

Spring 2026

Department of Kinesiology and Health Sciences

KIN 2080: Care and Prevention

Number of units: 2

Meeting day: Tuesday/Thursday	Instructor(s): Nicole Cosby, PhD, ATC
Meeting times: Section 1 10:00 am - 10:50 am Section 2 11:00 am - 11:50 am	Office phone: 619-849-7959
Meeting location: K1	E-mail: nicolecosby@pointloma.edu
Any additional info: N/A	Office hrs: Click here to sign up for office hours
Final Exam: Section 1: Tuesday, 10:30 am - 1:00 pm Section 2: Thursday, 10:30 am - 1:00 pm	Canvas Login: canvas.pointloma.edu

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.

ATTENDANCE AND PARTICIPATION

Our class meets on Tuesday and Thursday from 10:00 am - 10:50 am (Section 1) or 11:00 - 11:55 am (Section 2). If you cannot meet in-person due to COVID-19/Cold symptom restrictions, online engagement may be an appropriate alternative. It will be up

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to the student to request a zoom link for the course session that day. If a student is feeling so ill that participation in zoom is prohibited please do not hesitate to email me.

Class participation and active learning are important aspects of this class, so your engagement is critical to your success regardless of modality/delivery. However, I understand that sometimes you must miss examinations or other academic obligations affecting your grades because of illness, personal crises, and other emergencies. As long as such absences are not excessive (student missing more than 20% of the class), I will work with you as best I can to help you succeed in the course. Please contact me as soon as possible when such absences arise so we can make arrangements to get you caught up. **This policy will not apply in the case on non-emergency absences.**

COMMITMENT TO INCLUSION, EQUITY, DIVERSITY and BELONGING

I would like to create a learning environment for my students that supports a diversity of thoughts, perspectives and experiences, and honors your identities (including race, gender, class, religion, ability, etc.). I also understand that the current crisis of COVID, economic disparity, and health concerns could impact the conditions necessary for you to succeed. My commitment is to be there for you and help you meet the learning objectives of this course. I do this to demonstrate my commitment to you and to the mission of PLNU which seeks to support students academically, emotionally and spiritually. If you feel like your performance in the class is being impacted by your experiences outside of class, please don't hesitate to come and talk with me, I want to be a resource for you! Our goal as a learning community is to create a safe environment that fosters open and honest dialogue. We are all expected to contribute to creating a respectful, welcoming, and inclusive environment. To this end, classroom discussions should always be conducted in a way that shows honor, respect, and dignity to all members of the class. Moreover, disagreements should be pursued without personal attack and aggression, and instead, should be handled with grace and care. This will allow for rigorous intellectual engagement and a deeper learning experience for all. This class strives to be an inclusive community, learning from the many perspectives that come from having differing backgrounds and beliefs. As a community, we aim to be respectful to all. Faculty and students are expected to commit to creating an environment that facilitates inquiry and self-expression, while also demonstrating diligence in understanding how others' viewpoints may be different from their own.

COURSE DESCRIPTION

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

COURSE LEARNING OUTCOMES

In this course, you will learn how to:

1. Delineate the realm of sports medicine and understand its importance within the broader healthcare system.
2. Be conversant in medical terminology as it relates to sports medicine and athletic training.
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.

NATURE OF COURSE DELIVERY

Combined Modality: Face to face and Remote (for those who are ill)

KINESIOLOGY and HEALTH SCIENCES LEARNING OUTCOMES

All majors within the Department of Kinesiology and Health Sciences will be able to:

1. Speak and write effectively to a target audience on essential information in human movement/health and human performance.
2. Critically evaluate and integrate new information into professional practice to solve relevant *health* or *fitness* problems.
3. Assess fitness and human movement to determine risk for injury and develop programs to improve human performance.
4. Describe the mechanisms (i.e. metabolic, physiologic, biomechanical, and developmental) by which physical activity aids in health promotion, performance enhancement and disease prevention.
5. Demonstrate preparedness to serve others in various fitness or health care settings through their selected vocation and calling.

