



HPK 2356.02W: Prevention & Care of Athletic Injuries

Fall 2020

Online

INSTRUCTOR INFORMATION

Instructor: Dr. Sarah M. Mitchell, PhD, ATC, LAT

Office Location: Nursing & Health Sciences #137

Office Hours: By Appointment, MW 10-10:30a, TR 9-11am (Virtual)

Office Phone: (903) 886-5543

Office Fax: (903) 886-5365

University Email Address: Sarah.Mitchell@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

COURSE INFORMATION

Textbook(s)

Required: Top Hat Student Access Code (purchase through bookstore)

Optional: Prentice, William. Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice. 17th ed. McGraw-Hill. 2020.

Course Description

A course designed to provide entry level knowledge in the field of sport related injuries. This course includes units dealing with the history of athletic training, basic anatomy of common injuries, evaluation techniques, and preventive measures to reduce the incidences of injuries and knowledge of basic treatment procedures to be used after injuries occur. Legal and ethical issues will also be discussed. Prerequisite HHPH/HPK 172 or BSC 2401 or consent of instructor.

Student Learning Outcomes

1. To develop an understanding of the profession of athletic training.
2. To develop an understanding of the legal and ethical issues associated with athletic injuries, including documentation, policies, and procedures.
3. To identify the functional anatomy of the body and how it relates to injuries.
4. To develop knowledge and understanding in order to recognize, prevent, and provide care for various athletic injuries, including but not limited to signs, symptoms, and mechanisms of injuries.
5. To develop knowledge and skills in prevention of athletic injuries, including taping, wrapping, and bracing techniques.

COURSE REQUIREMENTS

Minimal Technical Skills Needed

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail.

Student Responsibilities or Tips for Success in the Course

Students can expect to do well in this course when they log into the online course often, complete all assignments/quizzes/exams/discussions, and seek assistance when they do not understand course material. Students should also utilize all course resources provided through D2L, such as, course lecture notes, assignments, and course information. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

Grading

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course: $850/1000 = 85\%$ "B"). Grades will be assigned based upon the percentages below.

Class Participation Activities/Quizzes: 200 pts	Grading Scale:
Worksheets/Assignments: 200 pts	A = 90-100%
Exams: 4 @ 100 pts each	B = 80-89%
Total Points = 800	C = 70-79%
	D = 60-69%
	F = 0-50

Students are expected to earn points toward their final grade during the course of the semester with the assignments and tests that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Students will receive back all graded assignments in a timely manner (typically within 1 week of the due date). Students are encouraged to keep all graded assignments as well as keep up with their grades throughout the semester. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

ASSESSMENTS

Class Participation Activities

These activities will be incorporated into the lectures posted in D2L and Top Hat. Some may be in a format similar to a quiz or discussion.

Quizzes

Quizzes may be short answer, multiple choice, true/false, listing, etc, and will be online on D2L each week. Quizzes will be due Sunday at 11:59p each week. Quizzes must be completed during the specified dates each week. Make-ups will not be allowed.

Exams

Four written exams will be given. The format shall include any of the following: short answer, essay, fill in the blank, multiple choice, true/false, and/or listing type questions. All exams will be on D2L and/or Top Hat. Exams must be taken on the designated exam window. No make-up exams will be allowed unless prior arrangements have been made with the instructor. Under certain circumstances (situations out of your control), make-ups will be allowed at the instructor's discretion. Students are required to contact the instructor ASAP if they happen to miss an exam and may be required to provide written documentation.

Anatomy Assignments

These assignments will be given during the course as appropriate. All assignments are due on the date listed in the schedule. Late Assignments will not be graded.

COURSE SPECIFIC PROCEDURES/POLICIES

Attendance

This is an online course and you can work at your own pace. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are posted on D2L. Technical and/or computer problems associated with D2L or Top Hat are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED**

Interaction with Instructor Statement:

The best way to reach me is via email (Sarah.Mitchell@tamuc.edu) as I check it frequently. I will reply within 24 hours in most cases to your MyLeo email address. Please be courteous and professional in all of your interactions with me and fellow students.

TECHNOLOGY REQUIREMENTS

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements: <https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm

Access and Navigation

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

Communication and Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

Interaction with Instructor Statement

Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends). Students are also welcome to utilize instructor's office hours if they prefer a face to face conversation.

UNIVERSITY PROCEDURES/POLICIES

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette http://www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)

Students are expected to prepare for, participate in, and attend each scheduled class. Failure to do so may/will lead to a decline in the student's overall grade. In order to succeed in this class, students should read each chapter prior to beginning that section in the course. Forming study groups to prepare for class and tests will also greatly benefit students throughout the semester. Students are also expected to behave appropriately in class and avoid being a distraction to their fellow students and the instructor. Appropriate behavior involves paying attention, actively participating, and following instructions. Cell phones (including text messaging), music, inappropriate language/gestures, and any other behavior determined to be a distraction will not be tolerated. Students who are considered to be a disturbance in class will be asked to leave.

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement for Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact: **Office of Student Disability Resources and Services**, Gee Library- Room 162, Phone (903) 886-5150 or (903) 886-5835, Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who

are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer. Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

University's Pandemic Response

A&M-Commerce requires the use of face-coverings in all instructional and research classrooms/laboratories. Exceptions may be made by faculty where warranted. Faculty have management over their classrooms. Students not using face-coverings can be required to leave class. Repetitive refusal to comply can be reported to the Office of Students' Rights and Responsibilities as a violation of the student Code of Conduct.

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.