Instructor: Keilea Sumrall, DHSc, LAT, ATC  
Office: HPE 220  
Office Phone: 936.468.1812  
Email: Keilea.sumrall@sfasu.edu  
Course Time & Location: T/TR 8:00am-9:15am, HPE 222  
Office Hours: M: 1:00-2:30pm, T: 1:00-2:30, W: 1-3pm  
Credits: Three (3) hours

Prerequisites:

I. Course Description:  
Caring for injuries in the gymnasium and on the athletic field. This course will provide a survey of athletic injury recognition and management. In addition, students will be exposed to the role of the athletic trainer within the sports medicine team and greater health care landscape.

II. Course Justification:  
KINE 2356 - Prevention and Care of Injuries (3 credits) meets face to face for 16 weeks. Students will also engage in 150 minutes of asynchronous instructional minutes through the online learning environment. Outside assignments for preparation is necessitated for class discussions and other means of assessment for content comprehension. At the end of the semester, students are required to take a comprehensive examination during finals week. This course requires a minimum of six hours of outside preparation per week.

Prerequisites: Sophomore Standing

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.

Competency/Student Learning Outcomes:
Upon completion of this course, the student should 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 makeup 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. Apply and describe 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, online content (instructional pages, webpage links, video), class discussions, cooperative activities. Students are required to complete and upload ALL assignments typed.

**Quizzes** – Quizzes will consist of multiple choice, true/false, short answer, and scenario questions. Quizzes will take place online. See course calendar for more details.

**Lab Skill Assessments** – The lab skills component of this course will require students to demonstrate proficiency in specific lab skills. Students will review content and watch associated videos prior to attending lab in preparation for in-person skill practice and performance. Lab Skills Assessment Days are REQUIRED ATTENDANCE DAY in order to obtain the assignment grade. See Syllabus Calendar for dates.

**Flipped Classroom Days:** Prior preparation by reading articles and textbook material are required for class discussion and debates facilitated by professor.

**Final Examination** – The final exam will be comprehensive and will consist of multiple choice, true/false, and short answer questions. An exam review assignment will help prepare you for this exam. Final Exam is in person on scheduled date set by the University Final Exam Schedule.

IV. Evaluation and Assessments (Grading):

**Grading Scale**

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
<th>Component</th>
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<tbody>
<tr>
<td>100-90.0%</td>
<td>A</td>
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<tr>
<td>89.9-80.0%</td>
<td>B</td>
<td>Quizzes 50%</td>
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<tr>
<td>79.9-70.0%</td>
<td>C</td>
<td>Lab Skill Assessments 20%</td>
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<tr>
<td>69.9-60.0%</td>
<td>D</td>
<td>Quizzes and In Class Assignments 15%</td>
</tr>
<tr>
<td>59.9 &amp; below</td>
<td>F</td>
<td>Final Exam 15%</td>
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</table>

**Class Expectations**

- Due to the amount of discussion occurring in the course, weekly class preparation (e.g. readings, assignments) is vital.
- Arrive to class punctually, with an open mind and a positive attitude.
- Please ask a question even if you feel you should know the answer. Who knows, someone else may be thinking the same thing.
- You can expect a response from me via email within 24-48 hours, Monday-Friday.

**Electronic Communication and Assignment Submissions:**

- At times, you may be required to submit a course assignment or quiz electronically through D2L by a certain date and time. Failure to follow electronic submission guidelines may result in the assignment or quiz not being accepted.
- Assignment and Quiz Due Dates are to be followed. Assignments or quizzes submitted late on D2L will incur a late penalty. The Late Work Penalty is as follows:
  - 1 Day Late: Deduct 10 points
  - 2 Days Late: Deduct 20 points
  - Greater than 2 Days Late: assignment not accepted and grade will be a 0
- Electronic communication with the professor should be completed in a professional manner as you would with other professionals in your first job. Students are expected to do practice the following for professional email communication:
  - Send a professional email to the professor that contains a professional salutation (Dr. Sumrall, Dr. Bobo, Dr. Watts etc)
  - Brief information regarding the purpose of the email should be included,
  - The email should be closed with the student’s name and appropriate email signature
  - The subject line on the email should include the course and or assignment the email pertains to.
V. Tentative Course Outline/Calendar:
See final page of syllabus.
Please plan to check D2L daily for updated information and directions in the News Feed.

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 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 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 will not be available to the instructor until after final grades are posted.

VIII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies

Institutional Absences (HOP 04-110)
An Institutional Absence may be granted to a student who participates as a representative of the University in academic (including research), extra- or cocurricular, or athletic activities. Students will be excused for institutional purposes from otherwise required academic activity only when a valid Institutional Absence is approved by the appropriate administrative unit or official and the documentation of approval is provided to the faculty member at least five (5) days in advance.

Institutional absences will not be approved for keystone events, defined as: a special or unique assignment, test, project, experience, or other academic exercise identified by the Faculty member as critical for successful completion of standards of the class and unable to be missed. These events must be identified on the syllabus at the beginning of the semester and communicated to the students. Events added to the syllabus at a later date will not qualify for Keystone Event status. Keystone Events where the date/time is changed will no longer be considered a Keystone Event. Students should make themselves aware of any Keystone Events identified in the syllabus to ensure there are no conflicts.

