



Department of Kinesiology
KIN 280L: Introduction to Athletic Training - Laboratory
Spring 2018
1 Unit

Meeting days: Section 1 Thursdays	Instructor name: Shawna Baker, MS, ATC
Meeting times: 9:45 am – 11:25 am	Phone: (619) 849-2914
Meeting location: Athletic Training Clinic	E-mail: shawnabaker@pointloma.edu
Final Exam: Thursday, May 3	Office location and hours: Athletic Training Clinic

PLNU Mission
To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

COURSE AIM

This course aims to provide you with an overview of the basic knowledge and skills necessary to palpate and perform special test to determine joint differential pathologies, tape and/or brace these injures, wound care, crutch/cane fitting, and heat & humidity testing. The various areas of the body will include:

- ✓ Foot & Ankle
- ✓ Knee
- ✓ Wrist & Hand
- ✓ Back
- ✓ Thigh & Hip
- ✓ Head & Face
- ✓ Shoulder & Elbow
- ✓ Trunk & Thorax

In order to be successful in this course, students must synthesize information presented in KIN 280 lecture as well as this lab. Studying for skill assessments and practicals should involve reviewing and integrating the essential ideas contained in lectures, lab, and textbooks. We will have study sessions to improve skill level and proficiency.

COURSE LEARNING OUTCOMES

Upon completing this course, the student should be able to:

- Practice and develop competence in binding, wrapping and taping of various anatomic regions for a variety of types and degrees of tissue pathology, and for prevention.
- Perform and develop competence in the process of injury evaluation through the use of H.I.P.S. (History, Inspection, Palpation, and Special Tests).
- Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.
- Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.
- Perform and develop competence in the management of skin lesions.
- Learn the basic principles associated with the use of protective equipment and will apply, wear and test various types of prophylactic braces.
- Appreciate the relative value of taping and bracing.
- Learn the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints.
- Learn the principles of effective heat loss and heat illness prevention programs.

Textbook

Optional:

	Title	<i>Athletic Taping And Bracing; 3rd Ed.</i>
	Author	David H. Perrin
	ISBN-13:	978-1-4504-1352-7
	Publisher	Human Kinetics
	Publication Date	2012

EVIDENCE BASED MEDICINE

Evidence based medicine is the integration of the best research evidence with clinical expertise and patient values to make clinical decisions. The evidence referred to in EBM is patient centered, clinically relevant research found in the medical literature on diagnostic tests, treatment techniques, preventive programs, and prognostic markers. Evidence-based medicine focuses on research dealing with the day-to-day practice of patient care. The foremost reason for using EBM is to improve the care delivered to our patients. In this class you will be introduced to which special test would be the best ones to use based on the literature.

COURSE REQUIREMENTS

Skill Assessment / Exams

Practical Exams – 3 @ approximately 100 points each

Will be tested on:

1. *Adhesive Tape Application*
 - Preventive Ankle
 - Severe Ankle
 - Turf Toe
 - “Buddy” Toe Tape
 - Achilles’
 - Hyperextended Elbow
 - Preventive Wrist
 - Hyperextended/Flexed Wrist
 - Collateral Finger
 - Hyperextended/Flexed/Abducted Thumb
 - Arch – tear drop
 - “Shin Splints”
2. *Biding/Compression Applications*
 - Ankle
 - Knee
 - Thigh
 - Hip Spica
 - Groin Spica
 - Shoulder Spica
3. H.I.P.S. matrix
 - Ankle
 - Knee
 - Hip/Pelvis
 - Shoulder
 - Elbow
 - Wrist & Forearm
 - Spine
 - Head/Face

Group Video – 100 point

Students will be divided into groups and given a topic to research and present using video format. Video will be uploaded into Canvas and students will be required to comment on each video. Specific instructions will be given at a later date.

Taping, Binding, H.I.P.S. Final – 150 points

Comprehensive assessment of all skills learned during the semester including taping, binding, palpation and special tests.

COURSE GRADING

Weighting of Course Requirements:

Item		Total Points
1. Practical Exams	3 @ approx. 100 pts	Approx. 300
2. Group Video	100 pts	100
3. Comprehensive Final	150 pts	150
Total		550

Grading Scale: Course grades will be calculated by means of absolute points, without implementation of a grading curve.

A = 93 - 100	A- = 92 – 90	B+ = 87 – 89	B = 83	B- = 80 - 82
C+ = 77 - 79	C = 73 - 76	C- = 70 - 72	D+ = 67 - 69	D = 63 - 66
D- = 60 - 62	F = 0 - 59			

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 1 unit class delivered over 16 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request.

