

KIN 243

I. Course Description and Purpose:

This course addresses the development of attitudes and practices in the field of Sports Medicine and Athletic Training.
(3 credit hours)

II. Specific Course Information

Prerequisite:

Instructor: Andy Llaguno, MEd., ATC, CSCS, PES
Associate Athletic Director for Health & Performance

Phone: 401-874-2051

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Email: LLAGUNO@URI.EDU

Office: Athletic Training Suite

Office Hours: By Appointment

Semesters offered: Fall

Semester: _____

Text:

III. Objectives and Student Competencies

By the end of the course, students will:

- a. Discuss the basic components of a comprehensive athletic injury/illness prevention program including: Preseason screening and physical examination, weight training and conditioning, flexibility, fitting protective equipment, application of taping and special pads etc, & control of environmental risks.
- b. Discuss the injury/illness risk factors associated with athletic participation, including: acquired or congenital abnormalities, physical demands inherent in motor skills, biomechanical stresses, extrinsic forces and physical demands inherent in motor skills and performance, environmental risk factors (climate, facilities, equipment, coaching methods performance techniques, etc) Intrinsic risk factors associated with physical and psychological development patterns of males and female athletes.
- c. Discuss the principles concerning physical fitness testing and accepting testing protocol for measurement
- d. Describe the techniques and physiological principles of isometric, isotonic and isokinetic weight training
- e. Discuss the thermoregulatory mechanisms of the human body, the associated effects of exposure to high environmental temperatures and humidity, and the means in which to prevent heat injury/illness.
- f. Discuss the professional, ethical and legal parameters associated with the role of the certified athletic trainer
- g. Describe the common injuries to each body parts, including the characteristics pathology of common closed soft tissue injuries, open wounds and fractures. {etiology-signs & symptoms-basic functional tests- treatment}
- h. Discuss the history and development of athletic training at the state, district and national levels as well as the objective, purpose, and professional activities in each area

IV. Content and Educational Opportunities

Refer to course outline

V. Course Requirements and Assessment

Reading:	20 lectures x 5 questions =	100 points
Assignments:	Anatomy- find land marks=	100 points
Mid Term Project:	Lower Extremity Rehab Program=	50 points
Final Project:	Upper Extremity Rehab Program=	50 points
Final Assignment:	5 Topics -2 paragraphs, 20 points each=	<u>100 points</u>

TOTAL: 400 POINTS

VI. GRADING SCALES:

A = 93% 372	C- = 70% 292
A- = 90% 360	D+ = 67% 268
B+ = 87% 348	D = 63% 252
B = 83% 332	F= 59% and below
B- = 80% 320	
C+ = 77% 308	
C = 73% 292	

COURSE OUTLINE & READING ASSIGNMENTS:

This course will cover topics designed to help the student meet the behavioral objectives stated in the syllabus. The order in which topics will be addressed is at the discretion of the instructor. Every effort will be made to ensure that enough notice will be provided as to upcoming topics. It will be the responsibility of the student to keep up with the reading in the text, which coincides with the material covered in class.

Reading Assignments:

There will be 20 lectures for student to review and study. At the end of each lectures there will 5 questions that must be answered. Each question is worth 1 point. *Total of 100 points*

Assignments:

Students will need to find landmarks of anatomy pictures for each body part discussed in class. There are 10 body parts worth 10 points each. Some have overlaps *Total of 100 point*

Mid Term Project:

Pick a lower extremity body part / injury.

Please include the (Etiology – Signs & Symptoms –Palpation - Special Tests – Treatment) for your injury.

Then give a detailed *Rehab Program* including all elements:

(Modalities – ROM/Flex – Strength/Power – Coordination/Proprioception –Endurance/Cardio)

List at least 3 items/exercises in each section. Include sets and reps *Total of 50 points.*

Final Project:

Pick an upper extremity body part / injury. See Mid Term Project details.

Total of 50 points

Final Assignment:

Review the following resources:

Found on WWW.GORHODY.COM - INSIDE ATHLETICS – SPORTS MED

Provide an abstract on each topic – (one page typed, 2 paragraphs= 1likes & 1 dislikes)

5 topics for 20 points each.

Total of 100 points.

1. Emergency Action Plan (EAP)
2. Mental Health
3. URI Sports Medicine Tour
4. Concussion Fact Sheet
5. Drug Testing Policy

Please Note: All assignments and projects will be given a due date. No assignments/projects will be accepted late. You will have ample time to complete them.

VII. Special Consideration

“Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990 require the University of Rhode Island to provide academic adjustments or accommodations for students with documented disabilities. Students seeking academic adjustments or accommodations must self-identify with the Coordinator of Services for Students with Disabilities on the appropriate campus. After meeting with the Coordinator, students are encouraged to meet with instructors to discuss their needs and, if applicable, any laboratory safety concerns related to their disabilities”

It is the policy of the University to accord students, on an individual basis, the opportunity to observe their traditional religious holidays. Students desiring to observe a religious holiday of special importance must provide advance written notification to each instructor by the end of the second week of classes.

IX. URI Standards of Behavior:

Students are responsible for being familiar with, and adhering to the published "Community Standards of Behavior: University Policies and Regulations", which can be accessed in the Student Handbook, or at:
<http://www.uri.edu:80/judicial/handbookweb.html>

X. Technology proficiency:

The Department of Physical Education and Exercise Science expects its students and graduates to be proficient in the use of technology to retrieve and process information, and to communicate professionally using a variety of media. The specific tools and skills required varies with individual courses, but in general, students should be proficient in web navigation and search engines, word processing, spreadsheet manipulation, and basic graphing tasks. The Department refers student deficient in these skills to the min-courses offered by IITS as well as the many computer labs located across campus.

Technology requirements of this course include:

- Using the web to find related resources in Health
- Using word processing for completion of course assignments
- Communicating with the instructor and other students in the class via e-mail
- Retrieving information from course web pages
- Video-taping and systematic computer analysis of movement and skills

KIN 243
Prevention and Care of Athletic Injuries
Course Outline

- Lecture 1 Introduction to Athletic Training
- Lecture 2 Injury Prevention / Psychological Stress & Sports Injuries
- Lecture 3 Nutrition
- Lecture 4 Mechanisms, Characteristics and Classification of Sport Injuries
- Lecture 5 Musculoskeletal Healing Process / Rehabilitation
- Lecture 6 Medical Terminology, Anatomical Directional Terminology, & Movement of Joints
- Lecture 7 Selected Emergency Procedures, Evaluation Process, & Injury Recording Method

- Lecture 8 Foot – Ankle – Lower Leg Injuries / Conditions
- Lecture 9 Knee Injuries / Conditions
- Lecture 10 Thigh – Hip – Groin Injuries / Conditions
- Lecture 11 Shoulder Injuries / Conditions
- Lecture 12 Elbow – Forearm – Wrist – Hand Injuries / Conditions
- Lecture 13 Abdominal – Thorax Injuries / Conditions
- Lecture 14 Spinal Injuries / Conditions
- Lecture 15 Head – Face Injuries / Conditions

- Lecture 16 Concussion
- Lecture 17 Heat – Cold – Lightning
- Lecture 18 Asthma – Skin Infections - Diabetes
- Lecture 19 Sickle Cell – Skin Infections/MRSA
- Lecture 20 Sudden Death and Preventing Catastrophic Events