

Course Syllabus

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KIN 2080: CARE & PREVENTION OF ATHLETIC INJURIES

Fall 2020

COURSE SCHEDULE

<https://docs.google.com/document/d/1OD0wkEU0DITm1jRgxERmxYGzxC23o2OZic9oUZgzDC4/edit?usp=sharing>



syllabus pic

Dates: 8/18/20 - 12/4/20

Credit Hours: 2

Format: ONLINE

LIVE SESSIONS:

Tuesday 10 a.m. - 11:00 a.m

<https://pointloma.zoom.us/j/951072>

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 [. \(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=jeffsullivan@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=jeffsullivan@pointloma.edu)

Office Hours: Zoom office hour link

<https://canvas.pointloma.edu/courses/53930/assignments/syllabus>

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.

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.

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) [_ \(https://www.amazon.com/Essentials-Athletic-Management-William-Prentice/dp/0078022754\)](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) [_ \(http://libguides.pointloma.edu/kinesiology\)](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	Hours	Points
Virtual Class Sessions (can miss 2 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

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

- **Synopsis:** 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 HONESTY

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](http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/point-loma-education/academic-policies) (<http://www.pointloma.edu/experience/academics/catalogs/undergraduate-catalog/point-loma-education/academic-policies>) for full text.

ACADEMIC ACCOMMODATIONS

If you have a diagnosed disability the Center for Student Success (CSS) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619.563.2810. You may also ask your academic advisor or program director for any additional accommodation information.

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 graduate students to encounter God and grow in their Christian faith. There are resources for your Christian faith journey available at the [Graduate & Professional Student Spiritual Life web page](https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life). (<https://www.pointloma.edu/opportunities/graduate-professional-student-spiritual-life>)

For Mission Valley students there is a prayer chapel on the third floor which is open for use as a space set apart for quiet reflection and prayer.

INFORMATION LITERACY

THE CURRICULUM OF THE MS-KIN IS DESIGNED SO THAT YOU DEVELOP SKILLS IN SCIENTIFIC WRITING, PERFORMING statistical analysis of data, reading and critically appraising primary literature, and incorporating current best evidence into your professional practice. Not all information is equally sound or applicable to your practice. Various assignments within this course are designed to accomplish the goal of informational literacy—to evaluate the validity and importance of information obtained from any source and use the information appropriately to solve relevant problems. These assignments include: SPSS Output Reports, in-class article discussions, in-class discussion of experimental design, review of the literature related to your proposal, presentation of proposal. We will regularly direct you to the Ryan Library to accomplish these assignments

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

If you do need technical help, you may click the HELP button (located on the top-right corner of Canvas) and choose from whom you want assistance, or you may contact the campus helpdesk (619.849.2222).

PLNU ATTENDANCE AND PARTICIPATION POLICY

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 can file a written report which may result in 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. See Academic Policies in the Graduate and Professional Studies Catalog for additional detail.

Attendance Policy for Hybrid/Blended Courses

At Point Loma Nazarene University, attendance is required at all scheduled classes.

Attendance in the face-to-face classes is to be for the entire time of the class. Arriving late or leaving early will be considered a partial absence. A day of attendance in an online class is determined as contributing a substantive note, assignment, discussion, or submission that adds value to the course as determined by the instructor. Three days of attendance are required each week. (It may be any three days during the week.)

Face-to-face Portion of the Hybrid course

In blended or hybrid courses, if a student misses one face-to-face class then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses two face-to-face classes, the faculty member or Vice Provost for Academic

Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

Online Portion of the Hybrid Course

If a student misses two online classes (a "miss" can include failure to attend a Live Session or contribute to course assignments for the week) during the course, then the faculty member will send an email to the student and the Director of Student Success warning of attendance jeopardy. There are no exceptions to this policy.

If a student misses three online classes (fails to contribute to a discussion or complete assignments by the due date) during the course, then the faculty member or Vice Provost for Academic Administration (VPAA) will initiate the student's de-enrollment from the course without further advanced notice to the student. If the date of de-enrollment is past the last date to withdraw from a class, the student will be assigned a grade of "F" and there will be no refund of tuition for that course.

