Instructor: Josh Lammert, MS, ATC, LAT, CSCS  
Office: Fieldhouse Athletic Training Room  
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Course Location: Fieldhouse Lawton Ready Room  
Course Time: T / TR 8:00-9:15 am  
Office Hours: W 8:00-10:00 AM  
Credits: 3 Hours

Prerequisites:

I. Course Description:
The objective of this class is to teach prospective Athletic Training students, Coaches and other Exercise and Sports Science students a base of knowledge in the prevention, care and treatment of athletic injuries. Students will learn and be able to execute several athletic taping techniques.

II. Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

Program Learning Outcomes:

1. Students will identify and analyze components of movements.
2. Students will demonstrate an understanding of physical fitness concepts and utilization of available technology in assessing fitness levels, performance and physiological effects during various levels of physical stress.
3. Students will apply knowledge and stages of motor development.
4. Students will demonstrate knowledge of kinesiological principles and concepts.
5. Students will design and implement physical education learning education experiences that are developmentally appropriate, safe and that utilize principles of effective instruction.

Student Learning Outcomes:

1. Students will learn the history of Athletic Training and the Sports Medicine Team.
2. Students will learn basic medical terminology.
3. Students will learn how to recognize and assess the most commonly seen athletic injuries.
4. Students will learn how to recognize and handle emergency situations.
5. Students will learn about environmental factors that must be considered in athletic settings.
6. Students will learn how to treat the injuries most commonly seen in athletic settings.
7. Students will learn basic athletic taping skills.

III. Course Assignments, Activities, Instructional Strategies, Use of Technology
A number of instructional methods are modeled during the course, such as lectures, guest speakers and taping lab exercises.

Examinations  Will include multiple choice, matching, True/False and short answer questions. Will cover information covered in section V of this Syllabus. Exams I, II and III will be worth 100 points each.

Two-Part Final Examination  Part 1: Will be comprehensive consisting of multiple choice, matching, True/False and short answer questions; and will be worth 100 points. Part 2: Will be a practical exam focusing on the students functional taping / wrapping skills learned in class. Will be worth 100 points.

IV. Evaluation and Assessments (Grading):
Examinations will contain multiple choice, listing, short answer, matching and true/false questions. The top score will be awarded 100 points. All other scores will be scaled based on the top score given. The Final Exam will be worth 200 points and will compose of a comprehensive written exam and a taping portion. Taping final will be worth 100 points upon satisfactory completion of several tape jobs. Taping will be judged on neatness, technique, support and time.

GRADING BREAKDOWN
3 Written exams worth 100 points each  300
1 Two-Part Final worth 200 points  200
TOTAL POINTS  500

Revised 1/12/16
V. Tentative Course Outline/Calendar:

T. Jan. 19 Orientation
TH. Jan. 21 Ch. 1-3 Sports Med Team, their roles and responsibilities. Organization, Administration, and Legal Liability.
T. Jan. 26 Ch. 4-6 Str. & Cond. / Sports Nutrition / Protective Equipment
TH. Jan. 28 Med. Terminology Commonly used medical terminology in Athletic Training.
T. Feb. 2 Ch. 13 Sports Injuries How to recognize the most common injuries in an Athletic Training setting.
TH. Feb. 4 Ch. 7 Environmental Factors Hot and Cold weather, Lightning and other safety considerations.
T. Feb. 9 Ch. 8 Emergencies and Injury Assessment.
TH. Feb. 11 Ch. 8 Continued – Includes Splint / AED lab
T. Feb. 16 EXAM I
TH. Feb. 18 Ch. 6 Protective Equipment / Ch. 22 Head Injuries - symptoms, treatment, and protocol for return to activity.
T. Feb. 23 Ch. 14 Foot & Ankle Basic anatomy, commonly seen injuries, basic evaluation and treatment.
TH. Feb. 25 Ch. 15 Ankle and Low Leg Basic anatomy, commonly seen injuries, basic evaluation and treatment
T. Mar. 1 Ch. 16 Knee Basic anatomy, commonly seen injuries, basic evaluation and treatment.
TH. Mar. 3 NO CLASS
T. Mar. 8 Ch. 17 Thigh, Hip, Groin Basic anatomy, common injuries, basic evaluation and treatment.
TH. Mar. 10 EXAM II
T. Mar. 15 NO CLASS SPRING BREAK
TH. Mar. 17 NO CLASS SPRING BREAK
T. Mar. 22 Ch. 10 Taping & Bandaging Basic principles and techniques of athletic taping.
TH. Mar. 24 Ch. 18 Shoulder Basic anatomy, commonly seen injuries, basic evaluation and treatment.
T. Mar. 29 Ch. 19 Elbow Wrist & Hand Basic anatomy, commonly seen injuries, basic evaluation and treatment.
TH. Mar. 31 Ch. 20-22 Spine, Head, Neck, Face, Thorax, and Abdomen
T. Apr. 5 Taping Lab Champions Rm.
TH. Apr. 7 EXAM III
T. Apr. 12 NO CLASS
TH. Apr. 14 Taping Lab Champions Rm.
T. Apr. 19 NO CLASS
TH. Apr. 21 Ch. 9 Blood borne Pathogens
T. Apr. 26 Ch. 11 Basics of Rehab Basic techniques and tissue response to inactivity and exercise.
TH. Apr. 28 Taping Lab Champions Rm.
T. May 3 Taping Final Champions Rm.
TH. May 5 Review for Final Exam
T. May 10 FINAL EXAM (8 – 10 am)

