

Course Syllabus


 Edit

Spring 2021

Department of Kinesiology

KIN 2080: Care and Prevention

Number of units: 2

Meeting day: Tuesday and Thursday	Instructor(s): Nicole Cosby, PhD, ATC
Meeting times: 8:30 am - 9:25 am	Office phone: 619-849-2901
Meeting location: Kinesiology Classroom 1	E-mail: nicolecosby@pointloma.edu (https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=nicolecosby@pointloma.edu)
Any additional info: N/A	Office hrs: Click here to sign up for office hours https://calendar.google.com/calendar/u/0/selfsched?sstoken=UUhMYkVCdUZMQzNffGRIZmF1bHR8MWZhMTU5OGlyZTVkMjMyNTEzYTZIMDJhOG
Final Exam: Thursday (June 10) 7:30 am- 10:00 am	Canvas Login: canvas.pointloma.edu (http://canvas.pointloma.edu)  http://canvas.pointloma.edu/download?download_frd=1

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.

HEALTH AND SAFETY UPDATE - COVID 19

It is expected that all students will abide by the health and safety standards set by the university. Here is a [link](https://www.pointloma.edu/coronavirus-covid-19-information) [.\(https://www.pointloma.edu/coronavirus-covid-19-information\)](https://www.pointloma.edu/coronavirus-covid-19-information) to the most current Health and Safety Guidelines.

WEARING FACE SHIELDS IN CLASS REQUIRED

PLNU requires all students, faculty, and staff to wear face shields or cloth face coverings in classrooms, laboratories and other public spaces where in-person instruction occurs. We require the wearing of shields covering the nose and mouth in all physical classrooms to help mitigate the transmission of COVID-19. Wearing a face shield is a mark of respect, compassion for your classmates, faculty, staff and for the greater San Diego community. Students who cannot wear a face covering due to a medical condition or disability, or who are unable to remove a mask without assistance, should seek an accommodation through the disability resource center. If you do not adhere to this practice you will be asked to leave the room.

FACE SHIELDS are NOT a SUBSTITUTE for SOCIAL DISTANCING

You should maintain appropriate social distancing guidelines where possible while in the classroom, laboratory, or other instructional spaces and in public areas. You should avoid congregating around instructional space entrances before or after class sessions. Expectations for seating arrangements will be communicated at the beginning of the semester. Some instructional spaces may have designated entrance and exit doors for you to use. You should exit the instructional space immediately after the end of instruction to help ensure social distancing and allow for the persons attending the next scheduled class session to enter.

HEALTH-RELATED CLASS ABSENCES

Please regularly evaluate your own health according to current [CDC guidelines](https://www.cdc.gov/coronavirus/2019-ncov/). [.\(https://www.sandiegocounty.gov/coronavirus.html\)](https://www.sandiegocounty.gov/coronavirus.html) Do not attend class or other on-campus events if you are ill.

You are encouraged to seek appropriate medical attention for treatment of illness. Please contact your primary care physician OR a free San Diego medical clinic if you do not have health insurance. In the event of having a contagious illness such as influenza or COVID-19, please complete the PLNU campus clear app upon diagnosis and do not come to class or to campus to turn in any work. Instead, **email me about your absence as soon as you are able so that appropriate accommodations can be explored.**

I am committed to working with students with pre-existing medical and mental health needs, as well as new needs that may arise within the semester. I encourage you to reach out to me as early as possible to discuss any adjustments you think may be necessary in this course. Reasonable accommodations may include leveraging the course modules that have been developed in creative ways to maximize your access during times when students need to quarantine due to COVID exposure, or during an absence related to a disability or COVID-19 diagnosis. While I cannot guarantee any specific outcome, I am committed to working with you to explore all the options available in this course.

ATTENDANCE AND PARTICIPATION

Our class meets on Tuesday and Thursday, from 8:30 am - 9:25 am. If you cannot meet in-person due to COVID-19 restrictions, online engagement may be an appropriate alternative. Though I cannot guarantee that every requested adjustment will be possible, due to the challenges we face with the COVID-19 pandemic, I will adapt and adjust to your situation to the greatest extent possible.

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.**

ZOOM LEARNERS EXPECTATIONS

- Show up to zoom on time
- Turn on camera and make sure your camera is turned on for the entire length of the class
 1. If you need to have camera turned off an email **MUST** be sent to me prior to class otherwise I will consider this an unexcused absence
 2. Excused reasons for intermittent camera being off: need to use the restroom, may need to protect roommate
- Participate with professor and peers by unmuting OR using the chat
- Making sure you are in a quiet space (when possible) free of distractions
 1. Students will not get participation points if they are driving in a car, at work etc.
 2. You should reserve this class time just like you would if you were face to face
- Please keep in mind that PI NU's absence policy is missing 20% of our class sessions. This will

become important especially for my zoom learners.

- Please also refer to the zoom etiquette guidelines in the “Course Introduction” module of this course

FACE TO FACE LEARNER EXPECTATIONS

- Show up to class on time and maintain social distance
- Wear the appropriate protective equipment (face covering at a minimum)
- Wear the appropriate protective equipment correctly (should cover mouth and nose the entire time in class)
- Fill out campus clear app before coming to class
- Participate in the lecture and group activities if prompted
- Participate and interact with face to face and zoom students using the chat feature when possible
- Bring laptop or cell phone to class

COMMITMENT TO INCLUSION, EQUITY and DIVERSITY

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!

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.

