

KIN 4315-Advanced Athletic Training

CRN 16376

W 6pm-8:50pm

HSSN 136

Instructor Information:

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Office Hours: Tuesday 4:30pm-5:30pm

Course Description

Advanced Athletic Training Provides opportunities for the development of competence in the uses of common technique for both the prevention and rehabilitation of athletic injuries. Students will be provided opportunities to demonstrate an understanding of bone and soft tissue injury management and of the implications of gender differences for conditioning and injury management.

Prerequisite Course: KIN 2315-Minimum Grade of C or better and KIN 3331-Minimum Grade of C or better.

Course Objectives

1. The student will develop an understanding of sports-specific demands relative to injury predisposition and patterns of the spine and extremities.
2. The student will become knowledgeable of pertinent anatomical and biomechanical considerations that are prerequisite to conducting thorough joint-specific clinical evaluations
3. The student will develop an appreciation for variations in symptomatic presentation that are associated with different pathological conditions.
4. The student will develop an understanding of the critical role that a compilation of a good medical history plays in ensuring diagnostic accuracy.
5. The student will develop an understanding of the key components of the evaluation format with emphasis on observation, visual inspection, bony palpation, soft tissue palpation, range-of-motion assessment, muscle performance tests, neurological tests, special tests of joint pathology, and special tests of function.
6. The student will be able to describe and demonstrate, with confidence, evaluation techniques for various anatomical and pathological considerations of the spine and extremities.

Course Textbook Information

Required:

(2023). Editors. Starkey C, & Long B.C., & Cavallario J.M.(Eds.), *Examination of Orthopedic & Athletic Injuries, 5e.* F. A. Davis Company. ISBN- 978-0803690158

Grading Policy

The final grade is based on a “grading package”. Participation and quality of effort within each portion of this package will determine your status at the end of the semester. The available points assigned to each section are as follows: Total 1000 semester points. Points may vary based on the amount of assignment accumulation during the semester.

For Lecture Course:	Point Value Total
Written Assignments	200
Attendance and Professional Conduct	100
Class Participation	200
Quizzes	200
Exams	300
Total Points	1000

Evaluation of Students

Written Assignments: 200 points

Writing assignments, case studies, and worksheets will be assigned regularly for class. Each assignment will be worth a different point amount. Please follow assignment due dates posted on Blackboard. **Any missed assignments must be turned in within a week of the missed due date. NO EXCEPTIONS.**

Attendance and Professional Conduct: 100 points

Class Attendance: 50 points

Success in this course requires regular attendance, especially since a significant portion of your grade consists of regular attendance and class participation. **Class participation is crucial, and your attendance is mandatory in this class.** You are allowed 2 absences without penalty. Any other additional absences will result in significant point deduction that will impact the student's final grade, 10 points each additional absence.

Professional Conduct: 50 points

The content of this course requires students to practice the clinical skills that are presented. Students will practice the techniques on each other; therefore, labs and class activities will require some physical contact between students and/or instructors. All students are expected to participate in lab activities. Some of the techniques and lab activities will require student to expose certain portions of their body. All students are expected to treat personal contact in a mature manner.

Any inappropriate comments, physical contact, or other inappropriate behaviors should be reported to the instructor immediately. Inappropriate conduct will result in your removal of the class session and will be reported to the Office of the Dean of Students, the UTEP Department of Kinesiology, and any other appropriate authorities and administrators.

Class Participation: 200 points

Students are expected to take an active role in this course by:

- Participating in class discussions
- Asking appropriate questions
- Responding to instructor's prompts and questions
- Participating in all lecture and lab activities
- Reporting to class properly prepared by knowing the topic, and having read all the assigned readings and supportive materials
- Assisting the instructor or fellow classmates when requested.

Students will be reminded that it is their responsibility to read through and make the effort to understand and learn all the presented course material.

Quizzes: 200 points

All quizzes will cover material from lecture, lab activities, class discussion, and assigned readings. The quizzes will be in multiple choice and/or short answer format. Late submissions will not be accepted or graded. Quizzes will be due as noted on the course schedule. Students may not work together, or copy each other's answers, etc. Students are responsible for their own learning and will be held accountable accordingly.

Exams: 300 points

All examinations are comprehensive and will cover the content of lecture, lab, and discussion sessions as well as assigned readings. Exams will vary in length.

