

<b>ORIGINATOR'S SECTION:</b>	
<b>1. College:</b> <input type="checkbox"/> CHABSS <input type="checkbox"/> CoBA <input checked="" type="checkbox"/> CoEHHS <input type="checkbox"/> CSM	<b>Desired Term and Year of Implementation (e.g., Fall 2008):</b> Fall 2016
<b>2. Current Course abbreviation and Number:</b> KINE 302 Care and Prevention of Athletic Injuries	

**TYPE OF CHANGE(S).** Check ☒ all that apply.

Course Number Change	<input type="checkbox"/>	Delete Prerequisite	<input type="checkbox"/>	Other Prerequisite Change	<input type="checkbox"/>
Course Title Change	<input type="checkbox"/>	Add Corequisite	<input type="checkbox"/>	Grading Method Change	<input type="checkbox"/>
Unit Value Change	<input type="checkbox"/>	Delete Corequisite	<input type="checkbox"/>	Mode of Instruction Change (C/S Number)	<input checked="" type="checkbox"/>
Description Change	<input type="checkbox"/>	Add Consent for Enrollment	<input type="checkbox"/>	Consider for G.E. If yes, also fill out appropriate GE form.	<input type="checkbox"/>
Add Prerequisite	<input type="checkbox"/>	Delete Consent for Enrollment	<input type="checkbox"/>	Cross-list	<input type="checkbox"/>

Information in this section– both current and new – is required only for items checked (☒) above.

**NEW INFORMATION:**

**CURRENT INFORMATION:**

<b>3. Title:</b>			<b>Course abbreviation and Number:</b>		
			Title: <i>(Titles using jargon, slang, copyrighted names, trade names, or any non-essential punctuation may not be used.)</i>		
<b>4. Abbreviated Title for Banner (no more than 25 characters):</b>			<b>Abbreviated Title for PeopleSoft: (no more than 25 characters, including spaces)</b>		
<b>5. Number of Units:</b>			<b>Number of Units:</b>		
<b>6. Catalog Description:</b>			<b>Catalog Description:</b> <i>(Not to exceed 80 words; language should conform to catalog copy. Please consult the catalog for models of style and format; include all necessary information regarding consent for enrollment, pre- and/or corequisites, repeated enrollment, crosslisting, as detailed below. Such information does <u>not</u> count toward the 80-word limit.)</i>		
<b>7. Mode of Instruction*</b> <i>(See pages 17-23 at <a href="http://www.calstate.edu/cim/data-elem-dic/APDB-Transaction-DED-SectionV.pdf">http://www.calstate.edu/cim/data-elem-dic/APDB-Transaction-DED-SectionV.pdf</a> for definitions of the Course Classification Numbers)</i>					
<b>Type of Instruction</b>	<b>Number of Credit Units</b>	<b>Instructional Mode (Course Classification Number)</b>	<b>Type of Instruction</b>	<b>Number of Credit Units</b>	<b>Instructional Mode (Course Classification Number)</b>
Lecture	3	C-02	Lecture	2	C-02
Activity			Activity		
Lab			Lab	1	C-16
<b>8. Grading Method:*</b>			<b>Grading Method:*</b>		
<input type="checkbox"/> Normal (N) <i>(Allows Letter Grade +/-, and Credit/No Credit)</i> <input type="checkbox"/> Normal Plus Report-in-Progress (NP) <i>(Allows Letter Grade +/-, Credit/No Credit, and Report-in-Progress)</i> <input type="checkbox"/> Credit/No Credit Only (C) <input type="checkbox"/> Credit/No Credit or Report-in-Progress Only (CP)			<input type="checkbox"/> Normal (N) <i>(Allows Letter Grade +/-, and Credit/No Credit)</i> <input type="checkbox"/> Normal Plus Report-in-Progress (NP) <i>(Allows Letter Grade +/-, Credit/No Credit, and Report-in-Progress)</i> <input type="checkbox"/> Credit/No Credit Only (C) <input type="checkbox"/> Credit/No Credit or Report-in-Progress Only (CP)		
<b>9. If the NP or CP grading system was selected, please explain the need for this grade option.</b>					
<b>10. Course Requires Consent for Enrollment?</b>			<b>Course Requires Consent for Enrollment?</b>		
<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Faculty <input type="checkbox"/> Credential Analyst <input type="checkbox"/> Dean <input type="checkbox"/> Program/Department/Director/Chair			<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Faculty <input type="checkbox"/> Credential Analyst <input type="checkbox"/> Dean <input type="checkbox"/> Program/Department/Director/Chair		