For keystone events where the assignment dates vary, it is incumbent upon the students to work with their faculty member to not select a conflicting date.

More information on Institutional Absences, including how to apply, can be found at https://www.sfasu.edu/deanofstudents/student-resources/institutional-absences.

Code of Student Conduct and Academic Integrity

The Code of Student Conduct and Academic Integrity (HOP 04-106) 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. For additional information, go to https://www.sfasu.edu/docs/hops/04-106.pdf.

**Withheld Grades Semester Grades Policy (HOP policy 02-206)**

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/docs/hops/02-206.pdf.

- **Students 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’ overall well-being, mental health and the role it plays in academic and overall student success. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, emotional well-being, alcohol and other drugs, identities, finances, etc.

  If you are experiencing concerns, seeking help, 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.

- **Other important course-related policies:**
  ***Other SFA policy information is found in the Handbook of Operating Procedures (HOP)***
IX: Resources

• On-campus Resources:
  o The Dean of Students Office (Rusk Building, 3rd floor lobby)
    www.sfasu.edu/deanofstudents
    936.468.7249
dos@sfasu.edu
  o SFASU Counseling Services • www.sfasu.edu/counselingservices
    Health and Wellness Hub (corner of E. College and Raguet) • 936-468-2401
  o SFASU Human Services Counseling Clinic • www.sfasu.edu/humanservices/139.asp
    Human Services Room 202 • 936-468-1041
  o 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)
    ❖ Crisis Text Line: Text HELLO to 741-741
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Chapter(s)</th>
<th>Deadlines</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>1/18</td>
<td>Sports Med Team; Roles &amp; Responsibilities, Organization/ Administration/Legal</td>
<td>Ch. 1,2</td>
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<td>Week 2</td>
<td>1/22-1/26</td>
<td>Ch. 1 and 2 Continued, Legal Liability and Insurance; Preventing Injuries through Fitness</td>
<td>Ch. 1,2, 3, 4</td>
<td>Quiz 1- Ch.1&amp;2 In Class- Assignment</td>
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<td>Week 3</td>
<td>1/29-2/2</td>
<td>Sports Nutrition, Sports Equipment</td>
<td>Ch. 5, 6</td>
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<td>Week 4</td>
<td>2/5-2/9</td>
<td>Recognizing Sports Injuries</td>
<td>Ch. 13</td>
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<td>Week 5</td>
<td>2/12-2/16</td>
<td>Environmental Conditions</td>
<td>Ch. 7</td>
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<td>Week 6</td>
<td>2/19-2/23</td>
<td>Bandaging and Bandaging Lab</td>
<td>Ch. 10</td>
<td>Lab Skill Assessment Thursday</td>
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<tr>
<td>Week 7</td>
<td>2/26-3/1</td>
<td>Taping and Taping Lab</td>
<td>Ch. 10</td>
<td>Lab Skill Assessment Thursday</td>
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<td>Week 8</td>
<td>3/4-3/8</td>
<td>Emergent Care and Wound Care</td>
<td>Ch. 8, 9</td>
<td>Quiz 3- Ch. 8 and 9 In Class- Assignment</td>
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<td>Week 9</td>
<td>3/11-3/15</td>
<td><strong>SPRING BREAK</strong></td>
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<td>Week 10</td>
<td>3/18-3/22</td>
<td>Foot/Toes, Ankle and Lower Leg</td>
<td>Ch. 14, 15</td>
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<td>Week 11</td>
<td>3/26</td>
<td>Knee, Thigh, Hip, Groin 3/28 is HOLIDAY</td>
<td>Ch. 16, 17</td>
<td>Quiz 4(Ch. 14-15)</td>
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<td>Week 12</td>
<td>4/1-4/5</td>
<td>Shoulder, Elbow, Wrist, Hand</td>
<td>Ch. 18, 19</td>
<td>Quiz 5 (Ch. 16-17)</td>
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<td>Week 13</td>
<td>4/8-4/12</td>
<td>Spine, Thorax and Abdomen</td>
<td>Ch. 20, 21</td>
<td>Quiz 6 (Ch. 18-19)</td>
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<td>Week 14</td>
<td>4/15-4/19</td>
<td>Head, Face, Eyes, Ears Nose and Throat</td>
<td>Ch. 22</td>
<td>Quiz 7(Ch. 20-21)</td>
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<td>Week 15</td>
<td>4/22-4/26</td>
<td>Basic Injury Rehabilitation</td>
<td>Ch. 11</td>
<td>Quiz 8 (Ch. 22) Lab Skill Assessment Thursday</td>
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<tr>
<td>Week 16</td>
<td>4/29-5/3</td>
<td>General Medical Conditions</td>
<td>Ch. 23</td>
<td>In Class- Assignment</td>
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<td>Finals</td>
<td>5/7</td>
<td><strong>COMPREHENSIVE FINAL EXAM</strong></td>
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<td><strong>Tuesday May 7</strong>&lt;sup&gt;th&lt;/sup&gt; 8am-10am</td>
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