Prerequisites:</b>	KIN 70 and KIN 188 (or concurrent enrollment acceptable)

**Canvas Resources:**

Course syllabus, power point presentations, study guides, 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, the student will be able to demonstrate an understanding of the following:

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 should be able:

PLO1: To obtain a critical understanding and the ability to apply theoretical and scientific knowledge from the subdisciplines in kinesiology for personal fitness, healthy lifestyles, sport, and/or therapeutic rehabilitation.

PLO2: To effectively communicate the essential theories, scientific applications, and ethical considerations related to kinesiology.

PLO3: To apply scholarship and practice of different movement forms to enhance movement competence in kinesiology.

PLO4: To recognize and apply sustainable approaches as they relate to kinesiology.

PLO5: To identify social justice and equity issues related to kinesiology for various populations.

## **Required Text**

### **Textbook**

Perrin, D. (2005 or 2012). *Athletic Taping and Bracing (2<sup>nd</sup> edition or 3<sup>rd</sup> edition)*, Champaign, IL: Human Kinetics (ISBN: 9780736048118 or 9781450413527).

## **Assignments and Grading Policy**

### **1) Practical Examinations**

Two (2) lab practical exams will be administered. Each lab practical exam will be worth 50 points. A sign-up sheet of available times will be provided in the laboratory class. Make-up lab practical exam is not permitted except under extreme extenuating circumstances at the discretion of the instructor.

### **2) Written Final Exam**

### 3) 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 per student.

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

A+ = 100-96%	A = 95-93%	A- = 92-90%
B+ = 89-86%	B = 85-83%	B- = 82-80%
C+ = 79-76%	C = 75-73%	C- = 72-70%
D+ = 69-66%	D = 65-63%	D- = 62-60%
F = 59-0% Unsatisfactory		

### 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.
2. Arrive in class on time and remain seated for the entire class.
3. If it is unavoidable and necessary to leave the class before instruction is completed, inform me beforehand.
4. Turn off all cell phones, pagers, PDAs, etc. during classes.
5. Remove ear phones.
6. Sleeping in class or participating in other distracting behavior (e.g., reading a newspaper) is very distracting and disrespectful to your peers and the faculty.
7. 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 email or other nonclass uses.
8. Verbally express opinions/views in a professional manner.

### University Policies

#### 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](http://info.sjsu.edu/static/catalog/policies.html) section at <http://info.sjsu.edu/static/catalog/policies.html>. Add/drop deadlines can be found on the current academic year calendars document on the [Academic Calendars webpage](http://www.sjsu.edu/provost/services/academic_calendars/) at [http://www.sjsu.edu/provost/services/academic\\_calendars/](http://www.sjsu.edu/provost/services/academic_calendars/). The [Late Drop Policy](http://www.sjsu.edu/aars/policies/latedrops/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](http://www.sjsu.edu/advising/) at <http://www.sjsu.edu/advising/>.

### **Consent for Recording of Class and Public Sharing of Instructor Material**

Common courtesy and professional behavior dictate that you notify someone when you are recording him/her. You must obtain the instructor's permission to make audio or video recordings in this class. Such permission allows the recordings to be used for your private, study purposes only. The recordings are the intellectual property of the instructor; you have not been given any rights to reproduce or distribute the material.

Course material developed by the instructor is the intellectual property of the instructor and cannot be shared publicly without his/her approval. You may not publicly share or upload instructor generated material for this course such as exam questions, lecture notes, or homework solutions without instructor consent.

### **Academic integrity**

Your commitment as a student to learning is evidenced by your enrollment at San Jose State University. The [University Academic Integrity Policy S07-2](http://www.sjsu.edu/senate/docs/S07-2.pdf) at <http://www.sjsu.edu/senate/docs/S07-2.pdf> requires 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 [Student Conduct and Ethical Development website](http://www.sjsu.edu/studentconduct/) is available at <http://www.sjsu.edu/studentconduct/>.

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 your assignment or any material you have submitted, or plan to submit for another class, please note that SJSU's Academic Integrity Policy S07-2 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](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) at [http://www.sjsu.edu/president/docs/directives/PD\\_1997-03.pdf](http://www.sjsu.edu/president/docs/directives/PD_1997-03.pdf) requires that students with disabilities requesting accommodations must register with the [Accessible Education Center](http://www.sjsu.edu/aec) (AEC) at <http://www.sjsu.edu/aec> to establish a record of their disability.