VI. Readings (Recommended—including texts, websites, articles, etc.):


VII. Course Evaluations:

Near the conclusion of each semester, students in the Perkins College of Education electronically evaluate courses taken within the PCOE. Evaluation data is used for a variety of important purposes including: 1. Course and program improvement, planning, and accreditation; 2. Instruction evaluation purposes; and 3. Making decisions on faculty tenure, promotion, pay, and retention. As you evaluate this course, please be thoughtful, thorough, and accurate in completing the evaluation. Please know that the PCOE faculty is committed to excellence in teaching and continued improvement. Therefore, your response is critical!

In the Perkins College of Education, the course evaluation process has been simplified and is completed electronically through MySFA. Although the instructor will be able to view the names of students who complete the survey, all ratings and comments are confidential and anonymous, and will not be available to the instructor until after final grades are posted.

Revised 1/12/16
VIII. Student Ethics and Other Policy Information: Found at https://www.sfasu.edu/policies

Class Attendance and Excused Absence: Policy 6.7
Policy 6.7: Regular, punctual attendance, documented participation, and, if indicated in the syllabus, submission of completed assignments are expected at all classes, laboratories, and other activities for which the student is registered. Based on university policy, failure of students to adhere to these requirements shall influence the course grade, financial assistance, and/or enrollment status. The instructor shall maintain an accurate record of each student's attendance and participation as well as note this information in required reports and in determining final grades. Students may be excused from attendance for reasons such as health, family emergencies, or student participation in approved university-sponsored events. However, students are responsible for notifying their instructors in advance, when possible, for excusable absences. Whether absences are excused or unexcused, a student is still responsible for all course content and assignments. Students with accepted excuses may be permitted to make up work for up to three weeks of absences during a semester or one week of a summer term, depending on the nature of the missed work. Make-up work must be completed as soon as possible after returning from an absence.

Academic Accommodation for Students with Disabilities: Policy 6.1 and 6.6
To obtain disability related accommodations, alternate formats and/or auxiliary aids, students with disabilities must contact the Office of Disability Services (ODS), Human Services Building, and Room 325, 936-468-3004 as early as possible in the semester. Once verified, ODS will notify the course instructor and outline the accommodation and/or auxiliary aids to be provided. Failure to request services in a timely manner may delay your accommodations. For additional information, go to http://www.sfasu.edu/disabilityservices/.

Student Academic Dishonesty: Policy 4.1
Abiding by university policy on academic integrity is a responsibility of all university faculty and students.

Definition of Academic Dishonesty
Academic dishonesty includes both cheating and plagiarism. Cheating includes but is not limited to (1) using or attempting to use unauthorized materials to aid in achieving a better grade on a component of a class; (2) the falsification or invention of any information, including citations, on an assigned exercise; and/or (3) helping or attempting to help another in an act of cheating or plagiarism. Plagiarism is presenting the words or ideas of another person as if they were your own. Examples of plagiarism are (1) submitting an assignment as if it were one's own work that has been purchased or otherwise obtained from an Internet source or another source; and (3) incorporating the words or ideas of an author into one's paper without giving the author due credit.

Penalties for Academic Dishonesty
Penalties may include, but are not limited to reprimand, no credit for the assignment or exam, re-submission of the work, make-up exam, failure of the course, or expulsion from the university.

Student Appeals
A student who wishes to appeal decisions related to academic dishonesty should follow procedures outlined in Academic Appeals by Students (6.3).  

Withheld Grades: Policy 5.5
At the discretion of the instructor of record and with the approval of the academic unit head, a grade of WH will be assigned only if the student cannot complete the course work because of unavoidable circumstances. Students must complete the work within one calendar year from the end of the semester in which they receive a WH, or the grade automatically becomes an F, except as allowed through policy [i.e., Active Military Service (6.14)]. If students register for the same course in future semesters, the WH will automatically become an F and will be counted as a repeated course for the purpose of computing the grade point average.

Student Code of Conduct: Policy 10.4
Classroom behavior should not interfere with the instructor's ability to conduct the class or the ability of other students to learn from the instructional program. Unacceptable or disruptive behavior will not be tolerated. Students who disrupt the learning environment may be asked to leave class and may be subject to judicial, academic or other penalties. This policy applies to all instructional forums, including electronic, classroom, labs, discussion groups, field trips, etc. The instructor shall have full discretion over what behavior is appropriate/inappropriate in the classroom. Students who do not attend class regularly or who perform poorly on class projects/exams may be referred to the iCare: Early Alert Program at SFA. Information regarding the iCare program is found at https://www.sfasu.edu/judicial/earlyalert.asp or call the office at 936-468-2703.

IX. Other Relevant Course Information:

Cell phone/laptops:
Cell phone use is not permitted during class; This includes texting! Laptops may be used for NOTE TAKING ONLY.

Insurance:
It is strongly advised that each student carry health/accident insurance. You are NOT covered by a Departmental or University insurance policy while attending this course.

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