Instructor: Sanford Miller
Course Time & Location: T/R 9:30 – 10:45 AM; SG244
Office: HPE Building 213
Office Phone: 468-5497
Credits: 3 hrs.
Office hours: 8:00 – 9:30 a.m. Tuesday & Thursday
Email: smiller@sfasu.edu

Instructor: Sanford Miller
Course Time & Location: T/R 9:30 – 10:45 AM; SG244
Office: HPE Building 213
Office Phone: 468-5497
Credits: 3 hrs.
Office hours: 8:00 – 10:30 a.m. Monday

Prerequisites: None

I. Course Description:
This course will be an introduction of athletic injuries. The students will explore the basic analysis of theories and practices an preventing, recognizing, and treating common athletic injuries. Course fee $18.00.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):
This course links with SFA Initiative #4: Develop a learner-centered environment.
This course links with SFA’s COE Goal and Initiative #2: Prepare educators and industry professionals.
This course links with SFA’s initiative #5: Create new learning opportunities through additional interdisciplinary, international, service learning, and civic engagement experiences.
This course links with SFA’s COE Goal and Initiative #4: Teaching and student success.
This course links with SFA’s COE Goal and Initiative #6: Collaborate with external partners.

Program Learning Outcomes:
1. The student will identify and analyze critical components of physical movements.
2. The student will demonstrate an understanding of basic principles of physical fitness concepts and the utilization of available technology in assessing fitness levels, performance, and physiological effects during various levels of physical stress.
3. The student will apply knowledge of principles and stages of motor development.
4. The student will demonstrate knowledge of kinesiological principles and content.
5. The student will design and implement physical education learning experiences that are developmentally appropriate, safe, and that utilize principles of effective instruction.

Student Learning Outcomes:
Upon completion of this course each student will be able to:
1. Develop an understanding of the function of an Athletic Trainer (PLO # 4)
2. Recognize common athletic injuries (PLO # 1,2)
3. Comprehend the make up of the Sports Medicine Team (PLO # 4)
4. Develop a basic knowledge of the prevention of injuries (PLO# # 1)
5. Develop basic rehabilitation knowledge (PLO#1,3,4)
6. Demonstrate preventative measures of equipment usage, padding, and taping (PLO# 5)

III. Course Assignments, Activities, Instructional Strategies, use of Technology:
A variety of instructional methods are modeled during the course such as but, not limited to: lectures, class discussion, group work, cooperative activities, lab exercises, guest speakers, and power point presentations. Students are required to turn in ALL assignments typed.

Abstract – This will consist of a one page review of relevant topic in athletic training. Sources may include magazines, internet, or journals, etc. The review will be typed and have been published within the last five (5) years. APA format for citation will be utilized. Cite the journal at the top of the page single spaced. Then follow this with a single spaced minimum typed single page review.
- The first section of the review will be a summary (do not just rewrite, that is called plagiarism; do your own work).
- The second section of the review you will discuss why this topic interested you and how it could help you in your profession.

Submit a printed copy of your source and review.

Total points possible = 30 points
<table>
<thead>
<tr>
<th>Category</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Organization</td>
<td>Information is very organized with well constructed paragraphs.</td>
<td>Information is organized with well constructed paragraphs.</td>
<td>Information is organized but paragraphs are not well constructed.</td>
<td>The information appears too disorganized.</td>
<td>Information is disorganized.</td>
</tr>
<tr>
<td>Quality of Information</td>
<td>Provided valuable incite to the quality of the read article. Provided an in-depth review of the article by citing several supporting details and/or examples</td>
<td>Provided incite to the quality of the read article. Provided a review of the article with some supporting details and/or examples</td>
<td>No details and/or examples were given to support the critique. Review of the article was minimal and involved only references to subheadings.</td>
<td>A critique was not provided. Review of the article had no supporting details and/or examples.</td>
<td>Review of the article was verbatim, nothing was original.</td>
</tr>
<tr>
<td>Mechanics</td>
<td>No grammatical, spelling or punctuation errors, followed APA format</td>
<td>Almost no grammatical, spelling, or punctuation errors, 1-2 APA mistakes</td>
<td>A few grammatical, spelling, or punctuation errors, 3-4 APA mistakes</td>
<td>Many grammatical, spelling, or punctuation errors, APA mistakes</td>
<td>Way too many for a graduate student, did not follow APA format.</td>
</tr>
</tbody>
</table>

Total points earned x 2 = _________/ 30 points possible

**Quizzes** – Quizzes will consist of multiple choice, true/false, short answer, and scenarios. Quizzes will cover material covered prior to the present class.

