 <p><b>POINT LOMA</b> NAZARENE UNIVERSITY</p>	<p><b>Department/School Name:</b> Kinesiology</p> <p><b>Course Number and Name:</b> KIN2080-1, Care and Prevention fo Athletic Injuries</p> <p><b>Number of Units:</b> 2</p>
<p>Fall 2020</p>	

<b>Meeting days:</b> Thursday	<b>Instructor title and name:</b> Ryan Nokes, PhD, ATC
<b>Meeting times:</b> 1:30-2:25pm	<b>Phone:</b> N/A
<b>Meeting location:</b> ONLINE	<b>Email:</b> rnokes@pointloma.edu
<b>Final Exam:</b> ONLINE due by 12/4 @ 11:59pm	<b>Office location and hours:</b> Tuesday, 1:30-2:25pm ONLINE

### 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 is an expression of faith. Being of Wesleyan heritage, we strive 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 for determining if a person is able to continue to play following injury or if referral to medical care is required.

### COURSE LEARNING OUTCOMES

1. Delineate the realm of sports medicine and understand the profession of athletic training within the 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.

## ROLES AND RESPONSIBILITIES

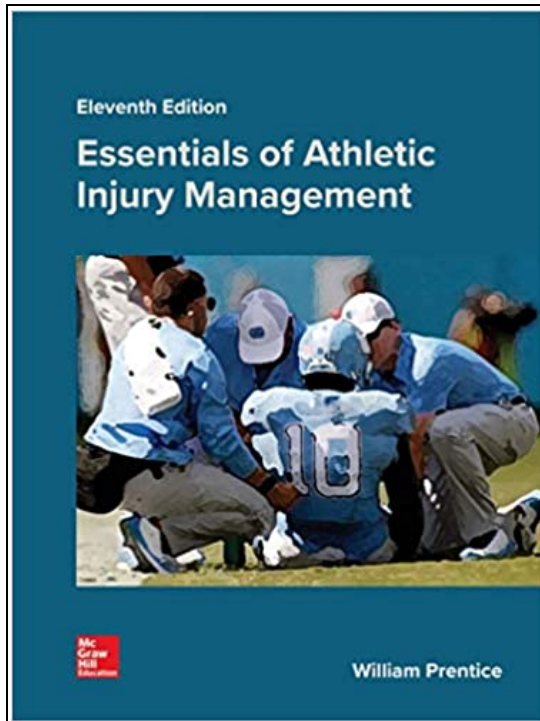
### *Instructor*

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.

## REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES



[Essentials of Athletic Injury Management, 11th Ed. \(Links to an external site.\)](#)

William Prentice

**I highly recommend renting the textbook**

## 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 2 unit class delivered over 15 weeks. Specific details about how the class meets the credit hour requirement can be provided upon request. (Based on 37.5 hours of student engagement per credit hour.)

## Distribution of Student Learning Hours

Category	Time Expectation in Hours
Online Participation in Discussions, Groups, etc.	20
Reading Assignments	20
Written Assignments	10
Other Assignments & Learning Activities	15
Quizzes, Surveys	10
<b>Total Hours</b>	<b>75</b>

### ASSESSMENT AND GRADING

**Note:** Clearly define a grading policy to avoid any confusion concerning expectations. It is most helpful if at least two things are present: 1) a point distribution and 2) a grading scale.

Student grades will be posted in the Canvas grade book no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the comments posted in the grade book as these comments are intended to help students improve their work. Final grades will be posted within one week of the end of the class. Grades will be based on the following:

#### Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

### 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 online (distance education) outside of California.

### 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. Incompletes will only be assigned in extremely unusual circumstances.

## **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.

## **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.

## **PLNU ACADEMIC ACCOMMODATIONS POLICY**

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center. ([DRC@pointloma.edu](mailto:DRC@pointloma.edu) or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 (a) prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

## **PLNU ATTENDANCE AND PARTICIPATION POLICY**

Regular and punctual attendance at all synchronous class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 drop date or, after that date, receive the appropriate grade for their work and participation. 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 Links to an external site.](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

### **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.

### **Synchronous Attendance/Participation**

Students taking online courses are expected to attend each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes posting in a graded activity in the course. (Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.) Students who do not attend at least once in any 3 consecutive days will be issued an attendance warning. Students who do not attend at least once in any 7 consecutive days will be dropped from the course retroactive to the last date of recorded attendance.

### **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 the [Office of Spiritual Development Links to an external site.](#)

### **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 Links to an external site.](#) information.

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

### **ASSIGNMENTS AT-A-GLANCE**

The table below lists our assignments and their due dates. Click on any assignment to review it.

## **Course Summary:**

Date	Details	
Mon Aug 17, 2020	Calendar Event <a href="#">Week 1: About Me Discussion Board Initial Post Due</a>	11:59pm
	Page <a href="#">Week 1 Overview</a>	to do: 11:59pm
Wed Aug 19, 2020	Assignment <a href="#">Week 1: About Me Discussion Board</a>	due by 11:59pm
Thu Aug 20, 2020	Assignment <a href="#">Week 1: Live Session</a>	due by 1:30pm
Mon Aug 24, 2020	Page <a href="#">Week 2 Overview</a>	to do: 11:59pm
Wed Aug 26, 2020	Calendar Event <a href="#">Week 2: Injury Analysis Discussion Board Initial Post Due</a>	11:59pm
Thu Aug 27, 2020	Assignment <a href="#">Week 2: Live Session</a>	due by 1:30pm
Sun Aug 30, 2020	Assignment <a href="#">Quiz 1: Classification of Injury</a>	due by 11:59pm
	Assignment <a href="#">Week 2: Injury Analysis Discussion Board</a>	due by 11:59pm
Mon Aug 31, 2020	Page <a href="#">Week 3 Overview</a>	to do: 11:59pm
Thu Sep 3, 2020	Assignment <a href="#">Week 3: Live Session</a>	due by 1:30pm
Sun Sep 6, 2020	Assignment <a href="#">Quiz 2: Primary &amp; Secondary Survey</a>	due by 11:59pm
Mon Sep 7, 2020	Page <a href="#">Week 4 Overview</a>	to do: 11:59pm

