Auburn University

College of Education

School of Kinesiology

Course Syllabus

**Course Number:** KINE 3050-001

**Course Title:** Care and Prevention of Injuries

**Course Hours:** 3 semester hours

**Prerequisites:** None

**Co-requisites:** None

**Class Meeting Times:** On-line course

**Instructor:** Dr. JoEllen Sefton, ATC

**Email**: jmsefton@auburn.edu

**Office:** Kinesiology Building Rm 291

**Office** **Hours**: In Person – Tuesdays 9-10 am; Wednesdays Virtual 1 – 2 pm <https://auburn.zoom.us/j/2706265458>

**Backup instructor**: Kate Frick, MS, ATC, LAT, CSCS; kaf0067@auburn.edu

**Date Syllabus Prepared: August 2th, 2023**

**Important: all communication for this course is through AU Outlook. Do not use Canvas messaging – I will not receive it. Please use your AU email for all communication – it is the official communication platform (not you gmail account, etc.)**

## Required Text(s):

There is no textbook required for this class. All course material will be provided on Canvas. Students are required to purchase the course material supplies packet from the AU Bookstore. These materials (athletic tape, etc) are needed to complete required course assignments.

## Course Description:

Students will learn how to implement proper procedure in sports self-medicine care, create/lead emergency action plans, prevent/reduce injury/illness occurrences, provide initial care for basic injury/illnesses, analyze environmental conditions for safety, and provide important information to sports medicine professionals. Student will NOT become certified or credentialed for care of injuries.

## Course Objectives:

1. To develop an understanding of, but not receive a certification/degree, in the sports medicine field
2. Identify how to recognize an emergency situation and implement an emergency action plan
3. Develop an understanding of proper universal precautions in relation to bloodborne pathogens
4. Identify functional anatomy related to prevention and treatment of injuries/illness
5. Develop an understanding of common injuries and illness in the athletic population
6. Develop a basic understanding of nutrition related to the physically active
7. Develop a basic understanding of strength, conditioning and stretching
8. Provide you with the information to analyze environmental conditions for safety
9. Develop an understanding of when to refer an individual to a license medical professional and what important information can be given to expedite treatment

## Course Evaluation

| **Assignment** | **Number of Assignments** | **Points per Assignment** | **Total Points for Assignment** | **% of Total grade** |
| --- | --- | --- | --- | --- |
| Assignments | 10 | 10 | 100 | 20% |
| Quizzes | 13 | 10 | 130 | 25% |
| Exams | 3 | 50 | 150 | 30% |
| Final Exam | 1 | 150 | 150 | 25% |
|  |  |  | Total: 530 |  |

**PLEASE NOTE:** **Any concerns regarding points or questions on a quiz or exam must be communicated to the instructor via e-mail by 5 pm CST WITHIN 3 DAYS FOLLOWING a quiz or exam. Questions will not be reviewed, or additional points given after that time. No exceptions.**

## Grading Scale:

| **Grade** | **Grading Scale** |
| --- | --- |
| A | 90% -100%-100.0% |
| B | 80%-89%-89.9% |
| C | 70%- 79%-79.9% |
| D | 60%- 69%-69.9% |
| F | ≤ 59%-59.9% |

**NOTE: Grades will be rounded to the 2nd decimal place. Any requests for extra credit or special exceptions to these grading policies will be interpreted as an honor code violation (i.e., asking for preferential treatment) and will be automatically reported to the Provosts office as an honor code violation.**

***Course Information:*** The following course materials are found on Canvas

## Quizzes:

Twelve online quizzes are due throughout the course. Quizzes will close by **7pm CST**. Each quiz will cover information from the PowerPoint, reading material and assignments for that week. All quizzes will be multiple choice and true/false. Quizzes are to be taken on an individual basis and without books or notes. All quizzes have a time limit. If you are not comfortable taking a timed assessment, arrangements can be made to take a proctored assessment. Students are asked to review quizzes after they are graded and look up missed questions. If the answer is still unclear, please make an appointment or send me an e-mail within 3 days to review the question and I’d be happy to go over any remaining questions you may have. Quiz questions will appear on the exams.

