Auburn University

College of Education

School of Kinesiology

Course Syllabus

**Course Number:** KINE 3050

**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 Sefton

**Email**: jmsefton@auburn.edu

**Office:** Kinesiology Building Rm 292

**Office** **Hours**: Mondays 9-10 am in person; Tuesdays 3-4 pm virtual at <https://auburn.zoom.us/j/2706265458>

**Backup instructor**: Ms Kate Frick; jmsefton@auburn.edu

Date Syllabus Prepared: July 10, 2024

## Required Text(s):

There is no textbook required for this class. All material will be provided on Canvas. Students are required to pick up a box of materials from the bookstore through all access (see below).

**What is All Access?**

All Access is Auburn’s program of delivering course materials to you digitally. Sometimes this will be a textbook, sometimes an access code. Your instructor has coordinated with the Bookstore to deliver this content for the course and help make sure you have what you need. All Access makes sure you are ready the first day of class, and the material is so much cheaper with this delivery that it’s the best way we can help you succeed in your courses at Auburn….financially and academically.

**What content am I getting?**

For this course, KINE 3050, you’re getting a box of required supplies for the course.

**How do I find it?**

We have the boxes available for pickup at the textbook services window at the Bookstore.

**What does it cost?**

The cost of the supplies is $24.00.

**How do I pay?**

Once you pick up your box from the Bookstore, we’ll have the cost routed to your next ebill.

**What if I’m on scholarship?**

We can charge All Access content to any scholarship that we charge at the Bookstore.  Those will be done automatically when we bill.

**What is the refund policy?**

We will not be able to offer any refunds on this item once it’s been picked up from the Bookstore.

**What if I need help?**

* I’m always happy to help!

**Russell Weldon  books@auburn.edu or 844-1352**

* Also, http://aub.ie/allaccess has more info as well.

## 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 | 15 | 10 | 150 | 25% |
| Exams | 3 | 50 | 150 | 30% |
| Final Exam | 1 | 150 | 150 | 25% |
|  |  |  | Total: 550 |  |

**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 central time 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 handled accordingly.**

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

## Quizzes:

Fifteen online quizzes are due throughout the course. Quizzes will close by **7 pm central time**. 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. 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 may 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

Four online exams are required for this class. The final exam will be the last week and will be cumulative. Exams close by **7 pm central time**. Tests are to be taken on an individual basis. 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 7 pm central time on Monday, Wednesday, or Tuesday 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.

**For all writing assignments:** You are free to use ChatGPT, Grammerly or other AI writing tools to assist your writing. You **MUST** note what tools you used, the prompts you used, the output from the program, and the edits you made to the output to make the writing your own. For example, if I entered “write a paragraph on heat injury”, I would need to attach that paragraph output to my written document. I would then need to note if I inputted any further prompt such as “make this more scientific.” I then need to also attach this output, and continue with each input/output. Also not any inaccurate information AI provides in your document. You then need to show your final paper after you have used this information to assist you, and show each stage and how you used it in your final document.  **Do not use AI to do the project for you.** You must research the information provided to ensure the information in accurate – AI often provides inaccurate data. If it does, and you do not correct it, you will be held accountable for that in your grade. AI does not replace peer-reviewed research.

**All sources, AI web sites, stores, and peer reviewed research papers must be cited in all of your documents. Show me where you got your information!**

1. Two Page Sports Medicine Professions Paper:

The student will choose a Profession under the Sports Medicine Umbrella that interests them. This profession should be one that interests them, that will help in their current major, or that they can use in the future. The student will be required to look up background of the profession, academic requirements, needed certification and licensures using published works and **peer reviewed articles** that relate to the profession. The student will then be required to write a two-page paper on the profession and how they will take the information they have learned and apply it to their future goals in their own future profession. An example on how to complete this is provided in the file section of canvas. The 2-page paper must follow the format described in the example and the provided rubric.

