

Midland College Syllabus
2022 - 2023
KINE 2356
Care & Prevention of Athletic Injuries

Lecture Hours: 3

Lab Hours: 0

Credit Hours: 3

Instructor Information:

Instructor: [Click here to enter text.](#)

Phone: [Click here to enter text.](#)

Office Hours: [Click here to enter text.](#)

Office: [Click here to enter text.](#)

Email: [Click here to enter text.](#)

Students MUST actively participate by completing an academic assignment required by the instructor by the official census date. Students who do not actively participate in an academically-related activity may be reported as never attended and dropped from the course.

Course Description:

This course is designed to study the subject of prevention & care of athletic injuries. A course designed for the student pursuing a career as a coach, physical educator, or a beginning student athletic trainer. Pre-requisite: TSI complete in Reading

Text, References, and Supplies:

Prentice, Essentials of Athletic Injury Management, 10th ed., 9780078022753; McGraw-Hill

Student Learning Outcomes:

After successfully completing this course, the student should be able to do the following:

1. Become acquainted with the field of athletic training, including the specific responsibilities of the trainer as well as training facilities and supplies
2. Recognize signs and symptoms of athletic injuries and determine appropriate acute care management; including referral to appropriate medical professionals
3. Use current sports medicine research to identify prevention strategies for athletic injuries (ie. flexibility, hydration, etc.).
4. Critically Assess common athletic injuries and injuries to physically active people and evaluate extent of damage to different body tissues.
5. Develop a plan of initial care and emergency care for an injured person.
6. Establish preventative care protocols for common athletic injuries.
7. Demonstrate a working knowledge and understanding of the prevention and treatment of athletic injuries.
8. Identify the major bones and muscle groups through a written evaluation.

Student Contributions, Responsibilities and Class Policies:

- Students will be expected to comply with the policies outlined in the Midland College Student Handbook. Instructor's policies concerning attendance and academic behavior are consistent with the policies in the student handbook.
- Students are required to be on time and stay the entire length of each class.
- Involvement with the material is essential- students must read, take notes, and ask questions.
- Students are expected to be able to read, write, and understand Standard English: the course is based on extensive amounts of material given in lecture, audio/visual aids, hands on experiences, and assigned readings.
- Students are required to read the text, produce written assignments, participate in verbal communication, and be prepared for written examinations.
- Students are responsible to communicate with the instructor about missed exams and/or work has not been completed.
- Students are responsible to take the initiative to inquire of their progress in the course.
- Students are responsible to inform the instructor about any physical or mental challenges that may affect their academic performance during the semester.
- No late work will be accepted. Students are expected to complete each exam, quiz, lab assignment by the due date given by the instructor.

Evaluation of Students:

Quizzes:	35%	A = 90-100%
Discussions:	25%	B = 80-89%
Exams:	<u>40%</u>	C = 70-79%
	100%	D = 60-69%
		F = 0-59%

Class Schedule is attached

Attendance Policy:

It is the responsibility of the students to know the policies and procedures associated with absences. These policies are set by instructors. Excused absences may include, but are not limited to, illness, severe weather, and death in the family. Instructors will determine whether or not an absence is excused.

<http://catalog.midland.edu/content.php?catoid=6&navoid=673>

Withdrawal Policy:

Students who have enrolled in a Texas public institution of higher education as a first-time freshman in fall 2007 or later are permitted to drop no more than six

courses during the entire undergraduate career. This limit includes all transfer work taken at a Texas institution of higher education and to second baccalaureate degrees. This statute was enacted by the State of Texas in spring 2007 (Texas Education Code 51.907). Any course that a student drops after Census Day is counted toward the six-course limit if "(1) the student was able to drop the course without receiving a grade or incurring an academic penalty; (2) the student's transcript indicates or will indicate that the student was enrolled in the course; and (3) the student is not dropping the course in order to withdraw from the institution." <http://catalog.midland.edu/content.php?catoid=6&navoid=673>

Scholastic Dishonesty:

Midland College does not tolerate scholastic dishonesty or academic misconduct in any form. Please read the MC Student Handbook on this subject.

<http://catalog.midland.edu/content.php?catoid=6&navoid=673>

Tana Baker:

Title IX Coordinator/Compliance Officer

3600 N. Garfield, SSC 131

Midland, Texas 79705

(432) 685-4781

tbaker@midland.edu

For further information on notice of non-discrimination, visit the ED.gov Office of Civil Rights website, or call 1 (800) 421-3481.

Americans with Disabilities Act (ADA) Statement:

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must visit www.midland.edu/accommodation and complete the Application for Accommodation Services located under the Apply for Accommodations tab. Services or accommodations are not automatic, each student must apply and be approved to receive them. All documentation submitted will be reviewed and a "Notice of Accommodations" letter will be sent to instructors outlining any reasonable accommodations.

Continuity of Instruction Statement:

In the event that on campus activities are suspended due to extenuating circumstances, such as weather or quarantine, the instructor will continue instruction in a manner that best supports the course content and student engagement. In this event, your instructor will notify students of the change via [Click here to enter text.](#) At that time, they will provide details about how instruction and communication will continue, how academic integrity will be ensured, and what students may expect during the time that on campus activities are suspended. If a student becomes unable to continue class participation due to extenuating circumstances, (e.g., health and safety, loss of power, etc.) the student should contact their instructor and advisor for guidance. Resources are available to

students via the SOS program. Information can be found at <https://www.midland.edu/services-resources/student-services/sos.php>.

Grievances or complaints:

Concerns should be expressed as soon as possible to allow for early resolution. Midland College encourages students to discuss their concerns with their instructor first. If you feel uncomfortable discussing your situation with your instructor, students should discuss their concerns with the Chair of the appropriate department (Biology Chair – Mr. Tomas Hernandez (432-685-6751), Chemistry Chair – Mr. John Anderson (432-685-6737), Engineering and Physics Chair – Dr. Brian Flowers (432-685-4586), Geology Chair – Mr. Antony Giles (432-685-5580), Kinesiology Chair – Ms. Sheena Thompson (432-685-4579), Math Chair – Dr. Krista Cohlma (432-685-4541) then the Dean of Math and Science – Dr. Miranda Poage (432-685-4561). If a resolution is still not possible, students may proceed with the formal complaint process.

<http://catalog.midland.edu/content.php?catoid=14&navoid=2579#grievances-and-complaints>.

Math/Science Division Information:

Division Office: AHSF 124 (432) 685-4561
Division E-Mail: mns@midland.edu

Department Chair: Ms. Sheena Thompson (432) 685-4579
Dean: Dr. Miranda Poage
Secretary: Sarah Anderson
Clerk: Liliana Orcutt