**Final Examination** – Will be comprehensive and will consist of multiple choice, true/false, and short answer.

IV. Evaluation and Assessments (Grading):
- A= 90-100%
- B= 80-89%
- C=70-79%
- D=60-69%
- F= below 60%

Quizzes = 80% of grade
Abstract = 10% of grade
Final Comprehensive Examination = 10% of grade

V. Tentative Course Outline/Calendar:

T. Jan. 22  
Orientation
T. Jan. 29  
Ch. 4-6  
Strength & Conditioning/Sports Nutrition/Protective Equipment; Quiz Chapters 1-3
T. Jan. 31  
Medical Terminology; Commonly used medical terminology in Athletic Training.
T. Feb. 5  
Ch. 13  
Sports Injuries - How to recognize the most common injuries in an Athletic Training setting; Quiz over medical terminology.
T. Feb. 7  
Ch. 7  
Environmental Factors; Hot and Cold weather, Lightning and other safety considerations.
T. Feb. 12  
Ch. 8  
Emergencies and Injury Assessment; Quiz chapter 7
T. Feb. 14  
Ch. 8  
Continued
T. Feb. 19  
Lab  
Abstract 1 Due
T. Feb. 21  
Ch. 22  
Head Injuries - symptoms, treatment, and protocol for return to activity.
T. Feb. 26  
Ch. 14  
Foot & Ankle; Basic anatomy, commonly seen injuries, basic evaluation and treatment.
T. Feb. 28  
Ch. 15  
Ankle and Low Leg; Basic anatomy, commonly seen injuries, basic evaluation and treatment; Quiz Chapter 14
T. Mar. 5  
Ch. 16  
Knee; Basic anatomy, commonly seen injuries, basic evaluation and treatment. Quiz Chapter 15
T. Mar. 7  
Ch. 17  
Thigh, Hip, Groin; Basic anatomy, common injuries, basic evaluation and treatment; Quiz Chapter 16
T. Mar. 12  
Ch. 10  
Taping & Bandaging; Basic principles and techniques of athletic taping.
T. Mar. 14  
Lab  
Abstract 2 Due
T. Mar. 26  
Ch. 18  
Shoulder; Basic anatomy, commonly seen injuries, basic evaluation and treatment.
T. Mar. 28  
TBA
T. Apr. 2  
Ch. 19  
Elbow Wrist & Hand; Basic anatomy, commonly seen injuries, basic evaluation and treatment. Quiz Chapter 18
T. Apr. 4  
Ch. 20  
NO CLASS – Easter Holiday
T. Apr. 9  
Ch. 9  
Face, Thorax, and Abdomen
T. Apr. 11  
CH. 11  
Blood Borne Pathogens
T. Apr. 16  
Basics of Rehab; Abstract 3 Due; Quiz Chapter 9
T. Apr. 23  
Lab  
Taping
T. Apr. 25  
Lab  
Taping
T. Apr. 30  
Lab  
Taping

**Article Review Rubric**

<table>
<thead>
<tr>
<th>Category</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information</td>
<td>Provided valuable incite to the quality of the read article. Provided an in-depth review of the article by citing several supporting details and/or examples</td>
<td>Provided incite to the quality of the read article. Provided a review of the article with some supporting details and/or examples</td>
<td>No details and/or examples were given to support the critique. Review of the article was minimal and involved only references to subheadings.</td>
<td>A critique was not provided. Review of the article had no supporting details and/or examples.</td>
<td>Review of the article was verbatim, nothing was original.</td>
</tr>
<tr>
<td>Mechanics</td>
<td>No grammatical, spelling or punctuation errors, followed APA format</td>
<td>Almost no grammatical, spelling, or punctuation errors, 1-2 APA mistakes</td>
<td>A few grammatical, spelling, or punctuation errors, 3-4 APA mistakes</td>
<td>Many grammatical, spelling, or punctuation errors, APA mistakes</td>
<td>Way too many for a graduate student, did not follow APA format.</td>
</tr>
</tbody>
</table>

