

Course Syllabus

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KIN 2080: CARE & PREVENTION OF ATHLETIC INJURIES

Fall 2023

Course Information



Dates: 8/30/23 - 12/15/23

Credit Hours: 2

Format: Hybrid (8 face-to-face sessions)

CLASS SESSIONS:

Monday 1 - 2:40 p.m., KIN #2 classroom

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.

INSTRUCTOR INFORMATION



Jeff Sullivan, PhD, ATC, CES

Phone: 619.508.1267

Email: jeffsullivan@pointloma.edu (<mailto:jeffsullivan@pointloma.edu>)



Office Hours: As needed in person or on Zoom

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 the orthopedic evaluation process to recognize and differentiate injury, determine if referral to medical care is required, and decide return-to-play status. We will learn the systematic application of the H.I.P.S. method of injury assessment.

KIN 2080 Learning Outcomes

Upon completing this course, students should be able to:

1. Explore the realm of sports medicine and understand the profession of Athletic Training within the healthcare ecosystem.
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.

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.

COURSE TEXTBOOK:

- [Essentials of Athletic Injury Management, Prentice](https://www.amazon.com/Essentials-Athletic-Management-William-Prentice/dp/0078022754)  (<https://www.amazon.com/Essentials-Athletic-Management-William-Prentice/dp/0078022754>) (may get older edition)

ISBN: 978-0-07-802275-3

- [Kinesiology Library Link \(http://libguides.pointloma.edu/kinesiology\)](http://libguides.pointloma.edu/kinesiology)

COURSE REQUIREMENTS & CREDIT HOUR INFORMATION

Distribution of Contact Hours



It is anticipated that students will spend a minimum of 50 participation hours per credit hour on their coursework. Because this class is 2 units, you should plan to spend 7-10 hours per week devoted to this class. The estimated time expectations for this course are shown below:

Course Assignments and Points

Course Assignments	Hours	Points
Class Sessions	15	40
Article Critiques (2)	5	40
Examinations	15	400
Pre-Class Readings, Videos and Preparation	50	---
Online Quizzes (10 @ 10-20 pts each)	20	150
Total Course Hours and Points	105	630

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COURSE GRADING

Grade Scale

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 final exam date since no provision is made for a make-up final.



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](#)

(<http://www.pointloma.edu/experience/academics/class-schedules>) site. If you find yourself scheduled for three (3) or more final examinations on the same day, you are authorized to contact each professor to arrange a different time for one of those exams. **Incompletes and Late Assignments**

Note: You may use, revise, or delete this section as needed for your course.

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

Spiritual Care*

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact your professor or the [Office of Spiritual Life and Formation](https://www.pointloma.edu/offices/student-life-formation) (<https://www.pointloma.edu/offices/student-life-formation>).

State Authorization Ⓡ

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) (<https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures>) to view which states allow online (distance education) outside of California.

PLNU Copyright Policy Ⓡ

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PLNU 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](https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/)  (<https://pointloma-public.courseleaf.com/tug-catalog/academic-general-policies/>) for definitions of kinds of academic dishonesty and for further policy information.

Artificial Intelligence (AI) Policy

You are allowed to use Artificial Intelligence (AI) tools (e.g, ChatGPT, iA Writer, Marmot, Botowski) to generate **ideas**, but you are not allowed to use AI tools to generate direct **content** (text, video, audio, images) that will end up in any work submitted to be graded for this course. If you have any doubts about using AI, please gain permission from the instructor. The use of AI is an opportunity for you to demonstrate information literacy in learning to ask the appropriate questions that generate productive ideas and also learning to discern good information from incorrect or nonspecific information.

PLNU Academic Accommodations Policy

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

Language and Belonging*

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language  believe in treating others with dignity. As such, it is important that our language be equitable, inclusive,

and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality. You may report an incident(s) using the [Bias Incident Reporting Form](https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5)  (https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5).

PLNU Attendance and Participation Policy

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university withdrawal date or, after that date, receive an “F” grade.

Note: The below must be added to the “PLNU Attendance and Participation Policy” Section if you are teaching an Online or Hybrid course.

Use of Technology

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDCClient/1808/Portal/KB/ArticleDet?ID=108349>) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams requires a computer with a camera (tablets are not compatible) to complete exams online.

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

<https://canvas.pointloma.edu/courses/68927/pages/welcome-to-kin-280-introduction-to-athletic-training-and-health-care-professions>

Course Summary:



Date	Details	Due
Mon Sep 12, 2022	 Week 3: Lecture Videos	to do: 11:59pm
	 Week 1 Overview - HERE WE GO	to do: 10am
Mon Aug 28, 2023	 Assignment: 'About Me' Discussion https://canvas.pointloma.edu/courses/68927/assignments/950460	due by 11:59pm
		
Wed Aug 30, 2023	 Week 1 Class Agenda	to do: 9:59am
Sun Sep 3, 2023	 QUIZ 1 Ch.1: Fitness Professionals, Coaches, and the Sports Medicine Team https://canvas.pointloma.edu/courses/68927/assignments/950449	due by 11:59pm
		
Mon Sep 4, 2023	 Week 2 Overview	to do: 10am
Wed Sep 6, 2023	 QUIZ 2 Ch 4 & 13: Preventing Injuries through Conditioning & Injury Classification https://canvas.pointloma.edu/courses/68927/assignments/950450	due by 11:59pm
		
Sat Sep 9, 2023	 Video Response Assignment Week 2 https://canvas.pointloma.edu/courses/68927/assignments/950469	due by 11:59pm
		
Mon Sep 11, 2023	 Week 3 Overview	to do: 10am
Tue Sep 12, 2023	 QUIZ 3 Ch 7 Handling Emergency Situations Primary Survey https://canvas.pointloma.edu/courses/68927/assignments/950447	due by 11:59pm
		
