



**Boise State University – MMACHS
Sports Medicine 2: BSU KINES 220
INTRODUCTION TO ATHLETIC INJURIES
(3 credits) TERM: Full year**



COURSE, PROGRAM AND POLICIES

Instructor: Jessica Kerns, MSAT, LAT, ATC
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Room: 08
Office Hours: at lunch or by appointment

CATALOG DESCRIPTION: A survey course introducing the principles of care and prevention of sport induced injury. Emphasis will be on identification and differentiation of minor and major trauma related to sports participation.

REQUIRED TEXT: IN CLASSROOM

Pfeiffer, R., Mangus, B., & Trowbridge, C. (2015). *Concepts of Athletic Training*, 7th ed. Sudbury, MA: Jones and Bartlett.
Beam, J. (2017). *Orthopedic Taping, Wrapping, Bracing, & Padding*, 3rd ed. FA Davis Co.

SUPPORTIVE MATERIALS:

1. NCAA Health and Safety: <http://www.ncaa.org/health-and-safety>
2. NCAA Sports Medicine Handbook: <http://www.ncaapublications.com/productdownloads/MD15.pdf>
3. NATA Positional Statements: <http://www.nata.org/position-statements>
4. NATA Consensus Statements: <http://www.nata.org/consensus-statements>
5. NATA Official Statements: <http://www.nata.org/official-statements>
6. NATA Supporting Statements: <http://www.nata.org/support-statements>

LEARNING OBJECTIVES: *At the end of this course the student will demonstrate:*

1. Understand the practice of athletic training and related health care professions (regulation, education, scope of practice).
2. Appreciate the knowledge of the prevention of injuries and implementation of emergency procedures.
3. Describe how to recognition and management of basic wound and bleeding injuries.
4. Understand basic skills and techniques utilized in the prevention of athletic related injuries. Apply basic athletic training concepts from class in practical setting
5. Appreciate and understand the basic concepts of nutrition and conditioning for injury prevention.
6. Understand the basic anatomy, biomechanics and pathomechanics involved in sports trauma.
7. Understand basic acute injury management skills (transportation, monitoring, practice guidelines).
8. Understand basic injuries and sport specific conditions. Be able to provide emergency care/1 st aid for athletic injuries
9. Describe how to recognize and management head-related injuries.
10. Understand common emergent/acute and sudden death medical issues related to physical activity (i.e. cardiopulmonary, asthma, brain trauma, heat illness, sickling, anaphylactic shock, etc.).
11. Understand the thermoregulatory system, proper hydration, environment illness prevention, causes and management of exertional heat illness.
12. Understand techniques of researching, educating and communicating with coaches, athletes, parents, administrators, health care professionals, and others regarding potentially dangerous conditions and high injury risk behaviors and situations.
13. Understand how to identify and manage patients/athletes with disordered eating.
14. Describe age related risk factors associated with various physical activity and sports participation.
15. Describe and identify dermatological infections common in sports.
16. Develop patient rapport, strong critical thinking and time management skills

Classroom Expectations: See posted expectations in classroom

1. Attend all classes, daily and on time. Participate in classroom discussion/discussion boards/activities.
2. Be in assigned seats at the start of class, getting ready to talk/performance the bell ringer. No lining up at the end of class.
3. *Phones:* are to be put away in the phone organizer for the entire class period. There are very few exceptions to this rule; needed for in-class Kerns-instructed reviews & pre-discussed family issues/emergencies. Please talk to Mrs. Kerns before class.
4. *Smart Watches:* during assessments, students will take any kind of smartwatch off & put it on the desk in front of them. Once all assessments are handed in, students can put their smart watches back on. This is done to minimize distractions during assessment time.
5. Study for tests and quizzes *regularly*. Students will have advance notice for exams but quizzes may be given randomly, so be prepared.
6. Participation in your clinical experience is *graded*. No shows are unprofessional! Notify your host in advance if re-scheduling becomes necessary.
7. Be prepared for each class with appropriate materials and assignments. Homework is due the day of the test, it is to be uploaded to Schoology by 2:10 pm. Photos of handwritten homework are unacceptable, any work that is not legible will not be accepted, **there will be a 10% assignment grade reduction for each week a unit assignment is late.** Students need to turn in their handwritten work by document in the appropriate Schoology assignment.
8. Dress appropriately: no hats, hoods. It is expected that you bring fitness attire (tee shirts/shorts), an organized binder, & writing utensil to EVERY in-class class.
9. Leaving class – must have permission, check-out, hall pass, check-in, 5 min
10. No food. Water allowed.