## Course syllabus acceptance Quiz: (10 points)

This syllabus serves as a contract to identify what is required for a given course grade. Each student is required to either:

1. Formally accept the terms outlined in this syllabus OR
2. Engage in open discussion with the instructor about matters of clarification/alteration, followed by formal acceptance of the revised syllabus AND
3. Correctly answer the quiz questions

Formal acceptance of the syllabus is performed within the Canvas quiz area and counts toward 10 points of the class grade.

## Exams

A student guide has been attached on canvas. Also two practice tests are available on canvas to help you adjust to the process before the real exams. Four online exams are required for this class. The final exam will be will be cumulative. Exams close by **7pm CST**. Tests are to be taken on an individual basis and without books or notes. Exams have a time limit. Students are asked to review exams after they are graded and look up missed questions. If the answer is still unclear, please make an appointment or send me an e-mail within 3 days to review the question and I’d be happy to go over any remaining questions you may have. Exam questions will appear on the final exam.

## Assignments

Assignments will be given each week from the information in the PowerPoints, reading material and videos. All assignments are due by 7pm CST on Monday, Wednesday, or Friday of that week. Stay on top of assignments by doing work early. Assignments that are turned in are final, you cannot redo an assignment because your assignment was completed and graded early. Computer trouble, network problems, weather, or other problems are NOT an excuse for late or missed work. Please keep a copy of all assignments and videos in case there is a problem with Canvas.

1. One pager:

Student will narrow down the topic from that week to a topic that interests them. Topics should be narrowed to something that can help them within their current major or something that they would use in the future. The student will find a real-world scenario within the narrowed topic and look up a **peer reviewed article** that relates to that scenario. The student will then be required to write a one-page summary of the article and how they will take the information they have learned and apply it to their future goals in their profession. An example on how to complete this is provided in the file section of canvas. 1-pager must follow paper format described in the example. Use of AI to write the paper will be considered plagiarism.

1. Discussion:

During the second week students are required to participate in a discussion with other classmates. In this discussion students will create a post giving some information about themselves and why they are taking this class. Students are then required to respond to at least two other student’s posts. Students should remember to use professional behavior when communicating with other classmates on the discussion board (Refer to Professionalism section below).

1. Video:

Students will submit videos of themselves completing various taping techniques and ace wrapping techniques throughout the semester. Students will upload the video of them completing the task by 7pm CST. All elastic ace wraps and athletic tape needed for practice and their video assignments are included in the required materials purchased from the AU bookstore. A video on instructions for each different taping type is provided in the file potion of canvas under that week’s section. A list of video formats supported by canvas is provided below. Please keep all videos until the end of the semester in case a video you have submitted needs to be reloaded due to canvas difficulties. Students should remember to use professional behavior when creating and uploading video assignments. (Refer to Professionalism section below)

**\*\*\* For all video assignments the instructor must be able to see the face of the student that is completing the assignment, in order to verify that they are completing the task. If the instructor is unable to verify that it is the student, he/she will receive a zero on the assignment. Another person/student completing the assignment other than the student will be reported as a violation of the University Academic Honesty Policy.\*\*\* Students must also dress professionally for the video. Consider this as you would an in-class presentation. Work out clothing, etc. is not acceptable.**

Supported Video Formats:

* 1. Flw- Flas Video
	2. Asf- Windows Media
	3. Qt- Apple Quick Time
	4. Mov- Apple Quick Time
	5. Mpg- Digital Video Format
	6. Mpeg- Digital Video Format
	7. Avi- Digital Video Format
	8. M4v- Digital Video Format
	9. Wmv- Windows Media
	10. Mp4- Digital Video Format
	11. Multimedia Mobile Format

## Extra Credit:

There is one opportunity for extra credit available for this course.

Pop Quizzes

There will be no pop quizzes or assignments in this course.

