

MICHIGAN STATE UNIVERSITY
KIN 126: Introduction to Athletic Training
Tuesdays and Thursdays 8:30 am – 9:50 am
228 Erickson Hall

Instructor: Caroline Lisee, M.Ed., ATC

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Office: Lab 1 in IM Circle

Office Hours: Friday 9:00 am – 11 am or please email for appointment

Required Text:

Prentice, W. E. (2014). *Arnheim's principles of athletic training: A competency-based approach* (15th ed.). New York: McGraw-Hill.

Course Description:

KIN 126 is an introductory course for students interested in exploring athletic training as a field of study or future profession. The purpose of this course is to introduce students to basic principles of athletic training and assist them in gaining knowledge of athletic training as a health care profession.

Course Objectives:

1. Understand the history of athletic training as a profession, including the roles and structure of the National Athletic Trainers' Association (NATA).
2. Understand the NATA code of professional practice and the NATABOC standards of professional practice.
3. Understand and identify physical and environmental risk factors associated with physical activity, as well as equipment and standards used to monitor environmental risk factors such as heat or lightning.
4. Understand the basic concepts of wellness screening, and various associated standards.
5. Understand the importance of administrative concepts such as record keeping and liability.
6. Understand personal safety issues and Occupational Safety and Health Administration (OSHA) regulations that apply to athletic trainers.
7. Understand basic medical nomenclature associated with athletic injury and illness and the use of such nomenclature in record keeping and communication with other medical professionals.
8. Understand basic anatomy and biomechanics principles and how they are applied to injury recognition, prevention, and treatment.
9. Understand fitting and usage of protective equipment, including associated regulations and standards.
10. Understand the basic principles of taping, wrapping, and bracing used in athletic training settings.
11. Understand methods used in extraction and transportation of injured athletes, including

- principles in splinting, immobilization, and spine boarding.
12. Understand the basic principles of administering treatment for non-life threatening injury such as the use of cryotherapy, elevation, and compression.
 13. Understand where to seek assistance for disease control and epidemic prevention.
 14. Understand symptoms and typical responses to life-threatening events such as shock, brain injury, and spinal cord injuries.
 15. Understand the intricacies of injury recognition, assessment, and diagnosis.

Academic Dishonesty:

The Michigan State University policy on academic dishonesty is as follows and can be found on page 81 of the student handbook and resource guide section 1.00-1.06. Any student who commits any form of academic dishonesty will be dealt with on an individual basis (ranging from receiving a 0.0 on the assignment to receiving a 0.0 for the course). Additionally any form of academic dishonesty will be reported to the department, college, and the athletic training interview committee.

<http://www.vps.msu.edu/SpLife/default.pdf>

The office of the Ombudsman describes Academic dishonesty at Michigan State University as a conduct that violates the fundamental principles of truth, honesty, and integrity. The following conduct is specifically cited in the General Student Regulations 1.00-1.06 and can be found on page 81 of the student handbook.

<http://www.vps.msu.edu/SpLife/default.pdf>

- Supplying or using work or answers that are not one's own
- Providing or accepting assistance with completing assignments or examinations
- Interfering through any means with another's academic work
- Faking data or results

Special Needs:

If you need course adaptations or accommodations because of a disability, have emergency medical information to share with the instructor, or need special arrangements in case the building must be evacuated, please make an appointment and notify the instructor as soon as possible. It is the student's responsibility to inform the instructor of any medical condition that may affect their participation in the class. Medical clearance may be required.

D2L Web Site:

This class will use D2L as a course management tool. **YOU ARE RESPONSIBLE FOR CHECKING THIS SITE ON A REGULAR BASIS.** It will contain information such as PowerPoint notes, quizzes, and all other course materials. You can access the site by going to the following site <https://d2l.msu.edu>. You will need your MSU ID and password to login.

Attendance and Participation:

Attendance and participation are required for every class! Sleeping during class is prohibited. Students sleeping in class will be marked as absent. A student may not miss more than **4 lectures** within the semester for this course.

* The 5th absence will result in a 1.0% reduction to their final grade **for the course.** It is worth noting that an additional 1.0% will be deducted for every class missed thereafter.

* Tardiness, where a student arrives **10 minutes** or more after class begins, will count as an absence.

* If a student is sick and unable to attend class, a note from a medical professional is **required.** Students will be allowed one week to submit this documentation before an absence will be counted and any quiz/assignment will be entered as a zero. The instructor reserves the right for additional documentation if needed.

