



## HHPK 2356.01E: Prevention & Care of Athletic Injuries

Spring 2025

TTH 11a – 12:15p; NHS 162

Faculty: Kjerstin Gardner, MS, ATC, LAT

Office Location: Nursing & Health Sciences – By Appointment

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Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

### COURSE INFORMATION

#### Textbook(s)

Required: Prentice, William. Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice. 18th 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/HHPK 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 attend class on-time, complete all assignments/quizzes/exams, participate in class discussions, and seek assistance when they do not understand course material. Students should also utilize the course resources provided through D2L, such as, course lecture notes, assignments, and course information. Some assignments, quizzes, and exams throughout this course will require using D2L. 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. The point totals below are an estimate for the course and subject to change as the course dictates. Point totals will be updated in D2L. 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.

In-Class Assignments: 110 pts

Online Quizzes & Discussions & Assignments: 140 pts

Anatomy Assignments: 200 pts

Taping Participation: 100 pts

IPE Simulation = 100 pts

Exams: 4 @ 100 pts each

Grading Scale:

A = 90 - 100%

B = 80 – 89%

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**

#### **In-Class Assignments**



In-class assignments will be given often and unannounced throughout the semester over the reading assignments or material covered in previous lectures. In-class assignments will not be allowed for make-up, unless the absence is excused.

### **Online Quizzes & Discussion**

Quizzes may be short answer, multiple choice, true/false, listing, etc, and will be online on D2L each week. Quizzes will be due as posted on D2L, most quizzes are open for 2 school days. Quizzes must be completed during the specified dates each week. Make-ups will not be allowed. Discussions occasionally occur on D2L.

### **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. Spelling counts on each anatomy assignment.

### **Taping Participation**

Class times will be scheduled for learning and practicing taping and wrapping skills. Attendance and participation on these days is mandatory in order to earn points. Make-ups will be allowed only if absence is excused. Failure to actively participate each day will result in a deduction in points earned by the student.

### **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 given in-class on the date listed in the schedule. 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 will need to provide written documentation.

### **IPE Simulation Participation & Reflection**

Students will participate in the Interprofessional Education (IPE) Simulation event scheduled **(to be determined – TBD)** The IPE simulation will require multi-tasking and collaborative efforts with individuals and organizations from other disciplines (Nursing and Public Health). Students will use the knowledge and skills to provide care in a 'mass injury' simulation event. Students will write a reflection and answer questions related to their participation in the IPE simulation. Further details will be provided in D2L and in class.

### **Late Work**

All assignments are due as assigned and must be turned in on or before the due date to receive full credit. Assignments turned in after the due date will receive zero (0) points. It is the student's responsibility to be aware of assignment due dates as the dates are included on the course schedule and posted on D2L.

### **AI Tools**

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond



individual words, as determined by the instructor of the course. Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Like an encyclopedia or a dictionary or Wikipedia, AI tools can be used to begin the process of writing; in other words, it is a tool for preliminary research, not a reliable source. Preliminary research assists writers in learning the basics about a topic so that they can research the specifics using credible, academic sources which can be cited in the assignment. Thus, AI is used to generate ideas in the same way that a brainstorm or a Freewrite is used in the prewriting stage of the writing process. While no one would drop a brainstorm into a formal document, the ideas that are generated from the brainstorm can be developed as part of a writing assignment. The same is true of AI. In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

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

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

### **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](mailto: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 or set up a virtual meeting if they prefer a face-to-face conversation.

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Attendance**

Class attendance is required. Excused absences include university approved absences or those that I receive appropriate notification of (i.e. sudden/serious illness, death to immediate family member, etc.). It is the student's responsibility to notify the instructor ahead of time if they are going to miss class due to an excused absence and make arrangements for all materials and assignments that will be missed on that day. In the case of excused absences due to unavoidable or emergency situations, the student must promptly notify the instructor via phone call or email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. If a student misses a class, excused or unexcused, the student is responsible for obtaining all information presented and turning in all assignments by the due date. Remember: Poor planning on your part is not an emergency on my part. **NO LATE ASSIGNMENTS WILL BE GRADED.**

This class has an "experiential learning" component (IPE Simulation) that will require attendance and travel outside of class. For these activities/session, attendance is required as grade is contingent on participation. Those dates are clearly outlined in the syllabus schedule. IPE simulation date has not been set. Once it has been set you will be notified in class and in D2L.

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress and weather, 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.

### **University Specific Procedures**

#### **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: <https://www.britannica.com/topic/netiquette>

### **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](#)  
[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

### **Students with Disabilities-- ADA Statement**

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, Texas A&M University-Commerce;

Velma K. Waters Library Rm 162;

Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto: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.