## Participation/Attendance:

Students are expected to participate in all on-line discussions and postings. It is the student’s responsibility to contact the instructor prior to missing an assignment, if an illness or emergency requires the student to miss quiz or assignment due dates. Any missed work requires a University approved excuse and MUST be made up within 5 days. Please refer to Auburn University Student Policy eHandbook: [Student Policies Handbook](http://www.auburn.edu/studentpolicies) for more information on excused absences.

## Questions/help:

Students are encouraged to ask questions and seek extra help on a regular basis. Please do not wait until the day before an exam or quiz is due. The goal is to keep up and enjoy the material! I will make every attempt to respond to emails quickly, however, please do not assume that you will receive an immediate response. If you email on the weekend, please understand that the professor may not respond until Monday unless there is an emergency.

## Canvas Grades:

Please note that in the “Grades” section of Canvas. The default setting does NOT calculate the quizzes you miss as “0” in the gradebook. This produces a grade that does not reflect your work in the course. Please be advised that this is a PERSONAL SETTING on Canvas. It is your responsibility to know your current grade in the course. Grade changes will NOT be considered in the case of misunderstanding between the “Canvas” reported score and your “true” score in the course. It is the student’s responsibility to check their grades and contact the instructor if this is a problem.

## Disability Accommodations:

"Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by Outlook e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT)."

## Honesty Code:

The University Academic Honesty Code and the Student Policy eHandbook regulations pertaining to cheating will apply to this class. All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook [Student Policies Handbook](http://www.auburn.edu/studentpolicies) will apply to this class. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee. This is especially important in an on-line course. Please remember the idea is to learn the material so that it will help you in your future careers. If you don’t put an honest effort into this the course will be of no use to you.

## Course Evaluations:

Students are requested to complete the online course evaluation through the AU eValuate system available through the “Students” tab on the Auburn University main page or through AUAccess. Completing these evaluations are very important to improving the quality of the class.

## Professionalism:

As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

1. Behave and communicate professionally on-line and in any postings. Unprofessional postings will result in the removal of this privilege and the inability to gain points. Additionally, you may be removed from this course for unprofessional conduct.
2. Remember that postings may be misinterpreted, and not to post responses when you are angry. \*This applies for all email correspondence with classmates and the instructor.
3. Remember all your discussions are public; it’s easy to forget this in chat rooms or on the discussion board.
4. If you find a posting that you find offensive or inappropriate, please notify the instructor immediately.
5. Please include a salutation and sign all emails, just as you would a letter.
6. Do not use texting abbreviations in postings or emails.
7. Engage in responsible and ethical professional practice
8. Contribute to collaborative learning communities
9. Demonstrate a commitment to diversity
10. Model and nurture intellectual vitality

## Course Description:

**\*\*Stay on top of assignments by doing work early. Some weeks may have more assignments than others, plan accordingly and work ahead. Remember computer trouble is NOT an excuse for late or missed work. \*\***

**Everything is due on Fridays at 5 pm EXCEPT the Final Exam.**

| Week 1  |
| --- |
| FridayAugust 18th7pm  |  Introduction – pre-course announcements  | Syllabus QUIZ, Plagiarism assignent, QUIZ 1,  |
| Week 2 |
| FridayAugust 25th 7pm | Introduction to sports medicineAnatomy and physiology | Medical Terminology Assignment, QUIZ 2 |
|  Week 3  |
| Friday September 1rd 7pm | General Injury | Introduction discussion Post, QUIZ 3 |
|   Week 4 |
| FridaySeptember 8th 7pm | Bloodborne pathogens | *Quiz 4****EXAM 1*** |
| Week 5 |
| FridaySeptember 15th 7pm | Immediate and emergency care | Immediate Care Assignment, QUIZ 5 |
| Week 6 |
| FridaySeptember 22th 7pm | General medical concerns | Sports Medicine Professional paper, QUIZ 6 |
| Week 7 |
| FridaySeptember 29th 7pm | Emergency action plan | Emergency action plan assignmentQUIZ 7 |

