COURSE OVERVIEW

COURSE DESCRIPTION: Care and Prevention of Athletic and Exercise Injuries (3) I, II. Overview of the mechanism, prevention, management, and rehabilitation of athletic and exercise injuries. Practical experiences include the application of supportive techniques to the major joints of the body.

(*This course is an introduction to the anatomy, identification, care and prevention of activity related injuries. This will include discussions on the preparation and protection of the healthy athlete as well as recognition and management of both life threatening and common injuries.)

REQUIRED MATERIALS:
   (*text may be purchased through the publisher directly, the University bookstore or online)

SUPPLEMENTAL READING ASSIGNMENTS: Posted/Linked on Blackboard.

CLASS MEETING FORMAT: Course material will be delivered online via lecture, reading assignments, class discussion boards, and other online learning activities. The student will be expected to participate and interact with the class throughout the course as well as take responsibility and direction in his/her education. To enhance corporate learning, all students will work through the same module simultaneously and new modules will be released weekly.

COURSE LEARNING OUTCOMES:
1. Students will be able to identify the roles, responsibilities, and training of members of the sports medicine team.
2. The student will be able to develop an elementary conditioning/injury prevention program utilizing various components of fitness.
3. The student will be able to evaluate the activity of an athlete and provide appropriate nutritional advice for the individual.
4. The student will be able to recognize and respond appropriately to emergency situations as a result of the environment and injury.
5. The student will be able to recognize basic injuries and will be able to create a plan to manage these injuries. Furthermore, they will learn to distinguish between treatable injuries and those needing to be referred to medical professionals.
6. The student will be able to illustrate the injury process and its influence on the rehabilitation process.

**Grading & Course Requirements:** The final grade will be calculated from student performance in the following categories and will be scaled according to the following grading scale.

<table>
<thead>
<tr>
<th>Final Grade Calculation</th>
<th>Final Grade Scale</th>
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<tbody>
<tr>
<td>Assignments</td>
<td>A = 90-100%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>B = 80-89%</td>
</tr>
<tr>
<td>Exams</td>
<td>C = 70-79%</td>
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<tr>
<td>Total</td>
<td>D = 60-69%</td>
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<td>F = below 60%</td>
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*Final grades will be rounded to the nearest whole number according to normal rounding procedures. Any decimal below .5 will be rounded down and decimals .5 and up will be rounded up.

*Final grades will not be changed unless a grading error has occurred.

- **Assignments:** Blackboard Discussions and any required online interactions as well as unit/question related learning assignments are included in this category. Assignments are due by the posted deadline and no late assignments will be accepted. All assignments must be completed to the satisfactory level and resubmissions will be required if needed. Satisfactory completion is determined by a grade above an 80% (ie. a grade of an 80% will require resubmission). Assignments will still receive a numeric grade to be calculated into the final grade.

- **Quizzes:** All quizzes will be distributed on BB and need to be completed by the deadline. Deadlines for these quizzes will be clearly indicated on Blackboard. Please read the instructions on each quiz to know the guidelines of the quiz.

- **Exams:** Exams will consist of true/false, multiple choice, short answer and potentially essay questions. There will be 4 exams throughout the semester which will be due at the end of each Module. All exams must be completed by the deadline.

**Student Progress:** Blackboard will be used to show students recorded scores on assignments, quizzes, tests, etc. Questions regarding grades should be addressed as soon as possible and directly to the professor.

**Academic Accommodations:** Eastern Kentucky University strives to make all learning experiences as accessible as possible. Students registered with the Center for Student Accessibility (CSA), should request accommodation letters from the CSA office. The Center for Student Accessibility will email your academic adjustment letter to you, or you may stop by the office for a hard copy. You will provide your letter to the course instructor(s) immediately. We strongly recommend that you discuss the accommodations needed with your instructor(s). Students, who need an accommodation for a documented medical, mental health, or learning difference, may register online at accessibility.eku.edu/applying-services, or if you have questions, you may email the CSA office at accessibility@eku.edu or telephone at (859) 622-2933. The Americans with Disabilities Amendments Act (ADAAA) does not consider pregnancy a disability. Students needing accommodations due to pregnancy should contact EKU’s Office of Equity and Inclusion, (859) 622-8020 john.dixon@eku.edu.