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



### **Assumption of Risk**

I hereby waive any claim I may have as a result of my participation in the above mentioned course. I hereby agree to indemnify, defend, and hold harmless the State of Texas, the Texas A&M University System, Texas A&M University - Commerce, and the Department of Health and Human Performance, and all of the officers, trustees, directors, agents, representatives, and employees of the foregoing entities against any and all claims, including attorneys' fees and costs, which may be brought against any of them by anyone claiming to have been injured as a result of my participation in the this course.

### **Course Outline / Schedule**

HHPK 2356-01 TTH 11a - 15:15p NHS 162 Spring 2025



Class Lecture			Reading Assignment	Assignment Due	Due Date
Wk 1	Tue	14-Jan	Intro & Syllabus Assumption of Risk		Risk Quiz
	Thu	16-Jan	Profession of Athletic Training - Ch 1-3;	Ch 1-3	
Wk 2	Tue	21-Jan	Organization & Administration; Legal Concerns; Concepts of Athletic Training	Ch 2,3	Quiz 1
	Thu	23-Jan	Conditioning Techniques; Nutrition & Supplements	Ch 4, 5	
Wk 3	Tue	28-Jan	Environmental Conditions, Conditioning Techniques & Environmental Concerns	Ch 4-6	Quiz 2
	Thu	30-Jan	Psychosocial intervention for Sports Injuries & Illnesses	Ch 11	
Wk 4	Tue	4-Feb	Exam #1 (covers Ch 1, 2, 3, 4, 5, 6, 11)		In class only
	Thu	6-Feb	Bloodborne Pathogens & Universal Precautions	Ch 14	Quiz 3
Wk 5	Tue	11-Feb	Principles of Equipment Fitting, Taping, & Wrapping; Equipment & Wrapping Skills (helmet/ shoulder pad fitting; spicas: hip, shoulder, ankle; spiral wraps)	Ch 7, 8	
	Thu	13-Feb	Finish Wrapping skills begin taping skills (arch, turf toe, ankle)		
Wk 6	Tue	18-Feb	Taping Skills (achilles, elbow, wrist, fingers)	Ch 7, 8	
	Thu	20-Feb	Taping Skills: Final Review and practice; Conclusion of Taping Skills	Ch 7, 8	
Wk 7	Tue	25-Feb	Taping Skills: Final Review and practice; Conclusion of Taping Skills	Ch 7, 8	Quiz 4
	Thu	27-Feb	Mechanisms & Characteristics of Musculoskeletal & Nerve Trauma; Tissue Response to Injury	Ch 9	
Wk 8	Tue	4-Mar	Tissue Response to Injury continued; Musculoskeletal Injury	Ch 10	Quiz 5
	Thu	6-Mar	On/Off-the-Field Acute Care & Emergency Procedures	Ch 12, 13	Quiz 6
Wk 9	Tue	11-Mar	Spring Break - No Class		
	Thu	13-Mar			
Wk 10	Tue	18-Mar	Exam #2 (covers Ch 7, 8, 9, 10, 12, 13, 14)		In class only
	Thu	20-Mar	Basic Treatment Techniques of Athletic Injuries	Ch 15, 16	LE Assigned
Wk 11	Tue	25-Mar	Basic Treatment Techniques of Athletic Injuries Cont'd; Therapeutic Modalities & Rehab	Ch 15, 16	Quiz 7
	Thu	27-Mar	Diagnosis & Management of Lower Leg, Ankle, Foot, & Toe Injuries	Ch 18, 19	
Wk 12	Tue	1-Apr	Lower Leg, Ankle, Foot, & Toe Injuries Cont'd		Quiz 8
	Thu	3-Apr	Diagnosis & Management of Knee, Thigh, Hip, Groin, & Pelvis Injuries	Ch 20, 21	





Wk 13	Tue	8-Apr	Knee, Thigh, Hip, Groin, & Pelvis Injuries Cont'd	Ch 20, 21	LE anatomy assignment due; Quiz 9	Due 4/10, 11:59p
	Thu	10-Apr	Exam #3 (covers Ch 15, 16, 18, 19, 20, 21)		In class only	
WK 14	Tue	15-Apr	Diagnosis & Management of Shoulder Injuries	Ch 22	UE Assigned Quiz 10	Due 4/17, 11:59p
	Thu	17-Apr	Diagnosis of Elbow, Wrist, & Hand Injuries	CH 23-24		
Wk 15	Tue	22-Apr	Diagnosis & Management of Spine Injuries	Ch 25		
	Thu	24-Apr	Diagnosis & Management of Head Injuries & Sports-Related Concussion	Ch 26		
Wk 16	Tue	29-Apr	Diagnosis & Management of Head Injuries & Sports-Related Concussion Cont'd		Quiz 11	Due 5/6, 11:59p
	Thu	1-May	Exam #4 (covers CH 22-26)		In Class only	
Wk 17			Finals Week 5/6 - 5/9		UE assignment due	Due 5/6, 11:59p