Date	Details	
Wed Sep 9, 2020	Calendar Event <a href="#">Week 4: NATA Position Statement Discussion Board Initial Post Due</a>	11:59pm
Thu Sep 10, 2020	Assignment <a href="#">Week 4: Live Session</a>	due by 1:30pm
Sun Sep 13, 2020	Assignment <a href="#">Quiz 3: Environmental Conditions</a>	due by 11:59pm
	Assignment <a href="#">Week 4: NATA Position Statement Discussion Board</a>	due by 11:59pm
Mon Sep 14, 2020	Page <a href="#">Week 5 Overview</a>	to do: 11:59pm
Sun Sep 20, 2020	Assignment <a href="#">Exam 1</a>	due by 11:59pm
Mon Sep 21, 2020	Page <a href="#">Week 6 Overview</a>	to do: 11:59pm
Thu Sep 24, 2020	Assignment <a href="#">Week 5: Live Session</a>	due by 1:30pm
Sun Sep 27, 2020	Assignment <a href="#">Quiz 4: Foot &amp; Toes</a>	due by 11:59pm
Mon Sep 28, 2020	Page <a href="#">Week 7 Overview</a>	to do: 11:59pm
Wed Sep 30, 2020	Assignment <a href="#">Article Critique 1</a>	due by 11:59pm
Thu Oct 1, 2020	Assignment <a href="#">Week 6: Live Session</a>	due by 1:30pm
Sun Oct 4, 2020	Assignment <a href="#">Article Critique 1 Discussion Board</a>	due by 11:59pm
	Assignment <a href="#">Quiz 5: Ankle &amp; Lower Leg</a>	due by 11:59pm

<b>Date</b>	<b>Details</b>	
Mon Oct 5, 2020	Page <a href="#">Week 8 Overview</a>	to do: 11:59pm
Thu Oct 8, 2020	Assignment <a href="#">Week 7: Live Session</a>	due by 1:30pm
Sun Oct 11, 2020	Assignment <a href="#">Quiz 6: Knee</a>	due by 11:59pm
Mon Oct 12, 2020	Page <a href="#">Week 9 Overview</a>	to do: 11:59pm
Sun Oct 18, 2020	Assignment <a href="#">Exam 2</a>	due by 11:59pm
Mon Oct 19, 2020	Page <a href="#">Week 10 Overview</a>	to do: 11:59pm
Thu Oct 22, 2020	Assignment <a href="#">Week 8: Live Session</a>	due by 1:30pm
Mon Oct 26, 2020	Page <a href="#">Week 11 Overview</a>	to do: 11:59pm
Thu Oct 29, 2020	Assignment <a href="#">Week 9: Live Session</a>	due by 1:30pm
Sun Nov 1, 2020	Assignment <a href="#">Quiz 7: Thoracic Spine, Cervical Spine, Abdomen and Thorax</a>	due by 11:59pm
Mon Nov 2, 2020	Page <a href="#">Week 12 Overview</a>	to do: 11:59pm
Thu Nov 5, 2020	Assignment <a href="#">Week 10: Live Session</a>	due by 1:30pm
Sun Nov 8, 2020	Assignment <a href="#">Quiz 8: Head</a>	due by 11:59pm
Mon Nov 9, 2020	Page <a href="#">Week 13 Overview</a>	to do: 11:59pm
Wed Nov 11, 2020	Assignment <a href="#">Article Critique 2</a>	due by 11:59pm
Thu Nov 12, 2020	Assignment <a href="#">Week 11: Live Session</a>	due by 1:30pm



Date	Details	
Sun Nov 15, 2020	Assignment <a href="#">Article Critique 2 Discussion Board</a>	due by 11:59pm
	Assignment <a href="#">Quiz 9: Shoulder</a>	due by 11:59pm
Mon Nov 16, 2020	Page <a href="#">Week 14 Overview</a>	to do: 11:59pm
	Assignment <a href="#">Group Video Project: Public Service Announcement (PSA)</a>	due by 11:59pm
Thu Nov 19, 2020	Assignment <a href="#">Week 12: Live Session</a>	due by 1:30pm
Sun Nov 22, 2020	Assignment <a href="#">Group Video Project Public Service Announcement (PSA) Discussion Board</a>	due by 11:59pm
	Assignment <a href="#">Quiz 10: Elbow, Forearm and Hand</a>	due by 11:59pm
Mon Nov 23, 2020	Page <a href="#">Week 15 Overview</a>	to do: 11:59pm
Sun Nov 29, 2020	Assignment <a href="#">Exam 3</a>	due by 11:59pm
Mon Nov 30, 2020	Page <a href="#">Week 16 Overview</a>	to do: 11:59pm
Fri Dec 4, 2020	Assignment <a href="#">Final Exam</a>	due by 11:59pm