

Kinesiology – Sports Medicine 101

Introduction to Sport Medicine

CRN: 02088

- ***Instructor:***

- ***Contact Info:***

E-Mail:, Canvas Inbox or through the Pronto App.

- ***Class Schedule:*** Tuesday / Thursday 8:35am – 10:00am in Exercise Science Complex, Room F-103

- ***Office Hours:*** By appointment only

- ***Recommended Textbook:***

Prentice, William E. “Essentials of Athletic Injury Management”. 10th ed. PA: McGraw-Hill Education, 2016

- ***Course Description:***

This course is specifically designed to introduce the field of Sports Medicine and related areas. It is a broad overview of all aspects of the field. Basic anatomy, common injuries and rehabilitation practices will be included. This course should provide the necessary foundation and preparation to enable the student to immediately apply the information or to pursue upper division courses in the field of Sports Medicine.

- ***Student Learning Outcomes:***

- This course will allow the student to gain understanding of the role of the Athletic Trainer as a health care provider and as a professional discipline.
- The student will gain an understanding of the role of the Athletic Trainer and Coach in identifying risk factors associated with participation in competitive athletics and the ability to plan and implement preventative programs.
- The student will learn to recognize the mechanism, characteristics and classifications of common injuries as they relate to athletics.

- ***Methods of Instruction:***

Face-to-face lecture, classroom discussion, PowerPoint presentation, educational videos, and handouts.

.
. .
.

- ***Student Learning Outcomes***

- *Outcome:* Upon successful completion of this course, the student will be able to identify the three different degrees of ligament sprains throughout various joints associated with sports and athletics.

Assessment: Written exam

- *Outcome:* Upon successful completion of this course, the student will be able to recognize the symptoms and characteristics of Mild Traumatic Brain Injuries (Concussions).

Assessment: Assessment will be through the student’s ability to successfully complete a SCAT-5 test which includes symptoms evaluation BESS test and cognitive function tests.

- *Outcome:* Upon completion of this course, the student will gain basic understanding of wound healing, management and follow-up care associated with common injuries

Assessment: Written exam

- ***Course Requirements and Participation:***

Each student is required to be able to access class via Canvas and participate in weekly discussion groups.

It is the student’s responsibility to withdraw officially from a course. However, because of enrollment demands, a student will be dropped by the instructor when the first-class meeting is missed. Under extenuating circumstances, a student may be reinstated by the instructor.

****It is the responsibility of the student to drop the course if his/her grade is not acceptable to the student.** The instructor **WILL NOT** drop a student for poor grades.

- ***Academic calendar:***

| Term | Spring 2021 |
|--|--------------------|
| Start Date | 24 August 2021 |
| End Date | 09 December 2021 |
| Last Day to Add (add code required) | 05 September 2021 |
| Last Drop Date with 'W' | 14 November 2021 |
| Last Drop Date without 'W' | 06 September 2021 |
| Last Date to get Refund | 05 September 2021 |

- ***Grading:***

- Participation (discussion boards).....20%
- Quiz 1.....10%
- Quiz 2.....10%
- Quiz 3.....10%
- Quiz 4.....10%.....**One test will be dropped (-10%)
- Quiz 5.....10%
- Quiz 6.....10%
- Anatomy packets.....10%
- Final Exam.....20%

- Active classroom participation: (20%) - If you miss a class, it is your responsibility to acquire the information covered in class via recorded videos. It is not up to the instructor to do this! Participation is required. You must involve yourself in the daily/weekly discussion.
- Quizzes: (60%) - There will be 6 quizzes. Each one will consist of matching, multiple choice, true / false and short answer / essay questions. (One test will be dropped at the conclusion of the course)
- Anatomy Packets: (10%) There will be anatomy packets to be completed and turned in for credit.
- Final written exam (20%) - This will test your comprehension of the material covered throughout the entire semester.

*Any student who misses an exam without a valid reason, (as determined by the instructor), will not be allowed to make up the exam. A makeup exam must be completed prior to the return of the graded test. The instructor must approve any exceptions to this.

● *Lecture Outline*

- **Healthcare Team**
- **Legal Liability**
- **Preventing Injuries Through Fitness Training**

Quiz 1

- **Basics of Injury Rehabilitation**
- **Emergency Situation / Injury Assessment**
- **Blood borne Pathogens**
- **Medical Conditions**

Quiz 2

- **Adverse Environmental Conditions**
- **Recognizing Sports Injuries**
- **Ankle/Lower Leg**

Quiz 3

- **Knee**
- **Hip**

Quiz 4

- **Thorax**
- **Spine**

Quiz 5

- **Shoulder**
- **Elbow/Hand**

Quiz 6

- **Head/Neck**

Final Exam

.
.

.

.

.

.

.

.

.

.

.

- ***Students with Disabilities:***

Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact Disabled Student Programs & Services so that we can all collaborate on your classroom accommodations in a timely manner. DSP&S is located in U-103 and their phone number is 714-564-6264. The DSP&S office requires documentation of your disability in order to receive reasonable accommodations. If you do not have documentation, they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

- ***Academic Honesty Policy:***

Students at Santa Ana College are expected to be honest and forthright in their academic endeavors. To falsify the results of one's research, to steal the words or ideas of another, or to cheat on an examination, corrupts the essential process by which knowledge is advanced. Academic dishonesty is seen as an intentional act of fraud, in which a student seeks to claim credit for the work or efforts of another without authorization, or uses unauthorized materials or fabricated information in any academic exercise. As institutions, we also consider academic dishonesty to include forgery of academic documents, intentionally impeding or damaging the academic work of others, assisting other students in acts of dishonesty or coercing students into acts of dishonesty.