- *Unit Exams (100 Points each)*- Lower Body Assessment and Upper Body Assessment will consist of a written portion and an oral/practical portion. The oral/practical portion is intended to assess each student's ability to perform the skills associated with the assessment of injuries to the lower and upper body.
- *Final Exam (100 points)*: Written portion consisting of the entirety of the course material covered throughout the semester.

Students must notify the instructor at least 24 hours in advance if they are to miss an examination. If notice is not received at least 24 hours in advance, the student will receive a zero as their grade on the missed exam. Exam dates listed are tentative, actual dates may change. Changes in exam dates will be announced during class and on Blackboard.

Exams must be taken at their scheduled time unless prior arrangements have been made and approved by the instructor.

- **Make Up Procedures:** Students must request permission from the instructor at least 24 hours before the exam day to be eligible to miss and make up the exam. Students will not be allowed to make-up a missed exam without prior notification – NO EXCEPTIONS.

Cell Phone/Texting/Laptop Use Policy:

You are here to learn. Cell phone usage (texting, web browsing, apps, etc.) is unacceptable. You and your cell phone will be asked to leave. Please make sure your cell phones are on silent and put away. You may use your laptops for taking

notes ONLY. Checking emails, doing other work or playing games during class is expressly forbidden. Students violating this policy will lose the privilege of using a computer during class.

Scholastic Honesty and Discipline:

Students are encouraged to study together to share their knowledge freely during the learning process. However, during exams no assistance from other students will be allowed. Materials such as books and notes may be used unless otherwise indicated by the instructor. Students should handle their answer sheets discreetly by keeping them out of easy view of others. "Scholastic dishonesty" which induces the attempt to present work of another as his or her own, or any work which he/she has not honestly performed, or attempting to pass any examination by improper means is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty will be reported to the Dean of Students for disposition. It is the Dean of Students' responsibility to investigate each allegation or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.

Plagiarism: A student must not adopt or reproduce ideas, words or statements of another person without appropriate acknowledgement. A student must give credit to the originality of others and acknowledge another whenever he or she quotes another person's actual words; paraphrases another person's words; uses another person's ideas, opinion or therapy; or borrow facts, statistics, or other material, unless the information is common knowledge. It is official UTEP policy that all suspected cases of plagiarism be referred to the Office of Student Life for investigation. For more information, go to: <http://sa.utep.edu/wp-content/blogs.dir/60/files/2012/09/Avoiding-Plagiarism.pdf>

Disabilities: If you have a disability and need classroom accommodations, please contact The Center for Accommodations and Support Services (CASS) at 747-5148, or by email to cass@utep.edu, or visit their office located in UTEP Union East, Room 106. For additional information please visit the CASS website at www.sa.utep.edu/cass

Communication with Instructor:

Please reach out to instructor through EMAIL for ALL QUESTIONS and CONCERNS. *Only use the listed phone number in the event of an emergency. PLEASE NO PHONE CALLS- TEXT ONLY.* If you plan on being absent, please make further arrangements with instructor prior to missing class. If you are unable to make it class due to unforeseen circumstances please let the instructor know ASAP.