ATTENDANCE AND PARTICIPATION

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member has the option of filing a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of W or WF consistent with university policy in the grading section of the catalog. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. **LATE ASSIGNMENTS WILL NOT BE ACCEPTED!**

ACADEMIC HONESTY

Students will demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for

a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal also using the procedure in the university catalog. See [Academic Policies](#) for further information.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At Point Loma Nazarene University, students must request that academic accommodations by filing documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the (undergrad/graduate as appropriate) academic catalog.

FERPA POLICY

In compliance with federal law, neither PLNU student ID nor social security number should be used in publicly posted grades or returned sets of assignments without student written permission. This class will meet the federal requirements by (Note: each faculty member should choose one strategy to use: distributing all grades and papers individually; requesting and filing written student permission; or assigning each student a unique class ID number not identifiable on the alphabetic roster.). Also in compliance with FERPA, you will be the only person given information about your progress in this class unless you have designated others to receive it in the "Information Release" section of the student portal. See [Policy Statements](#) in the (undergrad/ graduate as appropriate) academic catalog.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day, Thursday, May 3**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

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TENTATIVE INTRODUCTION TO ATHLETIC TRAINING LAB OUTLINE

Date	Topic	Assignments Due	Required Reading
1-11-18	Introduction; Helmet/Shoulder pad fitting; Fabrication & application of prophylactic padding;		Perrin Ch. 1; Handout #1
1-18-18	Crutch and cane fitting; manual conveyance; Environmental factors (temp, humidity, lightening); wound management		Handout #3
1-25-18	Review for Exam; Practical Exam #1	Exam #1	
2-1-18	Tearing Tape, Ankle and Cruris H.I.P.S. Ankle Compression Wrap; Preventive Ankle		Ankle pdf; Ch. 2
2-8-18	Severe Ankle, "Buddy" Toe, Turf Toe, Heel Contusions, Achilles'; "Shin Splints"	Tape Tearing Assignment	
2-15-18	Arches of the Foot, Review for Practical Exam #2		
2-22-18	Practical Exam #2	Exam #2	
3-1-18	Knee H.I.P.S.; Knee Compression Wraps; Knee Braces; Collateral Knee Taping		Knee pdf; Ch. 3
3-8-18	NO CLASS - SPRING BREAK!		
3-15-18	Thigh, Hip, Pelvis H.I.P.S. Thigh Compressions; Hip/Groin Spica		Thigh/Hip pdf; Ch. 4
3-22-18	Practical Exam #3	Exam #3	
3-29-18	NO CLASS - EASTER RECESS		
4-5-18	Shoulder H.I.P.S.; Shoulder Spica and padding		Shoulder pdf; Ch 5
4-12-18	Elbow H.I.P.S.; Elbow taping (hyperextension and collaterals)	Group Video Due	Elbow pdf; Ch. 6
4-19-18	Forearm, Wrist and Hand H.I.P.S.; Preventive Wrist, Wrist Hyperextension/flexion, Collateral Finger, Buddy Finger		Wrist & Hand pdf; Ch. 6,7
4-26-18	Spine H.I.P.S.; Abdomen and Thorax H.I.P.S Head/Face – Concussion		Spine pdf; Head/face pdf; Thorax & Abdomen pdf
5-3-17	Comprehensive FINAL EXAMINATION	TIME TBA	

Subject to Change

ATEP EDUCATIONAL COMPETENCIES

Code	Competency/Proficiency
RM-C8:	Explain the principles of effective heat loss and heat illness prevention programs. Principles include, but are not limited to, knowledge of the body's thermoregulatory mechanisms, acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, and weight loss.
RM-C16:	Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.
RM-C17:	Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication.
RM-C18:	Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.
RM-P4.5:	Prophylactic Knee Brace
RM-P5:	Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.
DI-C10:	Explain the roles of special tests in injury assessment.
DI-C12:	Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.
DI-C17:	Describe the components of medical documentation (e.g. SOAP, HIPS and HOPS).
DI-P1:	Obtain a medical history of the patient that includes a previous history and a history of the present injury.
DI-P2:	Perform inspection/observation of the clinical signs associated with common injuries including deformity, posturing and guarding, edema/swelling, hemarthrosis, and discoloration.
DI-P3:	Perform inspection/observation of postural, structural, and biomechanical abnormalities.
DI-P4:	Palpate the bones and soft tissues to determine normal or pathological characteristics.
DI-P5:	Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.
DI-P6:	Grade the resisted joint range of motion/manual muscle testing and break tests.
DI-P7:	Apply appropriate stress tests for ligamentous or capsular stability, soft tissue and muscle, and fractures.
DI-P8:	Apply appropriate special tests for injuries to the specific areas of the body as listed above.
AC-C15:	Describe the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.
AC-P4c:	Environmental illness.
AC-P4h:	Acute musculoskeletal injuries (i.e. sprains, strains, fractures, dislocations).