**Withdrawal Dates:** For current withdrawal dates please refer to the following link: http://colonelscompass.eku.edu/.

**Non-Discrimination and Harassment, Title IX, and Prevention Statement:** EKU is committed to a respectful and inclusive environment and thus prohibits discrimination, harassment, or violence of any kind. The university supports and promotes a safe, violence-free campus through
Green Dot Prevention and Education programming. To learn more about Green Dot, request a presentation, or get involved, go to http://greendot.eku.edu/.

EKU’s commitment also requires faculty members to report any information that may indicate that discrimination, harassment, or violence has affected any member of the University community. If you would like to obtain confidential help from someone who does not have to report the information, please go to http://titleix.eku.edu/ for resources. The Non-Discrimination and Harassment policy is available here and questions regarding the policy may be directed to the Chief Equity Officer and Title IX Coordinator.

INCLEMENT WEATHER PLAN: See adjusted schedules at this website link: http://www.eku.edu/weather/inclementweather.php.

OFFICIAL E-MAIL: An official EKU e-mail is established for each registered student, each faculty member, and each staff member. All university communications sent via e-mail will be sent to this EKU e-mail address and students should contact me via my EKU email. Email is not an automatic & immediate form of contact though it is convenient. I personally check my email at least one time per weekday and I will respond as quickly as possible; however, a response may not occur for 24 hours during the week and upto 72 hours over weekends.

COURSE POLICIES

DEPARTMENT OF EXERCISE AND SPORT SCIENCE ATTENDANCE POLICY: As your instructor, my expectation is that you are an adult learner and we have a shared responsibility for your education. It is my expectation you will participate in all course activities, complete all assignments, and engage with your peers in online communities in a timely, considerate, and professional manner. Group activities are important for synthesis of the course content and, if required, will occur in small groups for maximum exchange among group members. Peer to peer engagement occurs throughout the week. All aspects of this course cannot be completed on a single day of the week. On time completion of the Introduction Discussion Board assignment constitutes attendance to the “first day” of class. Anyone not completing this assignment will be subject to 1st Day of Attendance Faculty Drop per university policy.

ACADEMIC MISCONDUCT: Students are responsible for presenting their own work. Academic misconduct will be handled according to university policy (www.academicintegrity.eku.edu). Violations will be sanctioned with the minimal standard at least and no retakes will be allowed. Questions regarding this policy may be directed to the Office of Academic Integrity.

OFFICIAL E-MAIL: An official EKU e-mail is established for each registered student, each faculty member, and each staff member. All university communications sent via e-mail will be sent to this EKU e-mail address and students should contact me via my EKU email or via BlackBoard. Email is not an automatic & immediate form of contact though it is convenient. I regularly check my email 1-2 times per day and will respond within 24 hours M-F.

COURSE/INSTRUCTOR EXPECTATIONS

CRITICAL COMPONENTS: This is a collegiate level course even though it is a lower-level, introductory course. In essence, this means you will be expected to critically read assignments and use critical thinking skills on class communications, assignments, tests, etc. There will be varying degrees of this throughout the semester.

CRITICAL THINKING (CT): By definition, critical thinking is the art of analyzing and evaluating thinking with a view to improve it. According to the Paul-Elder Critical Thinking Model, critical thinking uses the elements of thought that can be broken down into the following categories:

1. All reasoning has a PURPOSE
2. All reasoning is an attempt to FIGURE SOMETHING OUT, TO SETTLE SOME QUESTION, TO SOLVE SOME PROBLEM

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3. All reasoning is based on ASSUMPTIONS
4. All reasoning is done from some POINT OF VIEW
5. All reasoning is based on DATA, INFORMATION and EVIDENCE
6. All reasoning is expressed through, and shaped by, CONCEPTS and IDEAS
7. All reasoning contains INFERENCES or INTERPRETATIONS by which we draw CONCLUSIONS and give meaning to data
8. All reasoning leads somewhere or has IMPLICATIONS and CONSEQUENCES

Thinking about these elements with regards to managing injuries will allow you to:
1. Raise vital questions and problems, formulating them clearly and precisely
2. Gather and assess relevant information, using abstract ideas to interpret it effectively
3. Come to well-reasoned conclusions and solutions, testing them against relevant criteria and standards;
4. Think open-mindedly within alternative systems of thought, recognizing and assessing, as need be, their assumptions, implications, and practical consequences; and
5. Communicate effectively with others in figuring out solutions to complex problems

Any individual in authority during a medical emergency or responsible for dealing with injuries must be able to think critically. Though much of this course is introductory and will require memorization of words, facts, and ideas, critical thinking will be incorporated into some assignments, assessments and exams.