Total points earned x 2 = _________/ 30 points possible

**Quizzes** – Quizzes will consist of multiple choice, true/false, short answer, and scenarios. Quizzes will cover material covered prior to the present class.

**Final Examination** – Will be comprehensive and will consist of multiple choice, true/false, and short answer.

IV. Evaluation and Assessments (Grading):
- A= 90-100%
- B= 80-89%
- C=70-79%
- D=60-69%
- F= below 60%

Quizzes = 80% of grade
Abstract = 10% of grade
Final Comprehensive Examination = 10% of grade

V. Tentative Course Outline/Calendar:

T. Jan. 22  
Orientation
T. Jan. 29  
Ch. 4-6  
Strength & Conditioning/Sports Nutrition/Protective Equipment; Quiz Chapters 1-3
T. Jan. 31  
Medical Terminology; Commonly used medical terminology in Athletic Training.
T. Feb. 5  
Ch. 13  
Sports Injuries - How to recognize the most common injuries in an Athletic Training setting; Quiz over medical terminology.
T. Feb. 7  
Ch. 7  
Environmental Factors; Hot and Cold weather, Lightning and other safety considerations.
T. Feb. 12  
Ch. 8  
Emergencies and Injury Assessment; Quiz chapter 7
T. Feb. 14  
Ch. 8  
Continued
T. Feb. 19  
Lab  
Abstract 1 Due
T. Feb. 21  
Ch. 22  
Head Injuries - symptoms, treatment, and protocol for return to activity.
T. Feb. 26  
Ch. 14  
Foot & Ankle; Basic anatomy, commonly seen injuries, basic evaluation and treatment.
T. Feb. 28  
Ch. 15  
Ankle and Low Leg; Basic anatomy, commonly seen injuries, basic evaluation and treatment; Quiz Chapter 14
T. Mar. 5  
Ch. 16  
Knee; Basic anatomy, commonly seen injuries, basic evaluation and treatment. Quiz Chapter 15
T. Mar. 7  
Ch. 17  
Thigh, Hip, Groin; Basic anatomy, common injuries, basic evaluation and treatment; Quiz Chapter 16
T. Mar. 12  
Ch. 10  
Taping & Bandaging; Basic principles and techniques of athletic taping.
T. Mar. 14  
Lab  
Abstract 2 Due
T. Mar. 26  
Ch. 18  
Shoulder; Basic anatomy, commonly seen injuries, basic evaluation and treatment.
T. Mar. 28  
TBA
T. Apr. 2  
Ch. 19  
Elbow Wrist & Hand; Basic anatomy, commonly seen injuries, basic evaluation and treatment. Quiz Chapter 18
T. Apr. 4  
Ch. 20  
NO CLASS – Easter Holiday
T. Apr. 9  
Ch. 9  
Face, Thorax, and Abdomen
T. Apr. 11  
CH. 11  
Blood Borne Pathogens
T. Apr. 16  
Basics of Rehab; Abstract 3 Due; Quiz Chapter 9
T. Apr. 23  
Lab  
Taping
T. Apr. 25  
Lab  
Taping
T. Apr. 30  
Lab  
Taping
TH. May 2  Lab  Taping
T. May 7  Lab  Splinting; spineboard
TH. May 9  Taping Final
TH. May 13-17  FINAL EXAMS

*Schedule is subject to instructor modification!

