

San José State University
School/Department
KIN 296A, Advanced Topics in Athletic Training, Fall, 2015

Course and Contact Information

Instructor:	Masaaki Tsuruike, PhD, ATC
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Office Hours:	M: 5:00 – 6:00 pm T: 3:00 – 4:00 pm All other times by appointment only.
Class Days/Time:	T: 4:00 pm – 6:45 pm
Classroom:	
Prerequisites:	Students must have the background of athletic training education or equivalent to the knowledge

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 Advanced Topics in Athletic Training course is designed to improve the knowledge of basic athletic training education that has been discussed in Journal of Athletic Training and/or any of other sports medicine journals. Topics may include but are not limited to: outcome research and practical applications for mild traumatic brain injury (concussion) management, alteration evaluation skills for therapeutic and athletic reconditioning after a variety of 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

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.

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](http://www.sjsu.edu/senate/docs/S12-3.pdf) 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: 30%
- Class Laboratory Assignments: 50%
- 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: 50%

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

(CLO 1-4)

Midterm Exam: 30%

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. (CLO 1-5)

Exam	Tentative Date
Midterm	Oct 20

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.

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. However, you are not allowed to access any unnecessary internets or emails.
- No food and drinks are allowed in the class, 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.

University Policies

General Expectations, Rights and Responsibilities of the Student

As members of the academic community, students accept both the rights and responsibilities incumbent upon all members of the institution. Students are encouraged to familiarize themselves with SJSU's policies and practices pertaining to the procedures to follow if and when questions or concerns about a class arises. See University Policy S90-5 at <http://www.sjsu.edu/senate/docs/S90-5.pdf>. More detailed information on a variety of related topics is available in the [SJSU catalog](http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html), at <http://info.sjsu.edu/web-dbgen/narr/catalog/rec-12234.12506.html>. In general, it is recommended that students begin by seeking clarification or discussing concerns with their instructor. If such conversation is not possible, or if it does not serve to address the issue, it is recommended that the student contact the Department Chair as a next step.

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/. 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

[University Policy S12-7](http://www.sjsu.edu/senate/docs/S12-7.pdf), <http://www.sjsu.edu/senate/docs/S12-7.pdf>, requires students to obtain instructor's permission to record the course and the following items to be included in the syllabus:

- “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.”
 - It is suggested that the greensheet include the instructor's process for granting permission, whether in writing or orally and whether for the whole semester or on a class by class basis.
 - In classes where active participation of students or guests may be on the recording, permission of those students or guests should be obtained as well.
- “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/>.

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 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.

SJSU Writing Center

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

The SJSU Counseling Services is located on the corner of 7th 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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Course Schedule

Week	Date	Topics, Readings, Assignments, Deadlines
1	8/25	Introduction to mild traumatic brain injury (MTBI) in Sports.
2	9/1	Assessment of MTBI
3	9/8	Neuropsychological and cognitive tests for MTBI
4	9/15	Psychological distress after MTBI
5	9/22	Persistent post-concussive syndrome
6	9/29	Vestibular and balance issues after MTBI
7	10/6	Guest speaker in regards to MTBI in sports
8	10/13	Vestibular and balance issues after MTBI (II)
9	10/20	Review and presentation of MTBI (Midterm) <i>Midterm Exam</i>
10	10/27	Functional Movement Screen (FMS) test
11	11/3	Selective Functional Movement Assessment
12	11/10	Guest speaker in regards to FMS (Tentative schedule)
13	11/17	Research design I / Discuss current topics in athletic training
14	11/24	Research design II / Discuss current topics in athletic training
15	12/1	Research design III / Discuss current topics in athletic training
16	12/8	Research design IV / Discuss current topics in athletic training
Final		Turn in Final Project