NATURE OF COURSE DELIVERY

Combined Modality: Face to face and Remote

KINESIOLOGY LEARNING OUTCOMES

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

1. Speak and write effectively to a target audience on essential information in human movement/health and human performance

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.

All Applied Health Science majors within the Department of Kinesiology will be able to:

1. Speak and write effectively to a target audience on essential information in health care.
2. Critically evaluate and integrate new information into professional practice to solve relevant *health care concerns*.
3. Describe the mechanisms (i.e. metabolic, physiologic, biomechanical, and developmental) by which physical activity aids in health care settings.
4. Demonstrate preparedness to serve others in various health care settings through their selected vocation or calling.

KIN 2080 LEARNING OUTCOMES

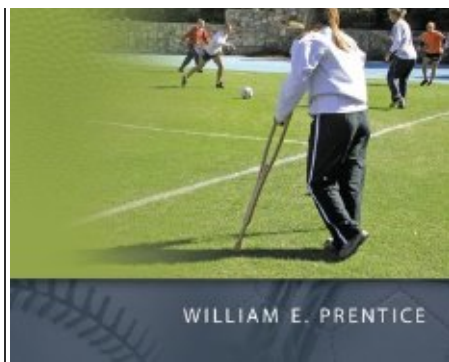
Upon completing this course, students should be able to:

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.

REQUIRED TEXTBOOKS



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)



COURSE REQUIREMENTS

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
Total Points			780-800 points

COURSE GRADING

A	92+	C+	79
A-	90-	C	73-
	91		76
B+	87-	C-	70-
	89		72
B	83-	D	63-
	86		66
B-	80-	D-	60-
	82		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)

- **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:
 - 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.*)

Critiques: Identify the major Strengths & Weaknesses of the article

- 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. 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. 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

Sports Nutrition PSA: KIN280



KIN280 PSA



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.

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.

ACADEMIC ACCOMMODATIONS

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 or 619-849-2486). The DRC's policies and procedures for assisting such students <https://canvas.pointloma.edu/courses/55184/assignments/syllabus>

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 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 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 Policies](https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) [_ \(https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty\)](https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) 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](http://www.pointloma.edu/experience/academics/class-schedules) [_ \(http://www.pointloma.edu/experience/academics/class-schedules\)](http://www.pointloma.edu/experience/academics/class-schedules) site. No requests for early examinations or alternative days will be approved.

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](#) (<https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435>) in the Undergraduate and graduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception may 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.

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](#) (<https://www.pointloma.edu/offices/spiritual-development>)

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](#) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) 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.

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.

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.

TENTATIVE COURSE TOPICS

Date	Topic	Reading: <i>Prentice</i>	Assignment Due
3/2 T	Professions in Allied Health Care	Ch 1, Appendices A&B	Week 1: About Me Discussion Board Week 1: Live Session (Tuesday)
3/4 R	Classification of injury: The language of sports medicine	Ch 4&13	Week 1: Live Session (Thursday)
3/9 T	Classification of injury continued	Ch 7	Week 2: Injury Analysis Discussion Board Week 2: Live Session (Tuesday)
3/11 R	Physical Conditioning and injury prevention	Ch 8	Week 2: Live Session (Thursday)
3/16 T	Primary/Secondary Survey (H.I.P.S and S.O.A.P. notes)	Ch 8	

3/18 R	Primary/Secondary Survey (H.I.P.S and S.O.A.P. notes)	Ch 7; NATA Heat Illness , https://www.nata.org/sites/default/files/inter-association-task-force-exertional-heat-illness.pdf Exertional Heat Illness https://natajournals.org/doi/pdf/10.4085/1062-6050-50.9.07 Proper Hydration https://www.nata.org/sites/default/files/healthy-hydration-for-young-athletes.pdf	
3/23 T	Environmental threats to health Hyperthermia - <i>Dehydration</i> Hypothermia	No Chapter please watch video below <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>pain spasm pain cycle explain...</p>  </div>	
3/25 R	Inflammatory Response	Ch 13, pgs 221-224;	
3/30	The Foot: applied	Ch 14	FYAM #1

3/23 T	The Foot: applied anatomy and biomechanics	Ch 14	Online (We still have class) Due at 11:59 pm (Ch 1, 4, 7, 8, 10, 13)
4/1 R	Foot & Ankle Pathologies	Ch 14	Article Critique # 1
4/6 T	Ankle Pathologies	Ch 15	
4/8 R	Ankle/Lower Leg	Ch 15	
4/13 T	Knee Pathologies	Ch 16	
4/15 R	Knee Pathologies	Ch 16	
4/20 T	Knee Pathologies		
4/22 R	Exam #2: The Foot, Ankle and Knee		
4/27 T	Thigh, Hip, Pelvis Pathologies	Ch 17	
4/29 R	Thigh, Hip, Pelvis Pathologies	Ch 17	

5/4 T	Abdomen & Thorax Pathologies	Ch 21	
5/6 R	Spinal Pathologies		Article Critique # 2
5/11 T	Spinal Pathologies/Brain		
5/13 R	Spinal Pathologies		
5/18 T	Shoulder	<i>Ch 18</i>	
5/20 R	Shoulder	Ch 18	
5/25 T	Shoulder	Ch 18	
5/27 R	Wrist/Hand Finger Pathologies		Group Video Project: Public Service Announcement (PSA)
6/1 T	Wrist/Hand/Finger Pathologies		
6/3 R	Exam 3		
			Cumulative Final Exam

10/10 R	Final Examination		Final Exam (This will be timed)
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