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. Videos:

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 7 pm central time. Students will be required to pick up materials from the bookstore through Auburn’s All Access Program. 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. Attire for video submissions should be professional in accordance with an Auburn University classroom setting. No bare chest / midriffs or wearing gym clothes (sports bras, workout gear, etc.). Consider these videos similar to a classroom presentation. Students should remember to use professional behavior when creating and uploading video assignments. (Refer to Professionalism section below)

**PAY ATTENTION TO THIS!**

**\*\*\* For all video assignments the student must first show their Auburn photo ID and introduce themselves to the instructor. 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, they will receive a “0” on the assignment. Another person/student completing the assignment or directly “coaching” the student completing the graded video portion other than the student completing the assignment will be reported as a violation of the University Academic Honesty Policy\*\*\***

**\*\*** If a student would like to complete the assignment in person with the instructor instead of submitting a video they are able to do so. The student must contact the instructor and set up a meeting to complete the wrapping/ taping/ video assignment in person in the Kinesiology building instead of submitting a video. The in-person submission **MUST** be completed prior to the due date within regular business hours after being agreed upon by the student and the instructor. Students completing the course that are not in the Auburn area and who are unable to complete a video may set up a time for a virtual appointment with the instructor. **\*\***

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:

Students may earn a maximum of 10 points of extra credit in this class by completing the additional modules under the Extra Credit Module on Canvas. This is the only extra credit available for this course. Asking for other extra credit opportunities is considered a Honor Code Violation.

## 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.

**How to take the exams**

Exams (not quizzes) will be proctored.

Your 2 exams will be accessed through the AU Canvas course website in the quizzes section of this course.

• We will use the AU Testing Center and SmarterProctoring. Distance students should contact their instructors for help setting up a ProctorU exam.

• Quizzes and all other assignments are accessed through the Caduceus website. Choose the “SmarterProctoring” version of the exam unless you have permission from the instructor to use ProtcorU.

On-Campus Students – use the AU Testing Center

The AU testing center is located at: Biggin Hall Second Floor, 112 South College Street, Auburn University AL 36849. You can find information about their hours of operation and scheduling here. All the information you need on SmarterProctoring can be found on this page: The Biggio Center for the Enhancement of Teaching & Learning (auburn.edu).

**NOTE: you must bring your AU ID card to the testing center to take the exams. Copies on your phone will not be accepted**.

**Prior to taking the exam:** first go to Smarter Proctoring on the Canvas site (left side menu) and **set up your account**. Go ahead and schedule your exam by going to SmarterProctoring to schedule the exam. DO NOT wait until the last minute - you will need to find an available slot at the testing center for your exam. Waiting too late and finding no slots is not a reason for an extension.

**Course Requirements/Evaluation:**

All course work will be completed and graded on-line. It is vital in a web-based course that students remain current on course work. Quizzes and exams will remain accessible only for specific dates. Work not completed by the required date will receive a grade of zero. Quizzes and tests are to be taken on an individual basis and without books, notes, computer sites, or outside help.

\* PLEASE NOTE: Any concerns regarding points or questions on a quiz or exam must be communicated to the instructor via e-mail with 24 HOURS of the closing of the assignment/assessment or exam. Questions will not be reviewed, or additional points given after that time. No Exceptions. If you experience problems while completing a quiz/exam you must email the instructor immediately. We can often go in and re-set the assessment and you can complete the assessment on time. Do not wait until the next day to report a problem if you want credit for the assessment.

## 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.

**Office hours** are times set aside for you to talk with and get help from your instructor either virtually or in person. Please do not hesitate to come ask questions! I love talking with my students, but they rarely take advantage of office hours. If you know you are coming to the office shoot me an email so I can make sure you get priority during that time. If I’m not in my office (291) I’ll likely be right back or I’m in the lab (241). My doctoral students are right around the corner (296) and always know where I am.