\*If Originator is uncertain of this entry, please consult with Program Director/Chair.

**CURRENT INFORMATION:**

<b>11. Course Can be Taken for Credit More than Once?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how many times (including first offering)
<b>12. Is Course Cross Listed:</b> <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, indicate which course
<b>13. Prerequisite(s):</b>
<b>14. Corequisite(s):</b>
<b>15. Documentation attached:</b> <input checked="" type="checkbox"/> Syllabus <input type="checkbox"/> Detailed Course Outline

**NEW INFORMATION:**

<b>Course Can be Taken for Credit More than Once?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how many times (including first offering)
<b>Is Course Cross-listed?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, indicate which course and check "yes" in item #17 below.
<b>Prerequisite(s):</b>
<b>Corequisite(s):</b>

**PROGRAM DIRECTOR/CHAIR - COLLEGE CURRICULUM COMMITTEE SECTION:***(Mandatory information – all items in this section must be completed.)*

**16. Does this course fulfill a requirement for any major (i.e. core course or elective for a major, majors in other departments, minors in other departments)?** ☒ Yes ☐ No

If yes, please specify:

Elective for Kinesiology major (fulfills Allied Health requirement)

**17. Does this course change impact other discipline(s)?** *(If there is any uncertainty as to whether a particular discipline is affected, check "yes" and obtain signature.)* Check "yes" if the course is cross-listed. ☐ Yes ☒ No

If yes, obtain signature(s). Any objections should be stated in writing and attached to this form.

Discipline \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_ Support \_\_\_\_\_ Oppose

Discipline \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

\_\_\_\_\_ Support \_\_\_\_\_ Oppose

**18. Reason(s) for changing this course:**

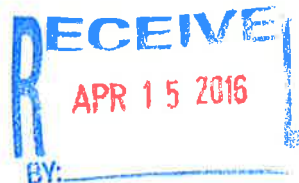
The content for this course deals with prevention, evaluation, and treatment of athletic injuries, and includes a large amount of hands on taping, stretching, and evaluation activities. Much of the content is already delivered in a laboratory-like manner. The addition of the laboratory component will provide additional time and a more appropriate setting for hands-on, instructional activities. In addition, similar courses are offered at local Junior Colleges at the 100 and 200 level. The proposed change will also help to distinguish the 300 level version of this course from lower division versions offered on other campuses.

**SIGNATURES : (COLLEGE LEVEL) :**

1. Originator (Please Print) Jeff Nessler 12/17/15  
 Date  
 2. Program Director/Chair [Signature] 12/17/15  
 Date  
 3. College Curriculum Committee Nancy C. Lopez 3-14-16  
 Date  
 4. College Dean (or Designee) [Signature] 3/14/16  
 Date

**(UNIVERSITY LEVEL)**

5. UCC Committee Chair \_\_\_\_\_ Date  
 6. Vice President for Academic Affairs (or Designee) \_\_\_\_\_ Date  
 7. President (or Designee) \_\_\_\_\_ Date





**Kinesiology 302**  
**Care and Prevention of Athletic Injuries Lab**

Fall 2016

Class #

Tues/Thurs 9:00-11:45 am

University Hall 257

Dr. Laura Dill, ATC

[ldill@csusm.edu](mailto:ldill@csusm.edu)

Office Hours: Tuesday 9:00-10:30

Office: University Hall, 327

Prerequisites: BIO 177 & 178

**Required Texts:**

Starkey, C., Brown, S.D., & Ryan, J. (2010). *Examination of Orthopedic and Athletic Injuries Edition 3*. F.A. Davis Co.