KIN 2080 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.

RECOMMENDED TEXTBOOKS

	<p>Title: Essentials of Athletic Injury Management with ESims (10th ed) Author: William E. Prentice; Daniel D. Arnheim ISBN: 978-0-07-738201-8 (students can buy older versions but the course is aligned to the edition bring required)</p>
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COURSE REQUIREMENTS

Assignment Points

Assignment Name	Number of Assignments	Points Worth	Total Points Earned
Pre Class Quizzes	10	10-12 points each	100-120 points
Article Critiques	2	30 points each	60 points
Unit Exams	4	100 points	400 points
Final Exam	1	120 points	120 points

Group Video (depends on COVID)	1	50 points	50 points
Discussion Boards	2	25 points	50 points

COURSE GRADING

Break Down of Grades

A	93-100	C+	77-79
A-	92-90	C	73-76
B+	87-89	C-	70-72
B	83-86	D+	67-69
B-	80-82	D	63-66
		D-	60-62

COURSE ASSIGNMENT DESCRIPTION

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)

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- **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:

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- 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 to groups in order to accomplish in-depth analysis of one of the following topics. The finished product should thoroughly present the topic and should be aimed at educating the general public. More information will be handed out in class

1.

1. Injury Evaluation Process: Order and essentials
2. Sports Nutrition: Fueling Optimal Athletic Performance
3. Addressing Disordered Eating: Strategies for healthy weight loss and weight gain
4. Managing traumatic injuries in sports (Brain and Spinal Injuries)
5. General Medical Conditions and Additional Health Concerns

Instructions for Public Service Announcement

1.

1. Please make sure to introduce us to the topic
 - Figure out the main points
 - Introduce each main point
2. Discuss any glaring issues, news or noteworthy cases
3. Why is this topic important to health care overall
4. This must be in video format. Students can use any of the following platforms to upload images, powerpoint slides, create pages and voice over (iMovie, clips, moviemaker, doceri for ipad). This video must be uploaded to youtube and made public for me to assess.
5. Maximum length of the video is twenty minutes
6. One student in the group will upload the video to the public service announcement discussion board
7. You must provide feedback, a response, or a comment to at least 2 other PSAs and are responsible to responding to at least 2 responses on your own groups PSAs to get full credit for this assignment.

SAMPLE PSAs - Please be unique don't copy the groups

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.

Successful completion of this class requires taking the final examination on its scheduled day. The final examination schedule is posted on the [Traditional Undergraduate Records: Final Exam 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. However, unless you have three (3) or more exams on the same day, no requests for alternative final examinations will be granted.

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 one unit class delivered over seven weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 37.5 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules and is located within each weekly overview.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities in accordance with the Americans with Disabilities Act (ADA). Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2533). Once a student's eligibility for an accommodation has been determined, the EAC will work with the student to create an Accommodation Plan (AP) that outlines allowed accommodations. Professors are able to view a student's approved accommodations through Accommodate.

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. Accommodations are not retroactive so clarifying with the professor at the outset is one of the best ways to promote positive academic outcomes.

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. Students cannot assume that because they had accommodations in the past, their eligibility at PLNU is automatic. All determinations at PLNU must go through the EAC process. This is to protect the privacy of students with disabilities who may not want to disclose this information and are not asking for any accommodations.

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 and 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.

If you (or someone you know) have experienced other forms of discrimination, you can find more information on reporting and resources at www.pointloma.edu/nondiscrimination.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

ARTIFICIAL INTELLIGENCE (AI) POLICY

The use of Artificial Intelligence (AI) tools (e.g., ChatGPT, iA Writer, Marmot, Botowski, GrammarlyGo, Perplexity, etc.) is prohibited in this course for any aspect of your work, including idea generation, drafting, editing, or final submissions. This course is designed to assess your independent critical thinking, writing, and research skills without the assistance of AI technologies. Violations of this policy will be treated as breaches of academic integrity.

