

Course Syllabus

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Department of Kinesiology

KIN 2080L

1 Unit

Spring 2021

Meeting days: M,W	Instructor: Dr. Susan Ganz, Ph.D., ATC
Meeting times: 1:30 pm - 2:25 pm	Phone: (619) 701-2567
Meeting location: K1	Email: sganz@pointloma.edu
Final Exam:	Office location and hours: virtual W 9-12, R 9:30 - 12:30
Additional info:	Additional info:

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

This course will provide an overview of skill acquisition in the techniques and procedures required of the athletic training clinician. Laboratory instruction will include various technique of strapping, binding, and wound management as well as bony/soft tissue palpation of joints and special tests to rule out/in various pathologies.

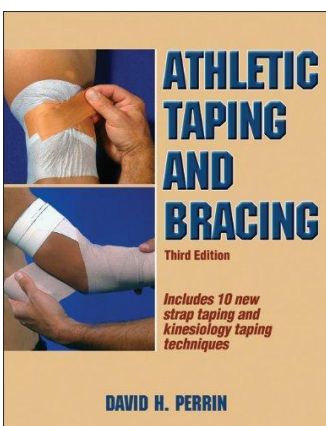
COURSE LEARNING OUTCOMES

Upon completing this course, the student should be able to:

- Practice and develop competence in binding, wrapping and taping of various anatomic regions for a variety of types and degrees of tissue pathology, and for prevention.
- Perform and develop competence in the process of injury evaluation through the use of H.I.P.S. (History, Inspection, Palpation, and Special Tests).
- Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.

- Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.
- Learn the basic principles associated with the use of protective equipment and will apply, wear and test various types of prophylactic braces.
- Appreciate the relative value of taping and bracing.
- Learn the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints.
- Learn the principles of effective heat loss and heat illness prevention programs

REQUIRED TEXTBOOKS



Title	<i>Athletic Taping And Bracing; 3rd Ed.</i>
Author	David H. Perrin
ISBN-13:	978-1-4504-1352-7
Publisher	Human Kinetics
Publication Date	2012

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 1 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 Synchronous classes, Discussions, Groups, etc.	20
Reflections	5
Activities	4
Other Assignments & Learning Activities	2.5
Lab practicals	6
Total Hours	37.5

COURSE SCHEDULE AND ASSIGNMENTS

Note: For each assignment, provide the following things:

- Description: Clear explanation of the assignment
- Requirements: Clearly identify all evaluation requirements for each assignment, including rubrics, if any, for assignments.
- Style standard: APA, Chicago, etc., if applicable.

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 \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) 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 Policies \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) 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 \(http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278\)](http://catalog.pointloma.edu/content.php?catoid=18&navoid=1278) 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.

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 \(https://www.pointloma.edu/offices/spiritual-development\)](https://www.pointloma.edu/offices/spiritual-development)

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 \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) 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	Due
Wed Sep 23, 2020	 WK 6 Synchronous Lab: Review for Lab Practical 2 (https://canvas.pointloma.edu/courses/55185/assignments/614806)	due by 1:30pm
Wed Sep 30, 2020	 WK 7 Synchronous Lab: Knee palpation's and special tests (https://canvas.pointloma.edu/courses/55185/assignments/614809)	due by 11:59pm