Student Code of Conduct:

Refer to Boise State's Student Code of Conduct for definitions of cheating, plagiarism, and other forms of academic dishonesty as well as policies and procedures for handling such cases. *"Each student, as a member of this community, is responsible for being familiar with the policies of Boise State University and with local, state, and federal laws, including the Student Code of Conduct, since these reasonably guide behaviors."*

The Code of Conduct is found at: <http://deanofstudents.boisestate.edu/student-code-of-conduct/>

More information can be found at: Boise State University's Policies may be found at <http://osrr.boisestate.edu/>.

Discipline Policy:

Students are required to follow all classroom, school, and Boise State University policies. Students who do not comply or demonstrate disruptive/inappropriate behavior will be dealt with immediately in the following manner:

- First Offense: Verbal warning asking student to stop behavior
- Second Offense: Private conference between the student and the teacher immediately after class to discuss a solution. A parent call will also take place.
- Third Offense: Discipline referral and student sent to administration *Severe misbehavior = immediate referral

Grading

MMACHS grading scale:

A = 4.0(90-100%)

B = 3.0(83-89%)

C = 2.0(74-82%)

WIP = 0.0 (below 70)

MMACHS grading scale is followed until the end of each semester, then grades will convert to:

Boise State University Grade Scale:

A+ = 97% – 100%	B+ = 87-89%	C+ = 77-79%	D+ = 67-69%
A = 92% – 96%	B = 82% – 86%	C = 72% – 76%	D = 62% – 66%
A- = 90-91%	B- = 80-81%	C- = 70-71%	D- = 60-61%
			F = below 60%

Final posted BSU grade is the average of both MMACHS semester grades

Grade Breakdown

Assessments & Skills Practicals:	40%
Clinical Hours:	20%
Assignments/Quizzes:	30%
Midterm/Final:	10%
End of Course Evaluation:	Extra Credit

- **Assessments/Skills Practical (40% of grade):** A unit written assessment and/or practical (skills test, when applicable) will be given. Written assessments will be composed of a combination of multiple choice, matching, short answer, previous knowledge section and skills knowledge; are eligible for reassessment (see eligibility guidelines).
- **Quizzes/Bell Ringers/Focus Notes/Assignments (30% of grade):** Daily Bell Ringers on FORMS will be utilized as a check for understanding and attendance. Bell Ringers while in remote learning should be completed during the assigned class period, but must be completed by 2:30pm to count for attendance. Submitting the Bell Ringer after 2:30pm will be graded, but will be marked absent. Focus notes for assigned reading/videos will be submitted in students' individual "Class Notebook" on OneNote and graded.
- **Final Assessments (10% of grade):** The Final Written Assessment will be in multiple choice format. Final Skills Practicals will be based off of skills learned and graded using a rubric distributed to students prior to testing.

****ALL unit assessments could contain any item from the above categories. Study all information given during the unit to have success.***

ABSOLUTE DEADLINE: all assessments/reassessments/bell ringers/quizzes must be completed by the end of the **next unit**. If not complete by the end of the next unit it will remain a zero in the gradebook. No averaging of assessments and no max grade limit. See below for unit dates. Deadline applies to teacher schedule (below); not when the student first takes the assessment after missing school.

Tentative Course Schedule:

Quarter 1 & 2		
Date	Topic	Assessments
Week 1-2	▪ <u>Unit 1: Emergency Preparedness</u>	Bell Ringers, Practicals, Assessments
Week 2-3	▪ <u>Unit 2: General Concepts</u>	Bell Ringers, Practicals, Assessments
Week 4	▪ <u>Unit 3: Mechanism of Injury</u>	Bell Ringers, Practicals, Assessments
Week 5-6	▪ <u>Ankle</u>	Bell Ringers, Practicals, Assessments
Week 6-7	▪ <u>Legalities & Modalities</u>	Bell Ringers, Practicals, Assessments
Week 7-8	▪ <u>Head & Face</u>	Bell Ringers, Practicals, Assessments
Week 9	▪ <u>Final</u>	Practical

