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

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, D2L discussion posts and power point presentations. Students are required to turn in ALL assignments typed.

Quizzes – They will consist of multiple choice, true/false, short answer, and scenarios. Quizzes will contain material presented in class and will occur online or in class. See course calendar for more details.

D2L Assignments – They will consist of questions pertaining to each chapter as preparation for quizzes and final exam. (Due by Sunday at midnight (CST) of the corresponding week)

Discussion Posts: Discussion posts and responses to classmates for various prompts will take place on D2L. More information found on D2L. Initial posts must be posted by Wednesday midnight (CST) and responses posted by Sunday midnight (CST) of corresponding week.

Lab Skills – This course will require students to demonstrate proficiency in specific lab skills. Students are required to participate during the lab days with demonstration of learned skills. It is important to attend lab days to receive participation grade.

Final Examination – Will be comprehensive and will consist of multiple choice, and true/false. An exam review will be given to help prepare you for this exam. Final exam will occur in person on the scheduled date set by University's Final Exam Schedule.

IV. Evaluation and Assessments (Grading):
<table>
<thead>
<tr>
<th></th>
<th>Attendance</th>
<th>Quiz Grades</th>
<th>Lab Skill Assessment</th>
<th>D2L Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>100%</td>
<td>50%</td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td>B</td>
<td>90-99%</td>
<td>50%</td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td>C</td>
<td>80-89%</td>
<td>50%</td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td>D</td>
<td>70-79%</td>
<td>50%</td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td>F</td>
<td>below 70%</td>
<td>50%</td>
<td></td>
<td>15%</td>
</tr>
</tbody>
</table>

V. Tentative Course Outline/Calendar:

<table>
<thead>
<tr>
<th>Week / Date</th>
<th>Chapter(s)</th>
<th>Topic</th>
<th>Deadlines</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) 10/29 R-8.31</td>
<td>Ch. 1, 2</td>
<td>Sports Med Team; Roles &amp; Responsibilities</td>
<td>D2L Assignment- Introduction</td>
</tr>
<tr>
<td>(2) 10/30 R-9.7</td>
<td>Ch. 3, 4</td>
<td>Organization/ Administration/ Legal; Preventing Injuries through Fitness</td>
<td>Quiz 1- Online</td>
</tr>
<tr>
<td>(3) 10/12 R-9.14</td>
<td>Ch. 5, 6</td>
<td>Sports Nutrition; Protective Equipment</td>
<td>Quiz 2- Online</td>
</tr>
<tr>
<td>(4) 10/19 R-9.21</td>
<td>Ch. 13</td>
<td>Sports Injuries; Medical Terminology</td>
<td>Quiz 3- Online</td>
</tr>
<tr>
<td>(5) 10/26 R-9.28</td>
<td>Ch. 7, 10</td>
<td>Environmental Factors; Taping &amp; Bandaging</td>
<td>Quiz 3- Online</td>
</tr>
<tr>
<td>(6) 10/10 R-10.5</td>
<td>Ch. 9</td>
<td>Taping &amp; Bandaging Lab; Blood Borne Pathogens</td>
<td>Quiz 4- Online</td>
</tr>
<tr>
<td>(7) 10/12 R-10.12</td>
<td>Ch. 8</td>
<td>Emergencies &amp; Injury Assessment; Emergency Lab</td>
<td>Lab Skills</td>
</tr>
<tr>
<td>(8) 10/17 R-10.19</td>
<td>Ch. 14,15</td>
<td>Foot &amp; Toes; Ankle &amp; Lower Leg</td>
<td>Lab Skills</td>
</tr>
<tr>
<td>(9) 10/24 R-10.26</td>
<td>Ch. 16, 17</td>
<td>Knee; Thigh, Hip, &amp; Groin</td>
<td>Quiz 5- Online</td>
</tr>
<tr>
<td>(10) 10/31 R-11.2</td>
<td>Ch. 18, 19</td>
<td>Shoulder Complex; Elbow, Forearm, Wrist &amp; Hand</td>
<td>Quiz 6- Online</td>
</tr>
<tr>
<td>(11) 11/7 R-11.9</td>
<td>Ch. 20,21</td>
<td>Spine; Thorax &amp; Abdomen</td>
<td>Quiz 7- Online</td>
</tr>
<tr>
<td>(12) 11/9 R-11.10</td>
<td>Ch. 22</td>
<td>Head, Face, Eyes, Ears, Nose, Throat</td>
<td>Quiz 8- Online</td>
</tr>
<tr>
<td>(13) 11/12 R-11.23</td>
<td></td>
<td></td>
<td>THANKSGIVING HOLIDAYS</td>
</tr>
<tr>
<td>(14) 11/12 R-11.30</td>
<td>Ch. 11</td>
<td>Basics of Rehabilitation</td>
<td>Quiz 9- Online</td>
</tr>
<tr>
<td>(15) 11/20 R-12.5</td>
<td>Ch. 23</td>
<td>General Medical Conditions</td>
<td>D2L Assignment- Review</td>
</tr>
<tr>
<td>(16) 11/22 R-12.7</td>
<td></td>
<td></td>
<td>EXAM OCCURS FACE TO FACE IN CLASS</td>
</tr>
<tr>
<td>(17) 11/28 R-12.7</td>
<td></td>
<td></td>
<td>COMPREHENSIVE FINAL EXAM</td>
</tr>
</tbody>
</table>

