
Calumet College



of Saint Joseph

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Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

We are committed to the Five Pillars of a CCSJ Education: The CCSJ graduate will be Open to Growth, Intellectually Competent, Religious, Loving, and Committed to Doing Justice. This class, as outlined below, will help you to achieve those goals.

COURSE SYLLABUS, Spring 2020

Course: KINE 365 Care and Prevention of Injury & Illness

Instructor Information:

Instructor Name	Steven Young MAT, LAT, ATC
Office Number:	Main Building - Rm 331
Phone Number:	406-219-8384; phone/text ok.
Email:	syoung@ccsj.edu
Hours Available:	M/W 10:00a-11:30a – In Office
Instructor Background:	I am a certified athletic trainer with Community Healthcare Systems of Munster, IN. I have been working with/as athletic training for close to a decade and am currently working at Munster HS in Munster, IN.

Course Information

Course Time:	M/W 8:30a to 10:00a
Classroom:	261 and Athletic Building
Prerequisites:	C or better in KINE 110, BIOL 115, BIOL 115L, BIOL 300, BIOL 300L, BIOL 305, BIOL 305L, CHEM 143, CHEM 143L, CHEM 200, CHEM 200L, EXSS 410, EXSS 435 and EXSS 435L
Required Books and Materials:	Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice, 16 th Edition, McGraw Hill Education, ISBN: 978-1-259-82400-5

Learning Outcomes/Competencies:

1. Gain an understanding of the role and function of a sports medicine team member in a comprehensive health care system.
2. To be able to identify injury prevention strategies for athletic injuries.
3. Be able to identify emergency medical situations, apply appropriate first aid measures, and make necessary referral to appropriate medical professionals.
4. Utilize knowledge of musculoskeletal injuries to perform proper taping and wrapping techniques.
5. Be able to identify common injuries of the lower and upper extremity and determine appropriate acute care management including referral to appropriate medical professionals.

Course Description:

This course provides the information students need to manage the care of athletic injuries—from prevention, identification and assessment of injuries to interaction with players, parents and physicians. Action plans, checklists

and applications of universal precautions in athletic environments will be covered in this course to provide the practical tools needed for future employment in the field.

Learning Strategies:

Active learning, Blackboard, group discussions, collaborative learning, demonstrations.

Experiential Learning Opportunities:

Students will physically demonstrate proficiency in carrying out the appropriate athletic training skills in every class session, with the help of skill sheets, checklists, and skill demonstration videos.

Assessments:

Major Assignments:	Condition Review Papers (2) – Lower and Upper Extremity topics. Student choice for topic upon instructor approval.	25 pts each
	Observation Hours – You will be expected to accrue 8 hours of observation time with an instructor-approved licensed sports medicine professional. You will be required to submit a log of your experience on blackboard with a short write-up of what you gained from the experience.	50 pts
Assessments:	Quizzes (10) – Quizzes will not be accepted after closing of the next exam. Due Fri @ 11:59p. Open-Book/Timed.	Variable
	Written Exams (4) – Taken online. Due Fri @ 11:59p. Timed.	50 pts each
	Practical Exams (2) – In-Person. Mid-term and Final	100 pts each
Grading Scale:		
100 – 92: A	91 – 90: A-	
89 – 88: B+	87 – 82: B	81 – 80: B-
79 – 78 : C+	77 – 72: C	71 – 70 : C-
69 – 68: D+	67 – 62: D	61 – 60: D-
59 and below: F		