| Week 8 |
| --- |
| WednesdayOctober 6th7pm | Foot, ankle and lower leg | Ankle tape and wrap videoQuiz 8 |
|  Week 9October 13 – Fall Break. Enjoy! (great time to work ahead!) Week 10 |
| FridayOctober 20th 7pm | Knee, thigh and hip | Knee, quad and hamstring video, QUIZ 9**Exam 2** |
|  Week 11 |
| FridayOctober 27nd 7pm | Shoulder and elbow | Shoulder and elbow video Quiz 10 |
| Week 12 |
| FridayNovember 3rd 7pm | Wrist and hand | Wrist and hand tape videoQuiz 11 |
|  Week 13 |
| FridayNovember 10th 7pm | Environmental Concerns PPT | Environmental handoutQuiz 12 |
|   |
| FridayNovember 17th 7pm | Nutrition | Quiz 13**Exam 3** |

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| --- |
| Week 14 |
| FridayNovember 17th 7pm | Nutrition | Quiz 13**Exam 3**  |
|  | **Week 15** |  |
| FridayDecember 1rd 7pm | Strength and conditioning | Quiz 14Quiz 15Extra credit due |
| Week 16  |
| Tuesday 5th 7pm |  Principles of stretching  | ***Exam 4*** |

## Bias, Incidents, Concerns, or Complaints:

Auburn has several resources to help you and your classmates if you are experiencing problems. You can find more information at Auburn Cares.

**Auburn Cares:**

[http://aucares.auburn.edu/](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Faucares.auburn.edu%2F&data=05%7C01%7Crudisme%40auburn.edu%7Cee2f3535f8b94298a80408da71aa0108%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C637947272215926639%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=NY3kPy%2FH9c45wuGsWm8clKKISfjGRCEJ%2BTZs6QBq3Yg%3D&reserved=0)

**Auburn Cares FAQ:**

[http://aucares.auburn.edu/frequently-asked-questions/](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Faucares.auburn.edu%2Ffrequently-asked-questions%2F&data=05%7C01%7Crudisme%40auburn.edu%7Cee2f3535f8b94298a80408da71aa0108%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C637947272215926639%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Pwu14E%2B21yx94vCeQfrlSgyJit2q0GAGDmlzj4jAJWs%3D&reserved=0)

For information about reporting concerning or worrisome behavior, a student conduct violation, hazing, crimes, or academic, non-academic, or general complaints, please visit [https://studentaffairs.auburn.edu/complaint-concern/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstudentaffairs.auburn.edu%2Fcomplaint-concern%2F&data=05%7C01%7Cjms0018%40auburn.edu%7Cf8a069a2f38e4937125308db9dd9b161%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638277330542845890%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=6t8ql4WrJ1uGGuuU5l%2BVf5e8JdIlcnaqBs0VqkgBKtk%3D&reserved=0).

Regarding bias, Auburn University values freedom of expression and the open exchange of ideas. While openness protects the expression of controversial ideas, there are times when actions or expression can negatively affect individuals or groups. A bias-related incident involves conduct (acts, behaviors, or communications) against a person, motivated by the offender’s biases regarding age, disability, ethnicity, gender, gender identity/expression, nation origin/nationality, race, religion, sex, sexual orientation, veteran status or other identity. These acts, behaviors, conduct or communications may produce an unwelcoming environment. A bias incident may involve behavior which does not rise to the level of a violation of Auburn University policy, including legally protected free speech.

The Bias Education and Response Team (BERT) consists of a cross-disciplinary group of staff and faculty who will ensure that students, faculty, and staff have the means to report bias incidents. This group of professionals share information about incidents reported to the BERT, and advocate for prevention and awareness programs. BERT members will also connect those impacted by bias-related incidents with immediate and ongoing support resources. Students can report a bias incident at [https://studentaffairs.auburn.edu/bert/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstudentaffairs.auburn.edu%2Fbert%2F&data=05%7C01%7Cjms0018%40auburn.edu%7Cf8a069a2f38e4937125308db9dd9b161%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638277330543002140%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=gSb4Jh4KtLA0dMl%2FFFVnq%2FEGmLpy%2BeYNqHS359Pm7c4%3D&reserved=0).