1 missed F2F class = warning

2 missed F2F classes = de-enrollment

2 missed online classes = warning

3 missed online classes = de-enrollment

Course Summary:

Date	Details
Mon Aug 17, 2020	 Assignment: 'About Me' Discussion https://canvas.pointloma.edu/courses/53930/assignments/532898
	due by 11:59pm
	 Week 1 Overview
	to do: 11:59pm
Tue Aug 18, 2020	 Week 1 Live Session Agenda
	to do: 9:59am
	 QUIZ 1_Ch.1: Fitness Professionals, Coaches, and the Sports Medicine Team https://canvas.pointloma.edu/courses/53930/assignments/532883
	due by 11:59pm

Date	Details	
Sun Aug 23, 2020	 Sample Week 1: Synchronous Session Agenda with Discussion (https://canvas.pointloma.edu/courses/53930/assignments/532879)	due by 11:59pm
Sun Aug 23, 2020	 Week 2 Overview	to do: 11:59pm
Mon Aug 24, 2020	 QUIZ 2_Ch 4 & 13: Preventing Injuries through Conditioning & Injury Classification (https://canvas.pointloma.edu/courses/53930/assignments/532891)	due by 11:59pm
Tue Aug 25, 2020	 Week 2 Live Session Agenda	to do: 9:59am
Sun Aug 30, 2020	 Week 3 Overview	to do: 11:59pm
Mon Aug 31, 2020	 QUIZ 3_Ch 7 Handling Emergency Situations Primary Survey (https://canvas.pointloma.edu/courses/53930/assignments/532887)	due by 11:59pm
Tue Sep 1, 2020	 Week 3 Live Session Agenda	to do: 10am
Sun Sep 6, 2020	 Video Response Assignment_Week 3 (https://canvas.pointloma.edu/courses/53930/assignments/560976)	due by 11:59pm
Mon Sep 7, 2020	 Live Session Agenda	to do: 9:59am
Mon Sep 7, 2020	 QUIZ 4_Ch 9 Environmental Conditions (https://canvas.pointloma.edu/courses/53930/assignments/532889)	due by 11:59pm
Fri Sep 11, 2020	 Week 4 Overview	to do: 11:59pm
Fri Sep 11, 2020	 Video Response Assignment_Week 4 (https://canvas.pointloma.edu/courses/53930/assignments/564075)	due by 11:59pm
Mon Sep 14, 2020	 Week 5 Overview	to do: 11:59pm

Date	Details	
Wed Sep 16, 2020	 EXAM 1: Speaking Sports Medicine, Primary and Secondary Survey, Environmental Conditions (https://canvas.pointloma.edu/courses/53930/assignments/532890)	due by 11:59pm
Mon Sep 21, 2020	 QUIZ 5 Foot and Ankle Quiz (https://canvas.pointloma.edu/courses/53930/assignments/532886)	due by 11:59pm
	 Week 6 Overview	to do: 11:59pm
Mon Sep 28, 2020	 QUIZ 6 Ch 16 The Knee (https://canvas.pointloma.edu/courses/53930/assignments/532893)	due by 11:59pm
	 Week 7 Overview	to do: 11:59pm
Fri Oct 2, 2020	 Article Critique #1 (https://canvas.pointloma.edu/courses/53930/assignments/532899)	due by 11:59pm
Mon Oct 12, 2020	 EXAM 2 - Foot, Ankle and Knee (https://canvas.pointloma.edu/courses/53930/assignments/532895)	due by 11:59pm
Sun Oct 25, 2020	 QUIZ 7 SUPER QUIZ Thorax Abdomen Super Quiz (https://canvas.pointloma.edu/courses/53930/assignments/532885)	due by 11:59pm
Mon Nov 2, 2020	 QUIZ 8 Shoulder (https://canvas.pointloma.edu/courses/53930/assignments/532884)	due by 11:59pm
Mon Nov 9, 2020	 QUIZ 9 Spine and Head (https://canvas.pointloma.edu/courses/53930/assignments/532892)	due by 11:59pm
Tue Nov 10, 2020	 Article Critique #2 (https://canvas.pointloma.edu/courses/53930/assignments/532900)	due by 11:59pm
Sun Nov 15, 2020	 Exam 3: Shoulder, Elbow, Hand Pathologies (https://canvas.pointloma.edu/courses/53930/assignments/532888)	due by 11:59pm
Sun Nov 29, 2020	 Extra Credit: Evaluate A Friend or Family Member (https://canvas.pointloma.edu/courses/53930/assignments/532897)	due by 11:59pm

Date	Details	
Tue Dec 1, 2020	 FINAL EXAM (online) (https://canvas.pointloma.edu/courses/53930/assignments/532894)	due by 11:59pm
	 Quiz: Wrist (https://canvas.pointloma.edu/courses/53930/assignments/532902)	
	 Sample Zoom Session #1 Agenda page (https://canvas.pointloma.edu/courses/53930/assignments/532880)	
	 Wrist Quiz in class (https://canvas.pointloma.edu/courses/53930/assignments/532903)	