Course Schedule

Class Date	Class Discussion/Activities	Assignment	Assessments	LO's
Jan 13th	Syllabus and Introduction	Syllabus		
15th	Medical Terminology	Medical Terms	Quiz 1	
20th	NO CLASS – MLK Day	KINE Review		
22nd	Chap 1, 2, 3		Quiz 2	1
27th	Chap 4			2
29th	Chap 5 & 6		Quiz 3	2
Feb 3rd	Chap 7 & 8			2
5th	Chap 8 cont & Chap 9		Exam 1	2
10th	Chap 11			3
12th	Chap 11 cont & Chap 12		Quiz 4	3
17th	Chap 13			3, 5
19th	Chap 13 cont & Mid-Term Review		Quiz 5	3, 5
24th	Mid-Term Practical Exam			
26th	Mid-Term Practical Exam		Exam 2	
SPRING BREAK – NO CLASS - Mar 2-6, 2019				
9th	Chap 14 – Foot and Toes			4, 5
11th	Chap 15 - Ankle and Lower Leg		Quiz 6	4, 5
16th	Chap 16 – Knee and Related Structures			4, 5
18th	Chap 16 cont.		Quiz 7	4, 5
23rd	Chap 17 – Thigh, Hip, Groin and Pelvis			4, 5
25th	STEM FEST – Attendance Required	Lower Ext Paper	Exam 3	4, 5
30th	Chap 18 – Shoulder Complex			4, 5
Apr 1st	Chap 18 cont.		Quiz 8	4, 5
6th	Chap 19 – Elbow, Forearm, Wrist and Hand			4, 5
8th	Chap 19 cont		Quiz 9	4, 5
13th	Chap 20 – Spine			4, 5
15th	Chap 21 – Thorax and Abdomen		Quiz 10	4, 5
20th	Chap 22 – Head, Face, Ears, Nose and Throat			4, 5
22nd	Wrap-Up and Review	Upper Ext Paper	Exam 4	
27th	Final Practical Skills Exams			
29th	Final Practical Skills Exams			

Responsibilities

<p>Attending Class</p>	<p>General Absences You cannot succeed in this class if you do not attend. Attendance is graded within your participation grade. Each unexcused absence subtracts 20% from your final participation grade. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories. In all things, communication is KEY. All planned and unplanned absences must be communicated to your instructor via email, prior to beginning of class, with a brief explanation.</p> <p>Absence due to college events We do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence in advance and you are responsible for all missed work. All work is still due on the date listed in the syllabus.</p>
<p>Turning In Your Work</p>	<p>You cannot expect to succeed in this class if you do not turn in all your work on the day it is due. All work turned in late will be accepted at the instructor's discretion and will suffer from a minimum of 10% deduction/day.</p>
<p>Meeting Standards for Classroom Behavior</p>	<ul style="list-style-type: none"> • Use all the class time. Come to class on time and stay in class until the end. Coming late, leaving early, and getting up during class disrupts the class and disrespects others. • Come prepared. Bring your texts, be prepared to take notes, and be able to demonstrate that you have completed the assignments for the day through your participation in class. • Respect others. Listen when your classmates and the instructor are speaking. Think about their contributions. Respond appropriately. <p>Use electronic devices only for class purposes. Engage with your classmates and the instructor without technological distractions. Headphones and cellphones should remain in your bags during class time. Students who appear to be constantly distracted by their electronic devices will be marked absent. (See attendance policy for information on attendance and your grade.)</p>
<p>CCSJ Student Honor Code</p>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> • Continuously embrace honesty and curiosity in the pursuit of my educational goals; • Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my community; • Do my own work with integrity at all times, in accordance with syllabi, and without giving or receiving inappropriate aid; • Do my utmost to act with commitment, inside and outside of class, to the goals and mission of Calumet College of St. Joseph.
<p>Doing Your Own Work</p>	<p>If you turn in work that is not your own, you are subject to judicial review, and these procedures can be found in the College Catalog and the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines, such as MLA or APA format, to document sources avoids plagiarism. The Library has reference copies of each of these manuals, and there are brief checklists in your Student Handbook and Planner.</p> <p>PLEASE NOTE: All papers may be electronically checked for plagiarism.</p>

Sharing Your Class Experience	Your voice matters! At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!
Withdrawing from Class	After the last day established for class changes has passed (see the College calendar), you may withdraw from a course by following the policy outlined in the CCSJ Course Catalog.

Resources	
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CCSJ Book Rental Program	The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see http://www.ccsj.edu/bookstore . All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.
Student Success Center:	The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library.
Disability Services:	Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a “reasonable accommodation” because of a disability, contact the Disability Services Coordinator at 219-473-4349.
Student Assistance Program	Through a partnership with Crown Counseling , Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, contact Kerry Knowles SAP Counselor , at 219-663-6353 (office), 219-413-3702 (cell), or kerryk@crowncounseling.org .
CCSJ Alerts:	Calumet College of St. Joseph’s emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College’s website at: http://www.ccsj.edu/alerts/index.html .