## 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 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. Attire for video submissions should be professional in accordance with an Auburn University classroom setting. No bare chest / midriffs or wearing gym clothes (sports bras, workout gear, etc.). Consider these videos similar to a classroom presentation.
7. Do not use texting abbreviations in postings or emails.
8. Engage in responsible and ethical professional practice
9. Contribute to collaborative learning communities
10. Demonstrate a commitment to diversity
11. Model and nurture intellectual vitality

## 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/>  
**Auburn Cares FAQ:**<http://aucares.auburn.edu/frequently-asked-questions/>

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%7Ckaf0067%40auburn.edu%7Cfaf88f9f093741e1700b08db9e6f9e2e%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638277974451737982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=peqcnQaBcnOrzLYsXcD2oAED4mQkW6vmRpSbe27MRvo%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%7Ckaf0067%40auburn.edu%7Cfaf88f9f093741e1700b08db9e6f9e2e%7Cccb6deedbd294b388979d72780f62d3b%7C1%7C0%7C638277974451737982%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qid7Ky%2B%2BM5nl9IiSYNYVjt6954YGm%2F0Ie60I1Bm05%2F4%3D&reserved=0).

**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 Tuesdays at 7 pm central time EXCEPT the Final Exam which is due by the last day of class.**

**On-campus students will take exams through the AU Testing Center via SmarterProctoring. You must create an account. See “how to take exams” above.**

|  |  |  |
| --- | --- | --- |
| **Week 1**  **Last day/time assignment can be**  **Submitted Topic Assignment** | | |
| Tuesday  August 20  7:00 pm | Pre-Course Announcements | Syllabus Assignment  Plagiarism Assignment  QUIZ 1 |
| **Week 2** | | |
| Tuesday  August 27 7:00 pm | Introduction to Sports Medicine  Anatomy and Physiology | Medical Terminology Assignment QUIZ 2 |
| **Week 3** | | |
| Tuesday  September 3 7:00 pm | General Injury | Discussion Post  QUIZ 3 |
| **Week 4** | | |
| Tuesday September 10  7:00 pm | Bloodborne Pathogens | QUIZ 4 ***EXAM 1*** |
| **Week 5** | | |
| Tuesday September 17  7:00 pm | Immediate and Emergency Care | Immediate Care Assignment QUIZ 5 |
| **Week 6** | | |
| Tuesday September 24  7:00 pm | General Medical Concerns | Sports Medicine Profession Paper QUIZ 6 |
| **Week 7** | | |
| Tuesday October 1  7:00 pm | Emergency Action Plan | Emergency Action Plan Assignment QUIZ 7 |
| **Week 8** | | |
| Tuesday  October 8  7:00 pm | Foot, Ankle and Lower Leg | Ankle Tape & Wrap video,  QUIZ 8 |
| **Week 9** | | |
| Tuesday October 15  7:00 pm | Knee, Thigh, and Hip | Knee, Quad and Hamstring Video  Quiz 9  ***EXAM 2*** |
| **Week 10** | | |
| Tuesday October 22  7:00 pm | Shoulder and Elbow | Shoulder and Elbow Video  Quiz 10 |
| **Week 11** | | |
| Tuesday October 29  7:00 pm | Wrist and Hand | Wrist and Hand Tape Video  QUIZ 11 |
| **Week 12** | | |
| Tuesday November 5  7:00 pm | Environmental Concerns | Environmental Handout  Quiz 12 |
| **Week 13** | | |
| Tuesday November 12  7:00 pm | Nutrition | Quiz 13  ***Exam 3*** |
| **Week 14** | | |
| Tuesday November 19  7:00 pm | Strength and Conditioning | Quiz 14 |
| **Week 15** | | |
|  | Thanksgiving Break! Enjoy! |  |
| **Week 16** | | |
| Tuesday  December 3  7:00 pm | Principles of Stretching | Quiz 15 |
| **Last Week** | | |
| Friday  December 6  7:00 pm | Review Time Exam 4 | ***Exam 4*** |