Students are expected to attend every class unless absence occurs for an approved purpose including:

1. A student has participated in an activity approved by the Academic Deans' Policy Council, such as music and debate activity, R.O.T.C. function, or varsity athletic trip.
2. A student has participated in a special academic activity, such as a field trip or other special event connected with course-work.
3. A student has been a patient of the Health Center, as certified by the Student Health Service, or has suffered a **serious illness or hospitalization**, as documented by a note from a physician verifying the illness or hospitalization.
4. Religious holiday with written request to the professor within the first 2 weeks of class.

It is the responsibility of the student to communicate with the professor and provide any documentation related to the absence as soon as possible

Cell Phone, Laptop, and Food Policy:

It is understood that cell phones are a part of everyday life for most college students. As students, you are permitted to have a cell phone in class with you, but you are to have **the cell phone on silent** during the class session. **Text messaging is prohibited.** If your cell phone disrupts class in any way, five points will be deducted from your grade. If there is an extenuating circumstance that may require your use of your cell phone during class (i.e. family emergency), you are to inform the instructor prior to the start of class of such possibility in case of disruption. Students are allowed to use laptops during class, however if you are found to use it for any reason other than class activities, 5 points will be deducted from your grade and you will lose your privilege of bringing a laptop to class. No food and drinks are allowed during the lecture because they are disruptive (i.e. loud crunching, bags rattling, spills).

The Spartan Code of Honor Academic Pledge

Michigan State University affirms the principle that all individuals associated with the academic community have a responsibility for establishing, maintaining, and fostering an understanding and appreciation for academic integrity. Academic integrity is the foundation for university success. Learning how to express original ideas, cite works, work independently, and report results accurately and honestly are skills that carry students beyond their academic career.

The Spartan Code of Honor Academic Pledge embodies the principles of academic integrity through a personal commitment to ethical behavior in a student's studies and research. All undergraduate students are expected to uphold the academic pledge throughout their enrollment at MSU. Student conduct that is inconsistent with the academic pledge is addressed through existing policies, regulations, and ordinances governing academic honesty and integrity.

“As a Spartan, I will strive to uphold values of the highest ethical standard. I will practice honesty in my work, foster honesty in my peers, and take pride in knowing that honor in ownership is worth more than grades. I will carry these values beyond my time as a student at Michigan State University, continuing the endeavor to build personal integrity in all that I do.”

Grading Criteria:

Exam 1 (Feb. 6th):	100
Exam 2 (March. 27th):	100
Final Exam (May 1st)	100
Quizzes (6)	60
Athlete Injury Group Presentation	50
Anatomy Presentation	20
Labs (2)	40
Total	470 points

% of Total Points	Grade Achieved
100-93	4.0
92.9-87	3.5
86.9-80	3.0
79.9-75	2.5
74.9-70	2.0
69.9-65	1.5
64.9-55	1.0
≤55	0.0

Reading Assignments

These assignments provide essential information related to each of the course topic areas. Therefore, students are expected to have *read the assignments prior to the date they are listed.*

Quizzes (60 points total)

There will be 6 quizzes given throughout the semester, with each quiz being worth 10 points. The quizzes will be posted on D2L at the beginning of semester and you will need to have the quiz completed **BEFORE** class on Tuesday 8:30 am as written on the syllabus. You will have **12 minutes** to complete the quiz. The content of the quizzes will be based on the reading for that week. For example, the first quiz will cover the material from the “Fitness and Conditioning” and “Nutrition and Supplements” chapters in the book. You will take the quiz before class on Tuesday 9/12 and we will cover the book content during that week after the quiz. Quizzes that are taken late will result in a 0.

Lab Assignments (40 points total)

Two lab assignments will be completed throughout the semester. Each lab is worth 20 points and will be completed in class. You must attend class and participate in the labs in order to receive credit for them.

Anatomy and Injury by Joint Group Presentation (20 points)

Students will be assigned to a group, perform a presentation (8-10 minutes) with their group on one joint in the body (i.e. ankle, knee, hip, shoulder, elbow, hand). The group will work together to teach the class about the anatomy, movements (i.e. flexion or extension), and injuries associated with the assigned joint. The groups and associated joints will be scheduled during the second week of class. Detailed information will be given in class and posted on D2L. The presentation is worth 20 points.

Injury Group Presentation (50 points)

Students will be assigned to a group, perform a presentation (15 - 20 minutes) with their group, and submit a group summary abstract. The presentation will be scheduled during later during the semester. Detailed information will be given in class and posted on D2L. The presentation portion is worth 40 points and the summary abstract is worth 10 points, for a total of 50 points possible to earn for the assignment.

