

Course Syllabus

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KIN 2080: CARE & PREVENTION OF ATHLETIC INJURIES

Fall 2021

COURSE SCHEDULE

<https://docs.google.com/document/d/1OD0wkEU0DITm1jRgxERmxYGzxC23o2OZic9oUZgzDC4usp=sharing>

Course Information



Dates: 8/31/21 - 12/17/21

Credit Hours: 2

Format: Hybrid (7 f2f sessions)

CLASS SESSIONS:

Mondays 2:40 p.m. - 4:20 p.m.

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

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Office Hours: Zoom office hour link

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

Students will develop a deeper and more informed understanding of careers 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 and Points

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

Grade Scale

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*

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 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

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) [_ \(https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349\)](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 student-tech-request@pointloma.edu [_ \(https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=student-tech-request@pointloma.edu\)](https://mail.google.com/mail/?view=cm&fs=1&tf=1&to=student-tech-request@pointloma.edu).

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

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	Due
Mon Aug 30, 2021	 Week 1 Overview	to do: 10am
Tue Aug 31, 2021	 Week 1 Class Agenda	to do: 9:59am
	 KIN2080 - Care And Prevention Of Athletic Injuries (https://canvas.pointloma.edu/calendar?event_id=109262&include_contexts=course_57791)	2:40pm to 4:25pm

Date	Details	Due
	 Assignment: 'About Me' Discussion https://canvas.pointloma.edu/courses/57791/assignments/677427	due by 11:59pm
Wed Sep 1, 2021	 QUIZ 1 Ch.1: Fitness Professionals, Coaches, and the Sports Medicine Team https://canvas.pointloma.edu/courses/57791/assignments/677420	due by 11:59pm
Fri Sep 3, 2021	 Week 6 Overview	to do: 10am
Mon Sep 6, 2021	 Week 2 Overview	to do: 10am
Tue Sep 7, 2021	 QUIZ 2 Ch 4 & 13: Preventing Injuries through Conditioning & Injury Classification https://canvas.pointloma.edu/courses/57791/assignments/677421	due by 11:59pm
Fri Sep 10, 2021	 Week 3 In-Person Class Agenda	to do: 9:59am
Sun Sep 12, 2021	 Video Response Assignment Week 2 https://canvas.pointloma.edu/courses/57791/assignments/711036	due by 11:59pm
	 Week 3 Overview	to do: 10am
Mon Sep 13, 2021	 KIN2080 In Person Session https://canvas.pointloma.edu/calendar?event_id=110344&include_contexts=course_57791	2:40pm to 4:25pm
	 QUIZ 3 Ch 7 Handling Emergency Situations Primary Survey https://canvas.pointloma.edu/courses/57791/assignments/677424	due by 11:59pm
	 Week 3: Lecture Videos	to do: 11:59pm
Sun Sep 19, 2021	 Video Response Assignment Week 3 https://canvas.pointloma.edu/courses/57791/assignments/677437	due by 11:59pm

Date	Details	Due
	 Week 4 Class Agenda on Zoom	to do: 9:59am
	 Week 4 Overview	to do: 10am
Mon Sep 20, 2021	 KIN2080 Optional Zoom Session (https://canvas.pointloma.edu/calendar?event_id=110472&include_contexts=course_57791)	2:40pm to 3:25pm
	 QUIZ 4 Ch 9 Environmental Conditions (https://canvas.pointloma.edu/courses/57791/assignments/677416)	due by 11:59pm
Sun Sep 26, 2021	 Video Response Assignment Week 4 (https://canvas.pointloma.edu/courses/57791/assignments/677438)	due by 11:59pm
Wed Sep 29, 2021	 EXAM 1: Speaking Sports Medicine, Primary and Secondary Survey, Environmental Conditions (https://canvas.pointloma.edu/courses/57791/assignments/677419)	due by 11:59pm
Mon Oct 4, 2021	 Week 6 Class Agenda	to do: 8:59am
	 QUIZ 5 Foot, Toe, Ankle Quiz (https://canvas.pointloma.edu/courses/57791/assignments/677422)	due by 11:59pm
Sun Oct 10, 2021	 Article Critique #1 (https://canvas.pointloma.edu/courses/57791/assignments/677430)	due by 11:59pm
Mon Oct 11, 2021	 Week 7 Class Agenda	to do: 9:59am
	 Week 7 Overview	to do: 10am
Wed Oct 13, 2021	 Video Response Assignment Week 7 (https://canvas.pointloma.edu/courses/57791/assignments/677440)	due by 11:59pm
Mon Oct 18, 2021	 Week 8 Class Agenda	to do: 9:59am