Date	Details	Due
Wed Oct 7, 2020	 Synchronous Lab: Hip (https://canvas.pointloma.edu/calendar?event_id=77528&include_contexts=course_55185)	1:30pm to 2:30pm
	 WK 8 Synchronous Lab: Hip Palpation's & Special tests (https://canvas.pointloma.edu/courses/55185/assignments/614812)	due by 1:30pm
Wed Oct 21, 2020	 Synchronous Lesson: Palpations and special tests of the shoulder (https://canvas.pointloma.edu/calendar?event_id=77529&include_contexts=course_55185)	1:30pm to 2:30pm
	 WK 10 Synchronous Lab: Shoulder palpation's & special tests (https://canvas.pointloma.edu/courses/55185/assignments/614781)	due by 1:30pm
Wed Oct 28, 2020	 Synchronous Lab: Elbow (https://canvas.pointloma.edu/calendar?event_id=77524&include_contexts=course_55185)	1:30pm to 2:30pm
	 WK 11 Synchronous Lab: Elbow palpation's & special tests (https://canvas.pointloma.edu/courses/55185/assignments/614784)	due by 1:30pm
Wed Nov 4, 2020	 Synchronous Lab: Wrist, hand and fingers (https://canvas.pointloma.edu/calendar?event_id=77525&include_contexts=course_55185)	1:30am to 2:30am
	 WK 12 Synchronous Lab: wrist, hand & fingers (https://canvas.pointloma.edu/courses/55185/assignments/614787)	due by 1:30pm
Wed Nov 11, 2020	 Synchronous Lab: Palpations and special tests of the spine (https://canvas.pointloma.edu/calendar?event_id=77526&include_contexts=course_55185)	1:30am to 2:30am
	 WK 13 Synchronous Lab: Palpation's & special tests of the spine (https://canvas.pointloma.edu/courses/55185/assignments/614790)	due by 1:30pm
Wed Nov 18, 2020	 Synchronous Lab: Palpations and special tests of the thorax and abdomen (https://canvas.pointloma.edu/calendar?event_id=77527&include_contexts=course_55185)	1:30am to 2:30am
	 WK 14 Synchronous Lab: Palpation's & special tests of the Thorax & Abdomen (https://canvas.pointloma.edu/courses/55185/assignments/614792)	due by 1:30pm
Mon Mar 1, 2021	 COVID-19 Preparedness (https://canvas.pointloma.edu/courses/55185/assignments/621272)	due by 11:59pm

Date	Details	Due
Tue Mar 2, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87337&include_contexts=course_55185	11:15am to 12:15pm
Thu Mar 4, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87338&include_contexts=course_55185	11:15am to 12:15pm
	 WK 1 Class Attendance & Participation https://canvas.pointloma.edu/courses/55185/assignments/614797	due by 1:30pm
	 WK 1 Activity: Tape Tearing https://canvas.pointloma.edu/courses/55185/assignments/614795	due by 11:59pm
	 WK 1 Reflection: Equipment Fitting https://canvas.pointloma.edu/courses/55185/assignments/614796	due by 11:59pm
Tue Mar 9, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87339&include_contexts=course_55185	11:15am to 12:15pm
Thu Mar 11, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87340&include_contexts=course_55185	11:15am to 12:15pm
	 WK 2 Class Attendance & Participation https://canvas.pointloma.edu/courses/55185/assignments/614799	due by 11:15am
	 WK 2 Activity: Wound Care https://canvas.pointloma.edu/courses/55185/assignments/614798	due by 11:59pm
Tue Mar 16, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87341&include_contexts=course_55185	11:15am to 12:15pm
	 WK 3 Reflection: Crutch fitting & ambulation https://canvas.pointloma.edu/courses/55185/assignments/614800	due by 11:59pm
Thu Mar 18, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87342&include_contexts=course_55185	11:15am to 12:15pm
	 WK 3 Lab Practical 1 https://canvas.pointloma.edu/courses/55185/assignments/614778	due by 11:15am

Date	Details	Due
	 WK 3 Attendance and Participation https://canvas.pointloma.edu/courses/55185/assignments/641868	due by 11:59pm
Tue Mar 23, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87343&include_contexts=course_55185	11:15am to 12:15pm
Thu Mar 25, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87344&include_contexts=course_55185	11:15am to 12:15pm
	 WK 4 Attendance & Participation https://canvas.pointloma.edu/courses/55185/assignments/614802	due by 11:15am
Sat Mar 27, 2021	 WK 4 Reflection: Palpation's and special test of the foot & toes https://canvas.pointloma.edu/courses/55185/assignments/614801	due by 11:59pm
Tue Mar 30, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87345&include_contexts=course_55185	11:15am to 12:15pm
Thu Apr 1, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87346&include_contexts=course_55185	11:15am to 12:15pm
	 WK 5 Attendance & Participation https://canvas.pointloma.edu/courses/55185/assignments/614804	due by 11:15am
Sat Apr 3, 2021	 WK 5 Activity: Foot & Toe Taping https://canvas.pointloma.edu/courses/55185/assignments/614803	due by 11:59pm
Tue Apr 6, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87347&include_contexts=course_55185	11:15am to 12:15pm
Thu Apr 8, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87348&include_contexts=course_55185	11:15am to 12:15pm
Sat Apr 10, 2021	 WK 6 Activity: Lower leg Taping https://canvas.pointloma.edu/courses/55185/assignments/614805	due by 11:59pm
Tue Apr 13, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87349&include_contexts=course_55185	11:15am to 12:15pm