Course Calendar

Class Date	Lecture and Lab Topics	Course Readings/Assignments Due Dates*
Week 1 August 28	<ul style="list-style-type: none"> • Class Introductions • Student Expectations/Survey • Athletic Training Knowledge: • Pre-Assessment 	<ul style="list-style-type: none"> • Student Survey • AT-Pre-Assessment- In Class <p>Before the next class meeting:</p> <ul style="list-style-type: none"> • Read: Chapter 4 and Chapter 5
Week 2 September 4	Injury Nomenclature Diagnostic Techniques	<p>DUE 9/8/2024</p> <p>Written Assignment-</p> <ul style="list-style-type: none"> • Injury Recognition • Reading Review <p>Quiz-</p> <ul style="list-style-type: none"> • Chapter 4 and 5 <p>Before the next class meeting:</p> <ul style="list-style-type: none"> • Read: Chapter 1 and Chapter 2
Week 3 September 11	Clinical Examination Process Acute Injury Assessment	<p>DUE: 9/15/2024</p> <p>Written Assignment-</p> <ul style="list-style-type: none"> • Injury Documentation • Emergency Scenarios • Reading Review <p>Quiz- Chapter 1 and 2</p> <p>Before the next class meeting:</p> <ul style="list-style-type: none"> • Read: Chapter
Week 4 September 18	Evaluation of the Head and Cervical Spine	<p>DUE: 9/22/24</p> <p>Read: Chapter 20</p> <p>Written Assignment:</p> <ul style="list-style-type: none"> • Concussion Case Study • Cranial Nerve Review • Reading Review <p>Quiz:</p> <ul style="list-style-type: none"> • Evaluation of the Head and Cervical Spine • Evaluation of the Spine <p>Before the next class meeting:</p> <ul style="list-style-type: none"> • Read: Chapter 6-8
Week 5 September 25	Evaluation of Gait and Posture Evaluation of the Foot and Toes	<p>DUE: 9/29/24</p> <p>Read: Chapter</p> <p>Written Assignment:</p> <ul style="list-style-type: none"> • Injury Scenarios • Reading Review <p>Quiz:</p> <ul style="list-style-type: none"> • Evaluation of Gait and Posture • Evaluation of the Foot and Toe <p>Before the next class meeting:</p> <p>Read: Chapter 9</p>
Week 6 October 2	Evaluation of the Foot and Toe (cont.) Evaluation of the Lower Leg and Ankle	<p>DUE: 10/6/24</p> <p>Written Assignment:</p> <ul style="list-style-type: none"> • Injury Scenarios • Reading Review <p>Quiz:</p> <ul style="list-style-type: none"> • Evaluation of the Lower Leg and Ankle <p>Before the next class meeting:</p> <ul style="list-style-type: none"> • Read: Chapter 10-12
Week 7 October 9	Evaluation of the Patella and Knee Evaluation of the Hip	<p>DUE: 10/13/24</p> <p>Written Assignment:</p> <ul style="list-style-type: none"> • Injury Scenarios • Reading Review <p>Quiz:</p> <ul style="list-style-type: none"> • Evaluation of the Patella and Knee • Evaluation of the Hip <p>Before Next Class Meeting:</p> <ul style="list-style-type: none"> • Prepare for Lower Body Assessment
Week 8 October 16	Lower Body Assessment Exam	<p>In Class- October 16, 2024</p> <p>Unit Exam- Lower Body Assessment</p> <p>Written Assignment: Lower Body Assessment Review</p> <p>Before the next class meeting:</p>

		Read: Chapter 13-15
Week 9 October 23	Evaluation of the Spine Evaluation of the Shoulder and Upper Arm	DUE: 10/27/24 Written Assignment: <ul style="list-style-type: none"> Injury Scenarios Reading Review Quiz: <ul style="list-style-type: none"> Evaluation of the Spine Evaluation of the Shoulder and Upper Arm Before the next class meeting: <ul style="list-style-type: none"> Read: Chapter 16
Week 10 October 30	Evaluation of the Shoulder and Upper Arm (cont.) Evaluation of the Elbow and Forearm	DUE: 11/3/24 Written Assignment: <ul style="list-style-type: none"> Injury Scenarios Reading Review Quiz: <ul style="list-style-type: none"> Evaluation of the Elbow and Forearm Before the next class meeting: <ul style="list-style-type: none"> Read: Chapter 17
Week 11 November 6	Evaluation of the Wrist, Hand, and Fingers	DUE: 11/10/24 Written Assignment: <ul style="list-style-type: none"> Injury Scenarios Reading Review Quiz: <ul style="list-style-type: none"> Evaluation of the Wrist, Hand, and Fingers Before the next class meeting: <ul style="list-style-type: none"> Read: Chapter 18-19
Week 12 November 13	Evaluation of the Eye and Face and Related Structures	DUE: 11/17/24 Written Assignment: <ul style="list-style-type: none"> Injury Scenarios Reading Review Quiz: <ul style="list-style-type: none"> Evaluation of the Eye and Face and Related Structures Before the next class meeting: <ul style="list-style-type: none"> Prepare for upper body Assessment
Week 13 November 20	Upper Body Assessment Exam	In Class: November 20, 2024 Unit Exam- Upper Body Assessment Written Assignment: Upper Body Assessment Review
Week 14 November 27	General Medical Conditions	DUE: 12/1/24 Written Assignment: <ul style="list-style-type: none"> Vital Sign Review Quiz: General Medical Conditions
Week 15 December 4	Review Upper body and Lower body assessment	DUE: 12/11/24 Written Assignment: <ul style="list-style-type: none"> Final Review
Week 16 December 11	FINAL EXAM	FINAL Comprehensive Exam

DUE DATES are subject to change

****Syllabus is subject to change at the discretion of the instructor****