



Department of Kinesiology

KIN280: Care and
Prevention of Athletic
Injuries (2 Units)

Spring 2019

Instructor:

Ryan Nokes, PhDc, ATC

Meeting day & time:

TR 12:25-1:20PM

Phone:

N/A

Meeting location:

LBRT201

E-mail:

rnokes@pointloma.edu

Additional Information:

N/A

Office Hours:

By appointment as needed

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 DESCRIPTION

Recognition and initial care of commonly occurring injuries to active people. Objective methods of determining if a person is able to continue to play following injury or if referral to medical care is required.

COURSE LEARNING OUTCOMES (CLO)

1. Delineate the realm of sports medicine and understand the profession of Athletic Training within the healthcare system.

2. Be conversant in the medical terminology related to Athletic Training and sports medicine.
3. Understand and utilize the components of the orthopedic examination process to identify the cause and signs & symptoms of the most common athletic injuries and illnesses.
4. Identify the methods for preventing, evaluating and treating injuries and illnesses that occur in the active population.

DEPARTMENT LEARNING OUTCOMES (DLO)

1. Students will engage and demonstrate competence in current knowledge in human movement, physical fitness and allied healthcare; evidenced by the ability to critically evaluate, creatively apply and effectively communicate essential information in their discipline.
2. Students will demonstrate an appreciation for the beauty and gift of the human body—and the benefits of optimal health and physical fitness—by actively pursuing a healthy lifestyle.
3. Students will apply their emerging knowledge for the benefit of their clients, patients and the community.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. **Learning, Informed by our Faith in Christ**
 - Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.
2. **Growing, In a Christ-Centered Faith Community**
 - Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.
3. **Serving, In a Context of Christian Faith**
 - Students will serve locally and/or globally in vocational and social settings.

RECOMMENDED TEXT

- [Prentice, W. Essentials of Athletic Injury Management. 10th Edition. ISBN-10: 0078022754 \(Links to an external site.\)Links to an external site.](#)
 - May also rent/buy [9th Edition \(Links to an external site.\)Links to an external site.](#)

ROLES AND RESPONSIBILITIES

Instructor

As your instructor, my role is to create a positive, safe, and open learning environment. We will take a team-orientated approach to learning where we will work together to dive deep into the material, have meaningful conversations, and become deep learners. My hope is that you will, in some way, grow both intellectually and personally once this course concludes.

Student

As a student, your role is to engage in the material, become responsible for your learning, and to work as a team with your instructor and your peers to become deep learners. You are required to come to class on-time and prepared to have meaningful conversations. To be successful in this course, you must complete the required readings and assignments on-time.

ASSESSMENT AND GRADING

Grading Points

Course Assignments	Points
Attendance and Participation	100
Quizzes	100
Discussion Board Posts	50
Article Critiques	100
Unit Examinations	300
Group Video Project	150
Final Examination	200
Total Course Points	1000

Grade Scale

A 93-100 B- 80-82 D+ 67-69

A- 90-92 C+ 77-79 D 63-66

B+ 87-89 C 73-76 D- 60-62

B 83-86 C- 70-72 F 0-59

ASSESSMENT

Quizzes

Online (Canvas) quizzes will enable you to read and interact with concepts after discussion in class; therefore, the quizzes are "open-book". You must complete each quiz corresponding to the material discussed in class. You will get two attempts for each quiz. Due dates for each quiz are listed in Canvas. No provision will be made for make-up quizzes.

Discussion Board Posts

You will complete three discussion board posts throughout the semester. You will be required to post one original post and respond to at least two of your peers' posts. Discussion boards are intended to facilitate meaningful conversations with your classmates to enhance your understanding of the material. Due dates for the original post and the peer response post will be outlined in canvas on the weeks they are due.

Article Critiques

You will have two experiences in reading, evaluating and communicating the scientific literature regarding two topics in sports medicine. These assignments will reinforce learning in two areas via an additional exposure to current topics using scientific based peer-reviewed journals.

Details: To supplement the textbook and our in-class discussions, you will be asked to read 2 research articles published recently in sports medicine journals and write a reaction/critique paper in AMA style. The topics of the articles will be of your choosing and must coincide with topics covered in class lecture. The intent of this assignment is for the student to be exposed to recent advances in the assessment, treatment, and/or rehabilitations of athletic injuries.

****You may be asked to share key findings with the class and contribute to a brief discussion while we cover the material in lecture. *****

Format: each critique should be no longer than 2 double-spaced pages, 12pt font, 1 inch margins. No title page, abstract or references are necessary.

Specific content requirements: you should write your paper using these four components:

Bibliographic information (e.g., author, title, journal, volume, pgs, yr)

Key points of article: Provide a brief overview of the major points of the article: *focus on new information and any new perspective that you learned.*)

Critique: Identify the major *Strengths & Weaknesses* of the article.

Synthesis: Provide a practical application of the information. (This is a crucial component where you cite the 'take-home' lesson you learned. How will this affect or change your future practice as a professional?)

Group Video Public Service Announcement

Students will be assigned into groups to accomplish an in-depth analysis of one of the following topics listed below. Students may select their own topics as long as it is pre-approved by the instructor. The finished product should thoroughly present the topic and should be aimed at educating the general public about the topic. More information will be discussed in class.

Possible Topics:

Concussion Education

Sports Nutrition: Fueling Optimal Athletic Performance

Addressing Disordered Eating: Strategies for health weight loss and weight gain

Cardiac Screening for Pre-Participation Examinations

Integration of exercises as part of a healthy lifestyle and preventer of disease

Format: each video should be 5-10 minutes in length. Each group must utilize at least three peer reviewed sources to support their claims. Each group member must speak at least once during the video. Video can be presented in any means the group deems best suited to display their content.

Specific content requirements:

General overview or presentation/topic (i.e. why is this topic important?)

Key points: what do you believe is important to share with the general public about this topic? What do they need to know?

Synthesis: Provide specific examples of how to implement this topic in specific settings (e.g. your field of interest)

Final summary of content and key take-home points

Discussion Board:each group is required to post their video as a new discussion board post. Each student will then be required to respond to at least two videos. Members in each group are required to answer any questions posed by peers.

Unit Examinations

You will have examinations at the completion of each specific unit of study, generally about 4-5 weeks apart. The professor understands the travel schedule of student athletes and athletic training students. However, no provision is made for make-up exams other than those outlined in the Student Handbook. All students must arrange with professor to complete exams before any scheduled athletic competition.

Final Examination

A comprehensive examination will be given to assess your knowledge and accomplishment of the course student learning outcomes over the semester. Please arrange any travel plans according to our final exam date since no provision is made for a make-up final.

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. Although attendance will be rarely taken, there is a strong negative correlation between number of absences and grade percentage in this class.

INCOMPLETES AND LATE ASSIGNMENTS

- All assignments are to be submitted/turned by the beginning of the class session when they are due.
- Late assignments will be deducted 20% and if over 5 days late, the resulting score will be a 0.
- Missed exams may ONLY be made up with a legal, written excuse. A missed exam for an approved reason MUST be completed prior to returning to the next class meeting.

ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. 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. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. 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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