Final Examination – Will be comprehensive and will consist of multiple choice, and true/false. An exam review will be given to help prepare you for this exam. Final exam will occur in person on the scheduled date set by University's Final Exam Schedule.
*All dates and topics are tentative. If any adjustments are made to this outline, a new version will be made available to students promptly.

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

VII. Course Evaluations:
"Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses (the teaching itself and the content/assignments) taken within the PCOE. 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 (full-time and part-time) annual evaluation processes, tenure, promotion, pay, and retention.

As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE 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 summarized data will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Policy

Academic Integrity (4.1)

The Code of Student Conduct and Academic Integrity outlines the prohibited conduct by any student enrolled in a course at SFA. It is the responsibility of all members of all faculty, staff, and students to adhere to and uphold this policy.

Articles IV, VI, and VII of the new Code of Student Conduct and Academic Integrity outline the violations and procedures concerning academic conduct, including cheating, plagiarism, collusion, and misrepresentation. Cheating includes, but is not limited to: (1) Copying from the test paper (or other assignment) of another student, (2) Possession and/or use during a test of materials that are not authorized by the person giving the test, (3) Using, obtaining, or attempting to obtain by any means the whole or any part of a non-administered test, test key, homework solution, or computer program, or using a test that has been administered in prior classes or semesters without permission of the Faculty member, (4) Substituting for another person, or permitting another person to substitute for one’s self, to take a test, (5) Falsifying research data, laboratory reports, and/or other records or academic work offered for credit, (6) Using any sort of unauthorized resources or technology in completion of educational activities.

Plagiarism is the appropriation of material that is attributable in whole or in part to another source or the use of one’s own previous work in another context without citing that it was used previously, without any indication of the original source, including words, ideas, illustrations, structure, computer code, and other expression or media, and presenting that material as one’s own academic work being offered for credit or in conjunction with a program course or degree requirements.

Collusion is the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any provision of the rules on academic dishonesty, including disclosing and/or distributing the contents of an exam.

Misrepresentation is providing false grades or résumés; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual or to injure another student academically or financially.

Withheld Grades Semester Grades Policy (5.5)

Ordinarily, at the discretion of the instructor of record and with the approval of the academic chair/director, a grade of WH will be assigned only if the student cannot complete the coursework 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. If students register for the same course in future terms the WH will automatically become an F and will be counted as a repeated course to compute the grade point average. For additional information, go to https://www.sfasu.edu/policies/course-grades-5.5.pdf

Student with Disabilities

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, 468-3004 / 468-1004 (TDD) 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 promptly may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.
Student Wellness and Well-Being

SFA values students’ mental health and the role it plays in academic and overall student success. SFA provides a variety of resources to support students’ mental health and wellness. Many of these resources are free, and all of them are confidential.

On-campus Resources:
The Dean of Students Office (Rusk Building, 3rd floor lobby)
www.sfasu.edu/deanofstudents
936.468.7249
dos@sfasu.edu

SFA Human Services Counseling Clinic Human Services, Room 202
www.sfasu.edu/humanservices/139.asp
936.468.1041

The Health and Wellness Hub “The Hub”
Location: corner of E. College and Raguet St.

To support the health and well-being of every Lumberjack, the Health and Wellness Hub offers comprehensive services that treat the whole person – mind, body and spirit. Services include:

- Health Services
- Counseling Services
- Student Outreach and Support
- Food Pantry
- Wellness Coaching
- Alcohol and Other Drug Education

www.sfasu.edu/thehub
936.468.4008
thehub@sfasu.edu

Crisis Resources:

- Burke 24-hour crisis line: 1.800.392.8343
- National Suicide Crisis Prevention: 9-8-8
- Suicide Prevention Lifeline: 1.800.273.TALK (8255)
- johCrisis Text Line: Text HELLO to 741-741