Wed Sep 13, 2023	 Week 3 In-Person Class Agenda	to do: 

Date	Details	Due
Thu Sep 14, 2023	 Video Response Assignment Week 3 https://canvas.pointloma.edu/courses/68927/assignments/950470	due by 11:59pm
Mon Sep 18, 2023	 Week 4 Overview	to do: 10am
Mon Sep 18, 2023	 QUIZ 4_Ch 9 Environmental Conditions https://canvas.pointloma.edu/courses/68927/assignments/950452	due by 11:59pm
Wed Sep 20, 2023	 EXAM 1: Speaking Sports Medicine, Primary and Secondary Survey, Environmental Conditions https://canvas.pointloma.edu/courses/68927/assignments/950458	due by 11:59pm
Sun Sep 24, 2023	 Video Response Assignment Week 4 https://canvas.pointloma.edu/courses/68927/assignments/950471	due by 11:59pm
Mon Sep 25, 2023	 Week 5 Overview	to do: 8am
Mon Oct 2, 2023	 Week 6 Overview	to do: 10am
Mon Oct 2, 2023	 QUIZ 5 Foot, Toe, Ankle Quiz https://canvas.pointloma.edu/courses/68927/assignments/950484	due by 11:59pm
Wed Oct 4, 2023	 Week 6 Class Agenda	to do: 8:59am
Wed Oct 4, 2023	 Video Response Assignment Week 6 https://canvas.pointloma.edu/courses/68927/assignments/950472	due by 11:59pm
Mon Oct 9, 2023	 Week 7 Overview	to do: 2pm
Wed Oct 11, 2023	 Week 7 Class Agenda	to do: 8am



Date	Details	Due
	 Week 7 In-Person Class Agenda	to do: 9:59am
	 QUIZ 6 Ch 16 The Knee https://canvas.pointloma.edu/courses/68927/assignments/950448	due by 11:59pm
Mon Oct 16, 2023	 Week 8 Overview	to do: 10am
Wed Oct 18, 2023	 EXAM 2 - Foot, Ankle and Knee https://canvas.pointloma.edu/courses/68927/assignments/950446	due by 11:59pm
Sun Oct 22, 2023	 QUIZ 7 SUPER QUIZ Hips, Pelvis, Thorax & Abdomen https://canvas.pointloma.edu/courses/68927/assignments/950453	due by 11:59pm
Mon Oct 23, 2023	 Week 9 Overview - The Shoulder Complex	to do: 10am
Wed Oct 25, 2023	 Article Critique #1 https://canvas.pointloma.edu/courses/68927/assignments/950462	due by 11:59pm
Wed Oct 25, 2023	 Week 8 Video Response Assignment https://canvas.pointloma.edu/courses/68927/assignments/950474	due by 11:59pm
Fri Oct 27, 2023	 QUIZ 8 Shoulder https://canvas.pointloma.edu/courses/68927/assignments/950451	due by 11:59pm
Mon Oct 30, 2023	 Week 10 Overview - The Elbow and Forearm	to do: 10am
Wed Nov 1, 2023	 Week 10 Class Agenda	to do: 9:59am



Date	Details	Due
	 Video Response Assignment Week 9 https://canvas.pointloma.edu/courses/68927/assignments/950473	due by 11:59pm
		
Mon Nov 6, 2023	 Week 11 Overview	to do: 10am
	 Week 11 Class Agenda (NO LIVE SESSION, but take practice quiz and review case studies)	to do: 10:01am
Wed Nov 8, 2023	 Video Response Assignment Week 10 https://canvas.pointloma.edu/courses/68927/assignments/950466	due by 11:59pm
		
	 Video Response Assignment Week 11 https://canvas.pointloma.edu/courses/68927/assignments/950467	due by 11:59pm
		
Mon Nov 13, 2023	 Week 12 Overview - The Spine	to do: 10am
	 Week 12 In Person Class Agenda	to do: 7:59am
Wed Nov 15, 2023	 QUIZ 9 Spine and Head https://canvas.pointloma.edu/courses/68927/assignments/950467	due by 11:59pm
		
Tue Nov 21, 2023	 Exam 3: Shoulder, Elbow, Hand Pathologies https://canvas.pointloma.edu/courses/68927/assignments/950456	due by 11:59pm
		
	 Week 14 Class Agenda	to do: 9:59am
Wed Nov 29, 2023	 Article Critique #2 https://canvas.pointloma.edu/courses/68927/assignments/950463	due by 11:59pm
		



Date	Details	Due
Mon Dec 4, 2023	 Video Response Assignment Week 13 (https://canvas.pointloma.edu/courses/68927/assignments/950466) 	due by 11:59pm
Wed Dec 6, 2023	 Extra Credit OPTION 1: Evaluate A Friend or Family Member (https://canvas.pointloma.edu/courses/68927/assignments/950461) 	due by 11:59pm
Wed Dec 6, 2023	 Extra Credit OPTION 2: Watch the "Concussion" Movie and Respond (https://canvas.pointloma.edu/courses/68927/assignments/950459) 	due by 11:59pm
Wed Dec 13, 2023	 FINAL EXAM (online) (https://canvas.pointloma.edu/courses/68927/assignments/950458) 	due by 6:59am
	 Quiz: Wrist (https://canvas.pointloma.edu/courses/68927/assignments/950464) 	
	 Sample Zoom Session #1 Agenda page (https://canvas.pointloma.edu/courses/68927/assignments/950465) 	
	 Wrist Quiz in class (https://canvas.pointloma.edu/courses/68927/assignments/950475) 	

