

Midland College Syllabus

2021 - 2022

KINE/PHED 2356

Care & Prevention of Athletic Injuries

Lecture Hours: 3

Lab Hours: 0

Credit Hours: 3

Instructor Information:

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

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

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

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

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

Notice: 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:

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

ISBN: 978-0078022753

Student Learning Outcomes:

Upon satisfactory completion of this course, the student will be able to:

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 Catalog](#). Instructor policies concerning attendance and academic behavior are consistent with the policies in the catalog. Regular attendance is required to do well in this class.
- 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%

Final grade will be determined on a total grade system

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, school activity, and death in the family. Instructors will determine whether or not an absence is excused. Please visit the [Midland College Catalog](#)

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." Please visit the [Midland College Catalog](#)

Scholastic Dishonesty:

Midland College does not tolerate scholastic dishonesty or academic misconduct in any form. Please read the Student Rights & Responsibilities section in the [Midland College Catalog](#) for more information.

ADA Statement:

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must place documentation on file with the Counselor/Disability Specialist. Students with disabilities should notify Midland College prior to the beginning of each semester.

Student Services will provide each student with a letter outlining any reasonable accommodations. The student must present the letter to the instructor at the beginning of the semester. Please visit [Midland College Disabilities Services](#)

Non-Discrimination Statement:

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individuals have been designated to handle inquiries regarding the non-discrimination policies:

Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781, tbaker@midland.edu; Natasha Morgan, Director Human Resources/Payroll, 3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534, nmorgan@midland.edu. For further information on notice of non-discrimination, visit <http://wdcrobcopl01.ed.gov/CFAPPS/OCR/contactus.cfm> or call **1 (800) 421-3481**.

Spanish

Midland College no discrimina por motivos de raza, color, nacionalidad, sexo, discapacidad, o edad en sus programas o actividades. Las siguientes personas han sido designadas para responder a cualquier pregunta o duda sobre estas políticas

no discriminatorias: **Tana Baker, Title IX Coordinator/Compliance Officer, 3600 N. Garfield, SSC 242, Midland, TX 79705, (432) 685-4781, tbaker@midland.edu**; **Natasha Morgan, Director Human Resources/Payroll, 3600 N. Garfield, PAD 104, Midland, TX 79705, (432) 685-4534, nmorgan@midland.edu**. Para más información sobre estas políticas no discriminatorias , visite <http://wdcrobcolp01.ed.gov/CFAPPS/OCR/contactus.cfm> o llame al 1 (800) 421-3481.

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

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