Starkey, C., Brown, S.D., & Ryan, J. (2010). *Orthopedic and Athletic Injury Handbook Edition 2*. F.A. Davis Co.

**Computer:** Students must have access to up-to-date computer and Internet

**You can find the readings, lectures, and assignments are online via Cougar Courses site:**

<http://cc.csusm.edu>

**Cougar Courses Help:** Call the CSUSM help desk. If you have any problems with Cougar Courses contact the helpdesk M-F 8-5 pm at (760) 750-4790 or [sth@csusm.edu](mailto:sth@csusm.edu). Be sure to leave a phone number and/or email if you leave a message regarding a problem you are having. They can help with all technical aspects of the Cougar Courses environment such as posting, submitting assignments, accessing materials. They cannot answer questions about the assignment requirements. Be sure to use the Help Desk, there are very supportive of your success.

You can find the class on Cougar Courses. Within each week folder you will find the power points, readings, and assignments for those chapters. There are assignments that you will have to turn in through Cougar Courses as described below. In addition, labs will typically be on Thursdays and will consist of taping and evaluation methods. **All assignments are due according to the course outline.**

**Course Format:** The course will be presented in traditional in-person lecture format with 2.0 contact hours per week constituting the lecture component and separate sections scheduled for 3.0 contact hr per week constituting the laboratory setting where clinical proficiencies will be introduced and evaluated.

**Class Description:** Advanced training in the procedures, techniques, and practical application of recognition and evaluation of athletic injuries to the upper and lower extremity, spine, and head.

**Course Objective:** This course is designed to teach advanced injury evaluation techniques for the body. Course content includes the evaluation process, medical terminology, basic principles of goniometry and manual muscle testing. The practical application portion of the class will focus on the skills needed to perform a comprehensive orthopedic evaluation. This course is especially valuable for students planning to pursue graduate school in athletic training or rehabilitation fields.

**Student Learning Outcomes (SLOs) for this Course**

As a result of taking this course, students will be able to:

**SLO 1:** Recognize and evaluate common injuries that occur during athletic participation.

**SLO 2:** Identify the anatomical location of major muscles, tendons, ligaments and bones of the body.

**SLO 3:** Measure active and passive range of motion with a goniometer.

**SLO 4:** Utilize common techniques and procedures for injury evaluation

- a. Taking a history
- b. Inspection or observation
- c. Palpation
- d. Functional testing
- e. Special tests

**SLO 5:** Identify and perform a comprehensive injury evaluation to determine the severity of the injury and the potential damage to specific structures of the body.

### ***Kinesiology Program Learning Outcomes Addressed in this Course***

**PLO 1:** Describe fundamental principles of Kinesiology, including anatomy and physiology, teaching movement related skills, health promotion, physiological response to exercise, and the mechanics and control of movement. *This PLO is reinforced by teaching students how to identify and palpate significant anatomical landmarks and then use those landmarks in the evaluation and prevention (taping, exercise) of athletic injury.*

**PLO 2:** Apply Kinesiology related skills to real-world problems through empirical research, internships, field experience, and/or service learning. *This PLO is reinforced by teaching students how to prevent and evaluate of athletic injury, as well as how to facilitate therapeutic exercises and stretching.*

**PLO 3:** Evaluate movement science questions through 1) the performance of health, fitness, and movement assessment, 2) the acquisition, analysis, and interpretation of original data, and 3) the appraisal and application of information from current research literature. *This PLO is mastered by students learning how to evaluate athletic injury.*

**PLO 4:** Utilize oral and written communication that meets appropriate professional and scientific standards in Kinesiology. *This PLO is reinforced by completing multiple writing assignments and demonstrations.*

**PLO 5:** Model behavior consistent with that of a Kinesiology professional, including 1) advocacy for a healthy, active lifestyle, 2) adherence to professional ethics, 3) service to others, 4) shared responsibility and successful collaboration with peers, and 5) pursuit of learning beyond CSUSM. *This PLO is reinforced through interaction with peers in a classroom setting, and with various other professionals in a training room setting.*

### ***Student Expectations***

• Students must complete all of the following requirements to earn a passing grade in the course. Written assignments must be delivered in hard copy on the date due and they must be typed. **No e-mail attachments will be accepted.** In addition, if you chose to drop the class, it will be the responsibility of the student to drop. The instructor does **NOT** drop students. If you stop coming to class, the grade you receive will be for the work you have done up to that point.