VI. Readings (Required and recommended—including texts, websites, articles, etc.):

LiveText Statement:
This course uses the LiveText data management system to collect critical assessments for students who are Perkins College of Education majors (undergraduate, graduate, and doctoral) or majors in other colleges seeking educator certification through the Perkins College of Education. Students who do not have an existing LiveText account will receive an access code via the SFA email system within the first week of class. You will be required to register your LiveText account, and you will be notified how to do this via email. If you forward your SFA e-mail to another account and do not receive an e-mail concerning LiveText registration, please be sure to check your junk mail folder and your spam filter for these e-mails.

If you have questions about obtaining or registering your LiveText account, call ext. 1267 or e-mail SFATliveText@sfasu.edu. Once LiveText is activated, if you have technical questions, call ext. 7050 or e-mail livetext@sfasu.edu. Failure to activate the account and/or submit the required assignment(s) within the LiveText system may result in course failure.

VII. Course Evaluations:
"Near the conclusion of each semester, students in the College of Education electronically evaluate courses taken within the COE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the COE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information:

Class Attendance and Excused Absence:

Policy 6.7: Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student’s attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Students are expected to attend and participate in every scheduled class meeting. Students are expected to arrive on time. Unexcused absences and Tardies: The student may incur one unexcused absence for the semester. Subsequent unexcused absences will result in a deduction of 3 points from the student’s final grade. The instructor is under no obligation to provide an opportunity to make up tests, assignments or other missed work. Students arriving after attendance has been taken are responsible for notifying the instructor at the end of the class period or they will be marked as absent. Exceptions will be made for students who miss class for University-sponsored events, verifiable serious illness, or a verifiable family emergency. It is the responsibility of the student to notify the instructor immediately prior to an anticipated absence for a school sponsored trip. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes, the student is considered absent.

Students with Disabilities:

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilitieservices/.

**Academic Integrity:**

**Student Academic Dishonesty: Policy 4.1**

Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

**Definition of Academic Dishonesty**

Academic dishonesty includes both cheating and plagiarism. Cheating includes, but is not limited to:
- using or attempting to use unauthorized materials on any class assignment or exam;
- falsifying or inventing of any information, including citations, on an assignment; and/or;
- helping or attempting to help another in an act of cheating or plagiarizing.

Plagiarism is presenting the words or ideas of another person as if they were one’s own. Examples of plagiarism include, but are not limited to:
- submitting an assignment as one's own work when it is at least partly the work of another person;
- submitting a work that has been purchased or otherwise obtained from the Internet or another source; and/or,
- incorporating the words or ideas of an author into one’s paper or presentation without giving the author credit.

**Penalties for Academic Dishonesty**

Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

**Student Appeals**

A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).

**Withheld Grades Semester Grades Policy 5.5:**

At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

**Student Code of Conduct: Policy 10.4**

Classroom behavior should not interfere with the instructor’s ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

**Additional Information:**

To complete Certification/Licensing Requirements in Texas related to public education and other professional settings, you will be required to:

1. **Undergo criminal background checks for field or clinical experiences on public school campuses:** The public school campuses are responsible for the criminal background check; YOU are responsible for completing the information form requesting the criminal background check. If you have a history of criminal activity, you may not be allowed to complete field or clinical experiences on public school campuses. At that point, you may want to reconsider your major while at SFASU.

2. **Provide one of the following primary ID documents:** passport, drivers license, state or providence ID cards, a national ID card, or military ID card to take the TExES exams (additional information available at www.texes.ets.org/registrationBulletin/). YOU must provide legal documentation to be allowed to take these mandated examinations that are related to certification/licensing requirements in Texas. If you do not have legal documentation, you may want to reconsider your major while at SFASU.
3. Successfully complete state mandated a fingerprint background check. If you have a history of criminal activity, you may want to reconsider your major while at SFASU.

   For further information concerning this matter, contact Katie Snyder 936-468-1740 or snyderke1@sfasu.edu.

Attendance:
Students are expected to attend and participate in every scheduled class meeting. Students are expected to arrive on time.

IX. Other Relevant Course Information:

   Cell phone/laptops:
   Cell phone use is not permitted during class; This includes texting! Laptops may be used for NOTE TAKING ONLY.

Insurance:
It is strongly advised that each student carry health/accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course.