

UNIVERSITY OF ARKANSAS, COLLEGE OF EDUCATION & HEALTH
PROFESSIONS
DEPARTMENT OF HEALTH SCIENCES, KINESIOLOGY, RECREATION AND
DANCE

Program Affiliation:

KINESIOLOGY

Course Number and Title: KINS 2393 - Prevention and Care of Athletic Injuries

Catalog Description: Introduction to the prevention and care of athletic related injuries. Includes athletic injury recognition and management as well as techniques in taping.

Prerequisites: ZOOL 2443 and 2441

Instructor: Ron Wagner, MS, ATC
Office: HPER 303 - 575.4360
Broyles Center Training Room - 575.7507
Course Web Page: <http://www.uark.edu/webct>
Email: rwagner@mail.uark.edu

II Relationship to Knowledge Base

This is a basic level course which introduces general athletic training skills. This course provides a knowledge base of injury prevention, recognition, and management.

III. Goals

This course is designed for those who seek an understanding of the fundamentals of athletic injury prevention, recognition, and management. Students will have the opportunity to learn and practice hands-on taping, padding, bracing, bandaging, and emergency procedure techniques.

IV. Competencies/Objectives:

Upon successful completion of this course, the student should be able to:

Demonstrate understanding of the role of the athletic trainer, coach, activity supervisor, or others who may be responsible for the participant related to the prevention and care of athletic injuries.

Understand athletic injury mechanisms, characteristics, and classifications.

Demonstrate basic knowledge of therapeutic modalities.

Describe the most common types of athletic injuries and their cause, and be able to select appropriate preventive and protective techniques.

Understand the physiology of soft tissue injury and healing.

Demonstrate appropriate taping and bandaging skills for selected body areas.

Content

Introduction to Athletic Training as an Allied Health Profession
Injury Prevention and Care
Characteristics and mechanisms of Sports Trauma
Preventative techniques
Specific Sports Conditions
Fundamentals of Treatment and Rehabilitation

VI. Evaluation

3 unit exams @ 100 points each	300 points	
1 final examination		100 points
3 article abstracts @ 10 points each	30 points	
5 oral/practical exams @ 10 points	50 points	
Miscellaneous		<u>70 points</u>
<i>Total:</i>		<i>550</i>

points

VII. Grading Scale

A=90-100%
B=80-89%
C=70-79%
D=60-69%
F=59%

VIII. Class Assignments

Unit Exams

These examinations are intended to assess the student’s competency of the concepts covered in each unit. The examinations will be composed from the text, class lectures, and class handouts. Examination methodology may include multiple choice, true-false, short answer, and essay questions.

Oral/Practical Exams

Each student will be responsible for demonstrating all of the following tapings and wrappings:

- Wrap: ankle (cloth wrap, elastic wrap); hip/groin; shoulder (support & immobilization)
- Tape: ankle; foot arch; turf toe; hyperextended elbow; wrist (hyperextended or hyperflexed); thumb (abduction & adduction); finger

Students will be graded on time, technique (proper placement and direction of tape or wrap), neatness (wrinkle-free), effectiveness (proper support), and confidence (performs without hesitation and communicates with athlete being treated). Each student will perform the following:

1. Ankle wrap (Time: 45 seconds)

2. Ankle Taping (Time: 5 minutes)
3. **One** additional wrapping: hip, shoulder
4. **Two** additional tapings: arch of foot, elbow, thumb, wrist

Final Examination

This examination is required by the University and is designed to assess the student's awareness, understanding, and application of the concepts and skills covered by the course content. The final examination will be comprehensive. Examination methodology may include multiple choice, true-false, short answer, and essay questions.

Web Assignments

These assignments are designed to introduce students to athletic training resources available on the web. Students will be required to visit various sites and complete quizzes to verify their awareness of the web page content. The quizzes will be administered electronically.

Article Abstracts

Each student will locate three research articles that address athletic injuries and prepare an original abstract. Articles must come from three **different** professional journals. A list of approved journals will be provided. Journals not listed must get prior approval from the instructor. Magazines are **not** acceptable resources for this assignment. Each article abstract must be typed, double-spaced, 1" margins, and no less than 10 cpi font. NO article shall exceed two pages in length. A copy of your article, which will not be returned, must accompany your abstract. Each abstract should contain all of the following:

Heading (single spaced): Name & class (upper right); abstract number & due date (upper left)

Article reference (single spaced): use the APA format. Ex:

Johnson, R., & Johnson, J. (2004). An analysis of the effectiveness of pull-up diapers. Journal of Applied Domestics, 7 (12), 100-115. **Value= 1 point**

Summary of article (double spaced): including introduction, research methodology (equipment, sample population) and findings or results including KEY points.