Date	Details	Due
	 Week 8 Overview	to do: 10am
	 QUIZ 6_Ch 16 The Knee (https://canvas.pointloma.edu/courses/57791/assignments/677418)	due by 11:59pm
Wed Oct 20, 2021	 Video Response Assignment Week 8 (https://canvas.pointloma.edu/courses/57791/assignments/677441)	due by 11:59pm
Fri Oct 22, 2021	 EXAM 2 - Foot, Ankle and Knee (https://canvas.pointloma.edu/courses/57791/assignments/677423)	due by 11:59pm
Sun Oct 24, 2021	 QUIZ 7 SUPER QUIZ Hips, Pelvis, Thorax & Abdomen (https://canvas.pointloma.edu/courses/57791/assignments/677425)	due by 11:59pm
Mon Oct 25, 2021	 Week 9 Overview	to do: 10am
Wed Oct 27, 2021	 QUIZ 8 Shoulder (https://canvas.pointloma.edu/courses/57791/assignments/677413)	due by 11:59pm
Wed Oct 27, 2021	 Video Response Assignment Week 9 (https://canvas.pointloma.edu/courses/57791/assignments/677442)	due by 11:59pm
Mon Nov 1, 2021	 Week 10 Class Agenda	to do: 9:59am
Mon Nov 1, 2021	 Week 10 Overview - The Shoulder Complex	to do: 10am
Wed Nov 3, 2021	 Video Response Assignment Week 10 (https://canvas.pointloma.edu/courses/57791/assignments/677434)	due by 11:59pm
Mon Nov 8, 2021	 Week 11 Overview - The Elbow and Forearm	to do: 10am
Mon Nov 8, 2021	 Week 12 Overview	to do: 10am
Mon Nov 8, 2021	 Week 12 Class Agenda	to do: 10:01am

Date	Details	Due
Wed Nov 10, 2021	 Video Response Assignment_Week 11 (https://canvas.pointloma.edu/courses/57791/assignments/677435)	due by 11:59pm
	 Video Response Assignment_Week 12 (https://canvas.pointloma.edu/courses/57791/assignments/677436)	due by 11:59pm
Mon Nov 15, 2021	 Week 13 Class Agenda	to do: 9:59am
	 Week 13 Overview - The Spine	to do: 10am
Fri Nov 19, 2021	 QUIZ 9 Spine and Head (https://canvas.pointloma.edu/courses/57791/assignments/677415)	due by 11:59pm
Sun Nov 21, 2021	 Article Critique #2 (https://canvas.pointloma.edu/courses/57791/assignments/677431)	due by 11:59pm
	 Exam 3: Shoulder, Elbow, Hand Pathologies (https://canvas.pointloma.edu/courses/57791/assignments/677417)	due by 11:59pm
Mon Nov 22, 2021	 Week 14 Class Agenda	to do: 9:59am
Sun Dec 5, 2021	 Extra Credit OPTION 1: Evaluate A Friend or Family Member (https://canvas.pointloma.edu/courses/57791/assignments/677428)	due by 11:59pm
	 Extra Credit OPTION 2: Watch the "Concussion" Movie and Respond (https://canvas.pointloma.edu/courses/57791/assignments/677426)	due by 11:59pm
Thu Dec 16, 2021	 FINAL EXAM (online) (https://canvas.pointloma.edu/courses/57791/assignments/677414)	due by 11:59pm
	 Quiz: Wrist (https://canvas.pointloma.edu/courses/57791/assignments/677432)	

Date	Details	Due
	 Sample Zoom Session #1 Agenda page (https://canvas.pointloma.edu/courses/57791/assignments/677433)	
	 Wrist Quiz in class (https://canvas.pointloma.edu/courses/57791/assignments/677443)	