Date	Details	Due
	 WK 7 Lab Practical 2 https://canvas.pointloma.edu/courses/55185/assignments/614807	due by 11:59pm
Thu Apr 15, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87350&include_contexts=course_55185	11:15am to 12:15pm
Sat Apr 17, 2021	 WK 7 Reflection: Palpation's & Special Tests of the Knee https://canvas.pointloma.edu/courses/55185/assignments/614808	due by 11:59pm
Tue Apr 20, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87351&include_contexts=course_55185	11:15am to 12:15pm
Thu Apr 22, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87352&include_contexts=course_55185	11:15am to 12:15pm
	 WK 8 Activity: Knee Taping https://canvas.pointloma.edu/courses/55185/assignments/614810	due by 11:59pm
Sat Apr 24, 2021	 WK 8 Reflection: Palpation's & Special tests of the hip https://canvas.pointloma.edu/courses/55185/assignments/614811	due by 11:59pm
Tue Apr 27, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87353&include_contexts=course_55185	11:15am to 12:15pm
Thu Apr 29, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87354&include_contexts=course_55185	11:15am to 12:15pm
	 WK 9 Lab Practical 3 https://canvas.pointloma.edu/courses/55185/assignments/614814	due by 11:59pm
Sat May 1, 2021	 WK 9 Activity: Hip & Groin Spica https://canvas.pointloma.edu/courses/55185/assignments/614813	due by 11:59pm
Tue May 4, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87355&include_contexts=course_55185	11:15am to 12:15pm
Thu May 6, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87356&include_contexts=course_55185	11:15am to 12:15pm

Date	Details	Due
	 WK 10 Reflection: Palpation's & Special tests of the shoulder https://canvas.pointloma.edu/courses/55185/assignments/614780	due by 11:59pm
Sat May 8, 2021	 WK 10 Activity: Shoulder Spica https://canvas.pointloma.edu/courses/55185/assignments/614779	due by 11:59pm
Tue May 11, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87357&include_contexts=course_55185	11:15am to 12:15pm
Thu May 13, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87358&include_contexts=course_55185	11:15am to 12:15pm
	 WK 11 Reflection: Palpation's & Special test of the elbow https://canvas.pointloma.edu/courses/55185/assignments/614783	due by 11:59pm
Sat May 15, 2021	 WK 11 Activity: Elbow Hyperextension Taping https://canvas.pointloma.edu/courses/55185/assignments/614782	due by 11:59pm
Tue May 18, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87359&include_contexts=course_55185	11:15am to 12:15pm
Thu May 20, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87360&include_contexts=course_55185	11:15am to 12:15pm
	 WK 12 Reflection: Palpation's of the wrist, hand & fingers https://canvas.pointloma.edu/courses/55185/assignments/614786	due by 11:59pm
Sat May 22, 2021	 WK 12 Activity: Thumb taping https://canvas.pointloma.edu/courses/55185/assignments/614785	due by 11:59pm
Tue May 25, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87361&include_contexts=course_55185	11:15am to 12:15pm
	 WK 13 Lab Practical 4 https://canvas.pointloma.edu/courses/55185/assignments/614788	due by 11:59pm
Thu May 27, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87362&include_contexts=course_55185	11:15am to 12:15pm

Date	Details	Due
Sat May 29, 2021	 WK 13 Reflection: Palpation's & special tests of the spine https://canvas.pointloma.edu/courses/55185/assignments/614789	due by 11:59pm
Tue Jun 1, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87363&include_contexts=course_55185	11:15am to 12:15pm
Thu Jun 3, 2021	 KIN2080L-1 SP21 - Care and Prevention of Athletic Injuries Lab https://canvas.pointloma.edu/calendar?event_id=87364&include_contexts=course_55185	11:15am to 12:15pm
Sat Jun 5, 2021	 WK 14 Reflection: Palpation's & special tests of the thorax & abdomen https://canvas.pointloma.edu/courses/55185/assignments/614791	due by 11:59pm
Thu Jun 10, 2021	 WK 15 Lab Practical 5 https://canvas.pointloma.edu/courses/55185/assignments/614793	due by 11:59pm
	 WK 15 Reflection: Palpation's & special tests of the head & face https://canvas.pointloma.edu/courses/55185/assignments/614794	due by 11:59pm