**All assignments handed in must be stapled.** No “dog ears” or paper clips allowed. You will receive a zero for the assignment if it is not stapled.

**Cell Phones/Texting:** It is the responsibility, and common courtesy, to turn off your cell phone during class time. I understand in certain circumstances, you may have to be reached during class. If this is the case, put your phone on vibrate, and take the call outside if necessary. If I see a student texting during class, I will politely ask that you stop, and the second time, you will be asked to leave class. That individual will not receive any points for assignments due for class that day and will **not** be able to make up those assignments.

**Computers:** You may use laptops in class for note taking **only**. I will walk around the room periodically and if you are doing anything else on your computer you will have the same warning as with the cell phone texting

► Please remember to keep all postings and emails respectful, even if you are disagreeing. Any student that becomes abusive to other students or the instructor could face disciplinary actions. Remember when you postemail to also use correct grammar and pronunciation. **You are not texting!** You will not receive points if you are not writing at a college level.

**Quality of Work:** All written work for this class MUST be typed using Times New Roman font size 12, single sided and 1-inch all margins and stapled. Do not add “spacing” before or after paragraphs. Papers should include your name, the assignment title, and the date submitted on top right corner of the first page. The writing style for this course must follow American Psychological Association (APA) 6th Edition format for layout and citations. APA style information can found online at <http://www.apastyle.org/>; <http://lib2.csusm.edu/subject-guide/6-Psychology-Research-Guide?tab=21>. Points will be deducted from your grade if this format is not followed for course assignments.

**Lab Dress:** On days where we go to the Lab for taping or evaluation practice, gym/ workout clothes should be worn. This includes shorts and a t-shirt. Cloths should be loose fitting so evaluation of range of motion can be observed. Every effort to maintain modesty will be made during labs.

**Late and Missed Assignments:** All assignments are due by 11: 55 pm on the day specified, unless otherwise noted, in Cougar Courses. No late assignments are excepted. If an assignment is to be handed in during class, **it is to be stapled or no points will be given.** A missed exam cannot be made up, however, if extraordinary circumstances occur, it will be up to the discretion of the instructor. If an exam is missed, please make an appointment with the instructor to discuss it. Remember to communicate with instructor **immediately** about issues or problems.

### **Exams**

- i. Exams are written and practical type tests. The last exam is given during finals week and will be a cumulative exam.
- ii. Exams are scheduled at logical breaks in the lecture material and dates are tentative.
- iii. Most of the material that will be on the exam will be covered in lecture. There will be sections or even chapters that the student will be required to read which may be on the exam.
- iv. Material covered in the lecture or in lab or as part of a laboratory assignment is eligible to be included on the exams.

**Course Evaluation.** Final grades will be based on:

3 Written Exams:	30%
4 Clinical Proficiency Demonstrations	40%
Athletic Training Room Assignment	10%
4 Evidence-based Problem Solving	10%
AT game	10%

Your final grade point percentage will be based on the following scale:

Highest	Lowest	Letter
100.00 %	93.00 %	A
92.99 %	91.00 %	A-
89.99 %	87.00 %	B+
86.99 %	83.00 %	B
82.99 %	81.00 %	B-
80.99 %	77.00 %	C+
76.99 %	73.00 %	

Highest	Lowest	Letter
72.99%	71.00%	C
		C-

### ***Academic Honesty***

Students will be expected to adhere to standards of academic honesty and integrity, as outlined in the Student Academic Honesty Policy. All assignments must be original work, clear and error-free. All ideas/material that are borrowed from other sources must have appropriate references to the original sources. Any quoted material should give credit to the source and be punctuated accordingly.