### **Student Technology Resources (Optional)**

Computer labs for student use are available in the [Academic Success Center](http://www.sjsu.edu/at/asc/) at <http://www.sjsu.edu/at/asc/> located on the 1st floor of Clark Hall and in the Associated Students Lab on the 2nd floor of the Student Union. Additional computer labs may be available in your department/college. Computers are also available in the Martin Luther King Library.

A wide variety of audio-visual equipment is available for student checkout from Media Services located in IRC 112. These items include DV and HD digital camcorders; digital still cameras; video, slide and overhead projectors; DVD, CD, and audiotape players; sound systems, wireless microphones, projection screens and monitors.

### **SJSU Peer Connections (Optional)**

Peer Connections, a campus-wide resource for mentoring and tutoring, strives to inspire students to develop their potential as independent learners while they learn to successfully navigate through their university experience. You are encouraged to take advantage of their services which include course-content based tutoring, enhanced study and time management skills, more effective critical thinking strategies, decision making and problem-solving abilities, and campus resource referrals.

In addition to offering small group, individual, and drop-in tutoring for a number of undergraduate courses, consultation with mentors is available on a drop-in or by appointment basis. Workshops are offered on a wide variety of topics including preparing for the Writing Skills Test (WST), improving your learning and memory, alleviating procrastination, surviving your first semester at SJSU, and other related topics. A computer lab and study space are also available for student use in Room 600 of Student Services Center (SSC).

Peer Connections is located in three locations: SSC, Room 600 (10th Street Garage on the corner of 10<sup>th</sup> and San Fernando Street), at the 1st floor entrance of Clark Hall, and in the Living Learning Center (LLC) in Campus Village Housing Building B. Visit [Peer Connections website](http://peerconnections.sjsu.edu) at <http://peerconnections.sjsu.edu> for more information.

### **SJSU Writing Center (Optional)**

The SJSU Writing Center is located in Clark Hall, Suite 126. All Writing Specialists have gone through a rigorous hiring process, and they are well trained to assist all students at all levels within all disciplines to become better writers. In addition to one-on-one tutoring services, the Writing Center also offers workshops every semester on a variety of writing topics. To make an appointment or to refer to the numerous online resources offered through the Writing Center, visit the [Writing Center website](http://www.sjsu.edu/writingcenter) at <http://www.sjsu.edu/writingcenter>. For additional resources and updated information,

follow the Writing Center on Twitter and become a fan of the SJSU Writing Center on Facebook. (Note: You need to have a QR Reader to scan this code.)



### **SJSU Counseling Services (Optional)**

The SJSU Counseling Services is located on the corner of 7<sup>th</sup> Street and San Fernando Street, in Room 201, Administration Building. Professional psychologists, social workers, and counselors are available to provide consultations on issues of student mental health, campus climate or psychological and academic issues on an individual, couple, or group basis. To schedule an appointment or learn more information, visit [Counseling Services website](http://www.sjsu.edu/counseling) at <http://www.sjsu.edu/counseling>.

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 (Subject to Change With Fair Notice)

Week	Date	Topics, Practical Exams
1	08/24	Course Introduction
2	08/31	Selection and fitting of standard protective equipment and clothing Braces, splints and other protective devices Characteristics of materials Ankle, knee, wrist, elbow and shoulder braces/Shoes and orthotics Introduction to Taping and Wrapping Techniques Closed basketweave (Regular Ankle Taping)
3	09/07	NO CLASS!!!! LABOR DAY!!!!
4	09/14	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
5	09/21	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

Week	Date	Topics, Practical Exams
		Universal precautions Biohazardous waste disposal Taping and Wrapping – Foot and Ankle Heel contusion Open basketweave
6	09/28	Cervical spine immobilization Spine board principles and utilization
7	10/05	Introduction to passive, active and resistive ranges of motion Introduction to goniometric measurements Introduction to manual muscle testing/strength grades
8	10/12	Review all taping/wrapping techniques
9	<b>10/19</b>	<b>Practical Exam I</b>
10	10/26	Taping and Wrapping – Leg, Knee, Thigh and Hip Achilles tendon Shin splints Patellar tendon Collateral and cruciate knee sprain
11	11/2	Taping and Wrapping – Leg, Knee, Thigh and Hip Knee hyperextension Quadriceps/hamstring compression wrap Hip adductor strain Hip flexor strain
12	11/9	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
13	11/16	Taping and Wrapping – Elbow and Shoulder Elbow hyperextension AC joint sprain Shoulder spica
14	11/23	Review all taping/wrapping techniques

<b>Week</b>	<b>Date</b>	<b>Topics, Practical Exams</b>
15	11/30	Practical Exam 2
16	12/7	<b>FINAL EXAM</b>