

KIN 280: Care and Prevention of Athletic Injuries

Fall 2019

Monday, 10:00AM - 11:40AM (LSCC #205b)

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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

This course equips students to recognize and provide care for the most commonly occurring orthopedic injuries to active individuals. Students will become proficient in using an objective evaluation methodology to recognize and differentiate injury, to determine if referral to medical care is required, and to decide return-to-play status.

1. We will learn the systematic application of the H.I.P.S. and S.O.A.P. methods of assessment.
2. Clinical role-playing in the lab setting will allow students to practice and master injury/illness examination through the use of the differential diagnosis process.

Kinesiology Department Learning Outcomes

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.
4. Students will serve others in clinical, educational and/or athletic settings as they live out their vocation & calling.

Athletic Training Education Program (ATEP) Learning Outcomes

1. Students will demonstrate cognitive and psychomotor competence in the 12 content areas of the Athletic Training Educational Competencies.
2. Students will exhibit advancing clinical proficiency in the practice of Athletic Training through development in knowledge, psychomotor skills and clinical reasoning, and through application of evidence-based decision making.
3. Students will be able to speak and write coherently on information in their discipline, and to communicate it effectively to a target audience.
4. Students will prepare to serve a diverse environment through experience with a variety of patient populations and clinical settings, and with various allied healthcare professionals.
5. Graduates will demonstrate the knowledge and skills required of an entry-level Certified Athletic Trainer.
6. Students and graduates will demonstrate the common values and behaviors of the Athletic Training profession in a distinctly moral and ethical manner, integrating the Christian faith with clinical practice.
7. Graduates will be prepared for careers that utilize Certified Athletic Trainers &/or graduate study or other employment in allied healthcare professions.

KIN 280 Learning Outcomes

Upon completing this course, students should be able to:

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.

COURSE TEXTBOOK

Title	Essentials of Athletic Injury Management with ESims (10 th ed)
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Author William E. Prentice; Daniel D. Arnheim

ISBN ISBN: 978-0-07-802275-3

*You may also buy 9th Edition: ≈\$40. *Note:* you do not need the ESims function for this class.

Library Resource [Kinesiology Library Link](#)

COURSE REQUIREMENTS

1. Pre-Class Quizzes	10 @10-20 pts each	200 pts
2. Article Critique	2 @ 15 pts each	30pts
3. Unit Exams	4 @100 pts each	400pts
4. Final Exam	120 pts	120 pts
	TOTAL	750 points

COURSE GRADING

A	Greater than 92	C+	77-79
A-	90-92	C	73-76
B+	87-89	C-	70-72
B	83-86	D	63-66
B-	80-82	D-	60-62

COURSE ASSIGNMENTS

- **Quizzes**- online (Canvas) quizzes will enable you to read and interact with concepts prior to discussion in class; therefore the quizzes are

“open-book”. You must complete each quiz corresponding to the material prior to the class where that topic is discussed. Due dates for each quiz are listed in Canvas. No provision will be made for make-up quizzes.

- **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 (e.g., American J of Sports Medicine, Physician and Sports Medicine, J of Athletic Training, Physical Therapy, J of Orthopedic and Sports PT, J of Strength Training and Conditioning, Sports Health, JAMA)

- **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:
 1. Bibliographic information (e.g., author, title, journal, volume, pgs, yr)
 2. 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.*)
 3. Critique: Identify the major *Strengths & Weaknesses* of the article.
 4. 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?)

- **Unit exams**- you will have exams 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 Handbook. All students must arrange with professor to complete exams before any scheduled athletic competition.

- **Final Exam**-a comprehensive exam will be given. Please arrange any travel plans according to our final exam date since no provision is made for a make-up final.

ACADEMIC DISHONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As stated 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. Such acts include plagiarism, copying of class assignments, and copying or other fraudulent behavior on examinations. 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.” See [Academic Policies](#) in the undergrad student catalog.

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 require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file 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 student catalog.

NETIQUETTE POLICY

Written communication is an extremely important factor in the online environment. The ability to communicate clearly and effectively is crucial to preserving the mission of Point Loma Nazarene University (PLNU). To help maintain this type of online etiquette (netiquette), here is a list of rules to follow as you proceed through your online courses: [PLNU Netiquette](#)

FERPA POLICY

In compliance with federal law, neither PLNU student ID nor social security number should be used in publically posted grades or returned sets of assignments without

student written permission. This class will meet the federal requirements by (each faculty member 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 student catalog.

USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements information](#).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.