



HHPK 2356.01E: Prevention & Care of Athletic Injuries

Fall 2026 TTH 11a – 12:15p

Faculty: Kjerstin Gardner, MS, ATC, LAT

Office Location: Nursing & Health Sciences – NHS 137

Office Hours: By Appointment, T/TH

Office Phone: (903) 886-5308

University Email Address: Kjerstin.Gardner@etamu.edu

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 BSC 251 with a minimum grade of C or BSC 2401 with a minimum grade of C or HHPK 290 with a minimum grade of C, 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

The syllabus/schedule are subject to change.



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 student's responsibility to have internet access, check this site frequently, and become familiar with how it works.

GRADING

Each assignment will be worth a pre-determined number 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"). The points listed below are approximate. Grades will be assigned based upon the percentages below.

In-Class Assignments: 110 pts	Grading Scale:
Online Quizzes & Assignments: 140 pts	A = 90 - 100%
Anatomy Assignments: 200 pts	B = 80 – 89%
Taping Participation: 100 pts	C = 70 – 79%
IPE Simulation = 100 pts	D = 60 – 69%
Exams: 4-5 @ 100 pts each	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

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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. Quizzes will be due as posted on D2L. Quizzes must be completed during the specified dates. Make-ups will not be allowed, unless university excused.

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 anatomy assignments.

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 (ex being on your phone) each day will result in a zero (0) earned by the student for that day; late arrival or leaving early will result in a zero (0) for that days participation.

EXAMS

Four written exams and a comprehensive final 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. **Exams will not be given prior to the assigned exam time.**

IPE SIMULATION PARTICIPATION & REFLECTION

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Students will participate in the Interprofessional Education (IPE) Simulation event scheduled **(TBD)** The IPE simulation will require multi-tasking and collaborative efforts with individuals and organizations from other disciplines (Nursing and Public Health). Students will participate as victims. 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:

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

Zoom Virtual Classroom Requirements:

<https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>

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@etamu.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 ETAMU 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

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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 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 your grade is contingent upon 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).
<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>

ETAMU ATTENDANCE

For more information about the attendance policy please visit the [Attendance](#) webpage.

ACADEMIC INTEGRITY

Students at East Texas A&M University 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](#)

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<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.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, East Texas A&M University;
Velma K. Waters Library Rm 162;
Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148
Email: studentdisabilityservices@tamuc.edu

PREGNANCY AND PARENTING RESOURCES

Please find information on ETAMU's website about [Parenting and Pregnancy Resources](#) here.

To request an accommodation related to pregnancy or parenting, students can complete the [Pregnancy/Parenting Accommodation Request Form](#).

Email: Parenting@etamu.edu.

NONDISCRIMINATION NOTICE

East Texas A&M University 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 East Texas A&M University 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>

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Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ETAMU 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, East Texas A&M University, 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.

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Course Outline / Schedule

HHPK 2356-01 TTH 11a - 12:159 Fall 2026						
			Class Lecture	Reading Assignment	Assignment	Due Date
Wk 1	Thu	20-Aug	Intro & Syllabus Assumption of Risk			
	Tue	25-Aug	Profession of Athletic Training - Ch 1-3;	Ch 1-3		
Wk 2	Thu	27-Aug	Organization & Administration; Legal Concerns; Concepts of Athletic Training	Ch 2,3	Quiz 1	8/27 @11:59p
	Tue	1-Sep	Conditioning Techniques; Nutrition & Supplements	Ch 4, 5	Day 1 Quiz	8/27 @11:59p
Wk 3	Thu	3-Sep	Enviornmental Conditions, Conditioning Techniques & Environmental Concerns	Ch 5-6	Quiz 2	9/3 @11:59p
	Tue	8-Sep	Psychosocial intervention for Sports Injuries & Illnesses	Ch 11		
Wk 4	Thu	10-Sep	Exam #1 (covers Ch 1, 2, 3, 4, 5, 6, 11)		In class only	
	Tue	15-Sep	On/Off-the-Field Acute Care & Emergency Procedures	Ch 12, 13	Quiz 3	9/15 @11:59p
Wk 5	Thu	17-Sep	Principles of Equipment Fitting, Taping, & Wrapping; Equipment Skills (helmet/ shoulder pad fitting; spicas: hip, shoulder, ankle; spiral wraps)	Ch 7, 8		
	Tue	22-Sep	Wrapping skills begin taping skills (fingers)	Ch 7, 8		
Wk 6	Thu	24-Sep	Taping Skills: (ankle, arch, turf toe, achilles)	Ch 7, 8		
	Tue	29-Sep	Taping Skills: (ankle, shin, knee, wrist, elbow)	Ch 7, 8	Quiz 4	9/29 @11:59p
Wk 7	Thu	1-Oct	Mechanisms & Characteristics of Musculoskeletal & Nerve Trauma; Tissue Response to Injury	Ch 9		
	Tue	6-Oct	Tissue Response to Injury continued; Musculoskeletal Injury	Ch 10	Quiz 5	10/13 @11:59p
Wk 8	Thu	8-Oct				
	Tue	13-Oct	Bloodborne Pathogens & Universal Precautions	Ch 14	Quiz 6	10/15 @11:59p
	Thu	15-Oct	Exam #2 (covers Ch 7, 8, 9, 10, 12, 13, 14)		In class only	
Wk 9	Tue	20-Oct	Basic Treatment Techniques of Athletic Injuries	Ch 15, 16	LE Assigned	
	Thu	22-Oct	Basic Treatment Techniques of Athletic Injuries Cont'd; Therapeutic Modalities & Rehab	Ch 15, 16	Quiz 6	10/27 @11:59p
Wk 10	Tue	27-Oct	Diagnosis & Management of Lower Leg, Ankle, Foot, & Toe Injuries	Ch 18, 19		
	Thu	29-Oct	Lower Leg, Ankle, Foot, & Toe Injuries cont.	Ch 18, 19	Quiz 7	11/3 @11:59p
Wk 11	Tue	3-Nov	Diagnosis & Management of Knee,Thigh, Hip, Groin, & Pelvis Injuries	Ch 20, 21	LE due	11/5 @11:59p
	Thu	5-Nov	Knee,Thigh, Hip, Groin, & Pelvis Injuries Cont'd	Ch 20, 21	Quiz 8	11/10 @11:59p
Wk 12	Tue	10-Nov	Exam #3 (covers Ch 15, 16, 18, 19, 20, 21)		In class only	
	Thu	12-Nov	Diagnosis & Management of Shoulder Injuries; Diagnosis of Elbow, Wrist, & Hand Injuries	Ch 22	UE Assigned Quiz 9; 11/17 @11:15p	
WK 13	Tue	17-Nov	Diagnosis & Management of Spine Injuries	Ch 25	Quiz 9	11/19 @11:59p
	Thu	19-Nov	Diagnosis & Management of Head Injuries & Sports-Related Concussion Cont'd	Ch 26		4/20 @11:59p
Wk 14	Tue	24-Nov	Diagnosis of Elbow, Wrist, & Hand Injuries - independent studies	Ch 23, 24	UE due 11/24 @11:59	
	Thu	26-Nov	Thanksgiving break		Quiz 10	12/1 @11:59p
Wk 15	Tue	1-Dec	Diagnosis & Management of Head Injuries & Sports-Related Concussion Cont'd	Ch 26	Quiz 10	12/3 @11:59p
	Thu	3-Dec	Exam #4 (covers CH 22-26)		In class only	
Wk 16		8-Dec	Comphrehensive Final assigned by ETAMU 10:30a-12:30p		In class only	

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