Exams (300 total points)

There will be two exams, as well as a final exam. Each exam is worth 100 points and material covered on each exam is detailed in the table below. Exams will be taken in class in Brody 143 online on the days outlined in the syllabus. Please make sure to bring laptops to class on exams days just in case the computers aren't working. Each exam includes questions from *Medical Terminology Simplified* and important terms will be provided to students. Half of the medical

terms will be tested on the first exam and the other half will be tested on the second exam. The final exam will test students on all of the medical terminology from the first and second exam.

** Grades will be continuously updated on D2L. You are expected to keep track of your own grade based on how it is outlined in the syllabus. All discussions of grades are to be done BEFORE the final exam on December 12th. You will be able to see your final exam after it is graded, but understand that your final semester grade is not subject to change.

Exam 1	Exam 2	Exam 3
Basic Anatomy	Protective Equipment	Psychosocial Intervention
The AT as a Healthcare Provider	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma	Therapeutic Modalities
Health Care Organization and Administration	Tissue Response to Injury	Therapeutic Rehabilitation
Legal Concerns and Insurance Issues	Skin Diseases	Infectious Diseases, Bloodborne Pathogens and Universal Precautions
Nutrition and Supplements	On the Field Acute Care and Emergency Procedures	Pharmacology, Drugs and Sports
Environmental Concerns	Off the Field Evaluation	Additional General Medical Disorders
Conditioning Techniques	Wrapping and Taping	

Quiz 1 (taken by 1/23) – Fitness and Conditioning, Nutrition and Supplements

Quiz 2 (taken by 2/15)– Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma

Quiz 3 (taken by 2/22) – Tissue Response to Injury, Skin Diseases

Quiz 4 (taken by 3/15) – Off the Field Injury and Evaluation

Quiz 5 (taken by 4/5)- Therapeutic Rehabilitation

Quiz 6 (taken by 4/19) - Pharmacology Drug and Sport, Additional General Medical Disorders

Makeup Exams/Quizzes/Lab Assignments

No makeup exam/quizzes/lab assignments will be given unless a valid medical or other excuse is presented and verified by the instructor. Medical excuses will be followed up by calling your

physician. Notification of a conflict with religious observance or intercollegiate athletic participation **must be provided a minimum of 2 weeks in advance** of the date. Any makeup that is given must be taken within 48 hours of normally scheduled exam.

TENTATIVE COURSE OUTLINE

This is a tentative course outline. The instructor reserves the right to alter this outline.

WEEK	TOPIC	ASSIGNMENT /READING
1/9 – 1/11	Syllabus/Intro/Basic Anatomy The AT as a Health Care Provider	Chapter 1
1/16- 1/18	Health Care Organization and Administration Legal Concerns and Insurance Issues	Chapter 2 & 3
1/23 - 1/25	Fitness and Conditioning Nutrition and Supplements	Chapter 4 & 5 Quiz 1 (Tues.)
1/30 - 2/1	Environmental Concerns Exam #1 Review	Chapter 6 & 7
2/6 - 2/8	<u>Exam #1</u> Protective Equipment	Chapter 7 & 8
2/13 - 2/15	Wrapping and Taping Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma	Chapter 9 Quiz 2 (Thurs.)
2/20 - 2/22	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma Tissue Response to Injury	Chapter 10 Quiz 3 (Thurs.)
2/27 – 3/1	Skin Diseases Anatomy and Injury by Joint Group Presentations	Chapter 12 & 28
3/13 - 3/15	On the Field Acute Care and Emergency Procedure Off the Field Injury Evaluation	Chapter 11 & 12 Quiz 4 (Thurs.)
3/20 - 3/22	On the Field/Off The Field Evaluation Lab Exam #2 Review	Chapter 13
3/27 - 3/29	<u>Exam #2</u> Psychosocial Intervention	Chapter 15
4/3 – 4/5	Using Therapeutic Modalities Using Therapeutic Exercise in Rehabilitation	Chapter 14 & 16 Quiz 5 (Thurs.)
4/10 - 4/12	Therapeutic Modalities and Rehabilitation Lab Infectious Diseases, Bloodborne Pathogens and Universal Precautions	Chapter 17
4/17 – 4/19	Pharmacology, Drugs and Sports Additional General Medical Disorders	Chapters 29 Quiz 6 (Thurs.)
4/24 - 4/26	GROUP PRESENTATIONS GROUP PRESENTATIONS	
5/1	Final Exam – May 1st 7:45 am - 9:45 am 228 Erickson Hall	