Quarter 3 & 4		
Date	Topic	Assessments
Week 1-2	▪ <u>Spine</u>	Bell Ringers, Practicals, Assessments
Week 2-4	▪ <u>Knee</u>	Bell Ringers, Practicals, Assessments
Week 4-5	▪ <u>Hip</u>	Bell Ringers, Practicals, Assessments
Week 5-6	▪ <u>Special Considerations</u>	Bell Ringers, Practicals, Assessments
Week 6-7	▪ <u>Shoulder</u>	Bell Ringers, Practicals, Assessments
Week 8-9	▪ <u>Elbow, Hand & Wrist</u>	Bell Ringers, Practicals, Assessments
Week 9	▪ <u>Final</u>	Practical, Assessment

(BSU modules spread across both semesters)

HIPAA UNDERSTANDING

HIPAA is the acronym for the Health Insurance Portability and Accountability Act that was passed by Congress in 1996. HIPAA requires the protection and confidential handling of protected health information. It is important as a Sports Medicine 2 student to understand and follow all HIPAA regulations and rules, including but not limited to:

1. No discussing or repeating any health or injury information to anyone at school besides the ATs
2. No taking pictures of anything (paperwork, injuries, supplies, etc.) without the consent of the ATs
3. No posting comments or pictures on any social media
4. No sharing information from one student, athlete, coach, or sports med student to another, assume only you and the ATs know about any health-related topics (injuries, health concerns, incidences, etc.)
5. No giving coaches any information on their athletes, the ATs will do the communication

KINES 220 units covered throughout the 2023-24 year

Date	Topic	Readings
	Syllabus, Introduction, Concepts of Sports Injury	Chp 1
	Concepts of Sports Injury	Chp 1
	Athletic Health Care Team , Athletic Training Professional Education and the NATA	Chp 2
	Law of Sports Injury, AT Scope of Practice	Chp 3
	Sports-Injury Prevention (protective equipment)	Chp 4
	Sports-Injury Prevention (pre-participation Examination)	Chp 4
	Sports-Injury Prevention (flexibility for injury prevention)	Chp 4
	Sports-Injury Prevention (flexibility for injury prevention)	Chp 4
	Sports-Injury Prevention (strengthening for injury prevention)	Chp 4
	Sports-Injury Prevention (strengthening for injury prevention)	Chp 4
	Nutritional Considerations (sports nutrition, NATA Exertional Hyponatremia)	Chp 6,
	Nutritional Considerations - Eating Disorders	Chp 5-6
	EAP and Initial Injury Evaluation (EAP, Team, NATA lightning safety)	Chp 7
	EAP and Initial Injury Evaluation (Acute Injury Evaluation, HOPS, NATA SCD)	Chp 7,
	EAP and Initial Injury Evaluation (Universal Precautions, Wound Care, Pt. Transport)	Chp 7
	Thermal Injuries (Heat, NATA Exertional Heat Illness)	Chp 18,
	Other Medicinal Concerns (NATA Asthma, Diabetes. Exertional Sickling)	Chp 19,
	Injury Process (physiology of sports injury)	Chp 8
	Injury Process (intervention)	Chp 8
	Injuries to Head, Neck, and Face (concussion, TBI, NATA CBI)	Chp 9,
	Injuries to Head, Neck, and Face (c-spine, NATA Spinal Injury & Head-Down)	Chp 9,
	Injuries to Shoulder Region	Chp 11
	Injuries to Shoulder Region	Chp 11
	Injuries to Arm, Wrist, and Hand	Chp 12
	Injuries to Thoracic Through Coccygeal Spine and Hip/Pelvis	Chp 10, 14
	Injuries to Thoracic Through Coccygeal Spine and Hip/Pelvis	Chp 10, 14
	Injuries to Thigh, Leg, and Knee	Chp 15
	Injuries to Thigh, Leg, and Knee	Chp 15
	Injuries to Lower Leg, Ankle, and Foot	Chp 16
	Injuries to Lower Leg, Ankle, and Foot	Chp 16
	Final Exam	

SPORTS MEDICINE II CLASS AGREEMENT: Student

Please sign below indicating that you have read, understand & shared the Sports Medicine II Syllabus & Expectations with your parents/guardian. By signing below you've indicating that you agree to all OHS & Sports Medicine II Class policies and will uphold them throughout your enrollment in your Sports Medicine II Class.

STUDENT SIGNATURE

DATE

SPORTS MEDICINE II CLASS AGREEMENT: Parent/Guardian

Please sign below indicating that your student has shared the Sports Medicine II Syllabus & Expectations with you. By signing below you are indicating that you agree to all OHS & Ms. Foster's/Mrs. Clark's policies and will support their efforts in enforcing these policies.

PARENT/GUARDIAN SIGNATURE

DATE