PLNU RECORDING NOTIFICATION

In order to enhance the learning experience, please be advised that this course may be recorded by the professor for educational purposes, and access to these recordings will be limited to enrolled students and authorized personnel.

Note that all recordings are subject to copyright protection. Any unauthorized distribution or publication of these recordings without written approval from the University (refer to the Dean) is strictly prohibited.

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 PoliciesLinks to an external site.](#) for definitions of kinds of academic dishonesty and for further policy information.

FINAL EXAM 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 Links to an external site.](#)site. No requests for early examinations or alternative days will be approved.

SEXUAL MISCONDUCT and DISCRIMINATION

In support of a safe learning environment, if you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that accommodations and resources are available through the Title IX Office at pointloma.edu/Title-IX. Please be aware that under Title IX of the Education Amendments of 1972, faculty and staff are required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/Title-IX.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias

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

PLNU Course Modality Definitions*

1. Online Courses: These are courses with class meetings where all instruction and interaction is fully online.
 - a. Synchronous Courses: At least one class meeting takes place at a designated time.
 - a. Asynchronous Courses: All class meetings are asynchronous.
2. Hybrid Courses: These are courses with class meetings that take place both in the classroom and online synchronously and/or asynchronously.
3. In-Person Courses: These are courses that meet in person with the instructor and students in a physical classroom setting. With approval by the area dean, this may include up to 25% of qualified class interactions through a Learning Management System (such as Canvas).

In some courses, a portion of the credit hour content will be delivered asynchronously and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

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 you 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](#).

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](#) to view which states allow distance education outside of California.

USE OF TECHNOLOGY

Since most courses will have online components, 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 Links to an external site](#). information. Additionally, students are required to have headphone speakers compatible with their computer available to use. If a student is in need of technological resources please contact technologyhelp@pointloma.edu.

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

INCOMPLETE ASSIGNMENTS or LATE WORK

For each day that an assignment is late the student will be docked 10%. If the assignment is more than 5 days late it will not be graded. Should you get sick, overwhelmed or have a family emergency please communicate with me to avoid the late work policy penalty. This is the responsibility of the student. All due dates will be posted in canvas. Please make sure that you are working ahead to avoid any issues.

SEXUAL MISCONDUCT & DISCRIMINATION

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If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at pointloma.edu/Title-IX.

If you (or someone you know) have experienced other forms of discrimination or bias, you can find more information on reporting and resources at www.pointloma.edu/bias
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LOMA WRITING CENTER

The Loma Writing Center exists to help all members of the PLNU community cultivate transferable writing skills to engage their academic, professional, personal, and spiritual communities. We work toward this goal by conducting one-on-one consultation sessions, supporting writing education across the PLNU community, and participating in ongoing writing center research.

Getting feedback from the Loma Writing Center while you're in the process of working on an assignment is a great way to improve the quality of your writing and develop as a writer. You are encouraged to talk with a trained writing consultant about getting started on an assignment, organizing your ideas, finding and citing sources, revising, editing for grammar and polishing final drafts, and more. For information about how to make in-person or online appointments, see [Loma Writing Center webpage](#) or visit the Loma Writer Center on the first floor of the Ryan Library, room 221.

- Appointment Calendar: <https://plnu.mywconline.com/>
- Website: <https://www.pointloma.edu/centers-institutes/loma-writing-center>
- Email: writingcenter@pointloma.edu

MAKE UPS

Makeup exams/quizzes will be given only if the professor is notified of the excused absence prior to the missed class or if the student has a legitimate emergency.

COURSE COMMUNICATION

Email will be the MAIN form of communication used by the professor outside of class. These emails will come in the form of an announcement via canvas. Students are expected to check their email at least ONCE A DAY. If you know of issues with your @pointloma.edu account please notify the professor immediately. For consistency, students will receive at least one weekly email on Sunday evening which will provide information about the new week ahead.

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