[Dean of Student's Academic Dishonesty Definitions per the University Catalog](#)

[What is wrong with cheating? By Professor Michael Bishop](#)

[Success Tips & Avoiding Cheating](#)

### ***ADA Statement***

Example: Students with disabilities who require reasonable accommodations must be approved for services by providing appropriate and recent documentation to the Office of Disabled Student Services (DSS). This office is located in Craven Hall 5205, and can be contacted by phone at (760) 750-4905, or TTY (760) 750-4909. Students authorized by DSS to receive reasonable accommodations should meet with me during my office hours in order to ensure confidentiality

### ***Accessibility***

California State University San Marcos prides itself on providing a nurturing academic setting for students of all kinds. With this wide audience range in mind, CSUSM also pays careful attention to making sure that its campus facilities, along with online content, is accessible to those with special needs.

Visit the [student accessibility page](#) or email [ada@csusm.edu](mailto:ada@csusm.edu).

### ***Technology***

**Computer:** Students must have access to up-to-date computer and Internet

**You can find the readings, lectures, and assignments are online via Cougar Courses site:**  
<http://cc.csusm.edu>

Students at Cal State San Marcos will be required by faculty to use a variety of technologies to deliver instruction and complete assignments. Such technologies include, but are not limited to: web-based technology, word processing software, and learning management systems.

### ***Cougar Courses***

Visit the [student "How To" resource pages](#) or email [sth@csusm.edu](mailto:sth@csusm.edu).

[Run this compatibility test](#) to determine whether or not you have the proper software installed and the proper options checked in order to access Cougar Courses without a problem.

### ***General Technology***

Visit the [technology resource pages](#) or email [sth@csusm.edu](mailto:sth@csusm.edu).

Test your internet speed: <http://www.speedtest.net/>

### ***Viewing Videos***

View the [troubleshooting guide on the CSUSM website](#).

This is a general Mediasite test from the Mediasite Vendor to make sure your computer has the ability to play the videos.

### **Other Student & Academic Services**

The goal of Student Academic Support Services is to provide you with high quality services that will assist you in meeting your academic goals. Their staff is available to assist you in providing information, answering your questions, and referring you to resources designed to support you in your educational pursuits. Student Academic Support Services is located in CRA 3600 and can be reached at (760) 750-4935.

Visit the complete listing of CSUSM's Student Resources and Services

### **Tentative Course Schedule:**

Weeks 1-15:	Clinical experience
Week 1:	Clinical skills: emergency care
	Splinting / spine board / wound care / crutch / cane
Week 2:	Clinical skills: concussion management / neurological screening
	BESS / SCAT / ImPact / cranial nerves / dermatomes / myotomes / reflex
Week 3:	Clinical skills: foot, ankle and lower leg
	Palpations / special tests
Week 4:	Clinical skills: knee
	Palpations / special tests
Week 5:	Clinical skills: hip / pelvis (written exam due)
	Palpations / special tests
Week 6:	Clinical skills: spine (1 proficiencies / <b>Evidence-based Problem Solving</b> )
	Palpations / special tests
Week 7:	Clinical skills: shoulder
	Palpations / special tests
Week 8:	Clinical skills: elbow
	Palpations / special tests
Week 9:	Clinical skills: wrist, hand, fingers (written exam due)
	Palpations / special tests
Week 10:	Clinical skills: facial structures (2 proficiencies / <b>Evidence-based Problem Solving</b> )
	Palpations / special tests / otoscope / ophthalmoscope
Week 11:	Clinical skills: trunk (2 proficiencies / mentorship essay due)
	Palpations / heart / lung / abdominal assessment
Week 12:	Clinical skills: modalities (3 proficiencies / <b>Evidence-based Problem Solving</b> )
Week 13:	Clinical skills: rehabilitation (written exam due)
	(AT Room Assignment due)

Week 14:	Clinical skills: taping
Week 15:	Practical final (4 proficiencies / <b>Evidence-based Problem Solving</b> )
	(AT Game due)