Value=7 points

Personal critique of article (1 paragraph) **Value=2 points**

Abstracts are graded with respect to format, grammar, content, and spelling.

IX. Academic Honesty

The application of the University of Arkansas Academic Honesty Policy, as stated in the Student Handbook, will be fully adhered to in this course. Grads and degrees earned by dishonest means devalue those earned by all students; therefore, it is important that students are aware of the University of Arkansas Academic Honesty Policy. Academic dishonesty involves acts which may subvert or compromise the integrity of the educational process.

X. Course Resources

1. University Library
2. World Wide Web (Internet)
3. Barnhill Training Room Library
4. Broyles Training Room Library
5. Walton Training Room Library
6. Student Health Center

XI. Research Base

Required Text

Arnheim, D.D. & Prentice, W.E. (2000). *Principles of Athletic Training* (10th ed.) St. Louis: McGraw Hill.

Additional References

Anderson, M.K., Hall, S.J., Martin, M.M. (2000). Sports Injury Management (2nd ed.) Baltimore: Lippincott Williams & Wilkins.

Perrin, D. (1995). Athletic taping and bracing. Human Kinetics.

Street, S. & Runkle D. (2000). Athletic Protective Equipment:: Care, Selection, and Fitting St. Louis: McGraw-Hill.

XII. Inclement Weather Policy: If Fayetteville Public Schools are canceled, so is this class.

Tentative Course Outline

Date	Topic	Read	Assignment	Comments
28-Aug	Welcome; Intro to AT	1-3	Web	http://www.nata.org
30-Aug	Prof. Development & Resp.	1-3		
1-Sep	Strength/Conditioning/Nutrition	4-5	Web	http://www.nasca-lift.org/menu.asp
4-Sep	No Class			Labor Day
6-Sep	Protective Equipment	7		
8-Sep	cont.		Lab	Helmet, Shoulder Pad, Crutch Fitting
11-Sep	Classification of Injuries	9-10	Web	http://www.mtsu.edu/%7Ewwwhitehi/atep/497/tissue.html
13-Sep	Injury Assessment	13		
15-Sep	Psychology of Injury	11		
18-Sep	Emergency Procedures	6,12	Web	http://www.trauma.org/spine/cspine-stab.html
20-Sep	cont.			
22-Sep	Exam 1			Chapters 1-7, 9-12
25-Sep	Foot	18		
27-Sep	Ankle	19		
29-Sep	cont.		Lab	Abstract #1 ; Tape&Wrap Ankle

2-Oct	Knee	20		
4-Oct	cont.			
6-Oct	cont.		Lab	Tape: Foot, Achilles, Toes
9-Oct	Hip, Groin, Thigh	21		
11-Oct	cont.			
13-Oct	cont.		Lab	Tape: Knee; Wrap: Thigh, Groin, Hip
16-Oct	Exam 2			Chapters 18,19,20, 21
18-Oct	Shoulder	22		
20-Oct	cont.			
23-Oct	cont.		Lab	Abstract #2 ; Wrap: Shoulder, Sling&Swath
25-Oct	Elbow, Hand, Wrist	23-24		
27-Oct	cont.			Tape&Wrap: Hand, Wrist
30-Oct	Spine, Thorax, Abdomen	25		
1-Nov	Head and Face	27		
3-Nov	cont.		Lab	Tape: Thumb
6-Nov	Neck and Back			
8-Nov	cont.			
10-Nov	cont.		Lab	Spine Boarding
13-Nov	Internal Injury	26		

15- Nov	cont.			
17- Nov	Exam 3			Abstract #3; Chapters 23-28
20- Nov	Skin Disorders	28		
22- Nov	Additional Health Concerns	29		
24- Nov	No Class			Thanksgiving
27- Nov	Therapeutic Exercise	16	Web	http://www.csuchico.edu/~sbarker/shock/rehab.html
29- Nov	Therapeutic Modalities	15		
1-Dec	cont.		Lab	
4-Dec	Oral Practical Exams			
6-Dec	cont.			
8-Dec	cont.			
11- Dec	cont.			
13- Dec	cont.			
14- Dec	Final Exam			10am-12pm; Comprehensive