The College of Education and Professional Studies and the Department of Kinesiology and Health Studies are committed to helping students learn by providing a range of transformative learning experiences in discipline knowledge and in the five core areas: leadership; research, creative and scholarly activities; service learning and civic engagement; global and cultural competencies; and health and wellness.

Course Prerequisites: NONE


Specific Course Objectives:
- Become familiar with Basic Anatomy and Medical Terminology.
- How to handle Emergency Situations and Injury Assessment.
- Recognize Different Sports Injuries.
- Importance of Fitness in the Prevention of Athletic Injuries.
- Develop an Athletic Health Care Program.
- Learn Bandaging and Taping techniques.
- Understand the Legal Responsibility and Insurance needs.

Upon completion of this course, the student will be able to:
1) Objective followed by KSA’s identified for course that go along with that objective.

<table>
<thead>
<tr>
<th>KSA</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1.1</td>
<td>Knowledge of the structures of bone, skeletal muscle, and connective tissues.</td>
</tr>
<tr>
<td>1.1.3</td>
<td>Knowledge of the following muscle action terms: inferior, superior, medial, lateral, supination, pronation, flexion, extension, adduction, abduction, hyperextension, rotation, circumduction, agonist, antagonist, and stabilizer.</td>
</tr>
<tr>
<td>1.1.4</td>
<td>Knowledge of the plane in which each movement action occurs and the responsible muscles.</td>
</tr>
<tr>
<td>1.1.6</td>
<td>Knowledge of the curvatures of the spine including lordosis, scoliosis, and kyphosis.</td>
</tr>
<tr>
<td>1.1.39</td>
<td>Ability to identify the major muscles. Major muscles include, but are not limited to, the following: trapezius, pectoralis major, latissimus dorsi, biceps, triceps, rectus abdominis, internal and external obliques, erector spinae, gluteus maximus, quadriceps, hamstrings, adductors, abductors, and gastrocnemius.</td>
</tr>
<tr>
<td>1.1.40</td>
<td>Ability to identify the major bones. Major bones include, but are not limited to the clavicle, scapula, sternum, humerus, carpals, ulna, radius, femur, fibula, tibia, and tarsals.</td>
</tr>
<tr>
<td>1.1.41</td>
<td>Ability to identify the joints of the body.</td>
</tr>
</tbody>
</table>

2) Objective followed by KSA’s identified for course that go along with that objective.

<table>
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<tr>
<th>KSA</th>
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<tbody>
<tr>
<td>1.1.1</td>
<td>How to handle Emergency Situations and Injury Assessment.</td>
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</table>
1.1.42 Knowledge of the primary action and joint range of motion for each major muscle group.
1.1.43 Ability to locate the anatomic landmarks for palpation of peripheral pulses and blood pressure.
1.3.8 Skill in accurately measuring heart rate, blood pressure, and obtaining rating of perceived exertion (RPE) at rest and during exercise according to established guidelines.
1.10.1 Knowledge of and skill in obtaining basic life support, first aid, cardiopulmonary resuscitation, and automated external defibrillator certifications.
1.11.2 Knowledge of and the ability to use the documentation required when a client shows signs or symptoms during an exercise session and should be referred to a physician.

3) Objective followed by KSA’s identified for course that go along with that objective.

<table>
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<tr>
<th>KSA</th>
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</tr>
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<tbody>
<tr>
<td>1.7.26</td>
<td>Ability to describe modifications in exercise prescriptions for individuals with functional disabilities and musculoskeletal injuries.</td>
</tr>
<tr>
<td>1.10.3</td>
<td>Knowledge of and skill in performing basic first aid procedures for exercise-related injuries, such as bleeding, strains/sprains, fractures, and exercise intolerance (dizziness, syncope, heat and cold injuries).</td>
</tr>
<tr>
<td>1.10.7</td>
<td>Knowledge of the signs and symptoms of the following conditions: shin splints, sprain, strain, tennis elbow, bursitis, stress fracture, tendinitis, patellar femoral pain syndrome, low back pain, plantar fasciitis, and rotator cuff tendinitis and the ability to recommend exercises to prevent these injuries.</td>
</tr>
<tr>
<td>1.10.11</td>
<td>Knowledge of potential musculoskeletal injuries (e.g., contusions, sprains, strains, fractures), cardiovascular/pulmonary complications (e.g., tachycardia, bradycardia, hypotension/hypertension, tachypnea) and metabolic abnormalities (e.g., fainting/syncope, hypoglycemia/hyperglycemia, hypothermia/hyperthermia).</td>
</tr>
</tbody>
</table>

4) Objective followed by KSA’s identified for course that go along with that objective.

<table>
<thead>
<tr>
<th>KSA</th>
<th>Description: Importance of Fitness in the Prevention of Athletic Injuries</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1.15</td>
<td>Knowledge of the physiological principles related to warm-up and cool-down.</td>
</tr>
<tr>
<td>1.1.36</td>
<td>Knowledge of the common theories of muscle fatigue and delayed onset muscle soreness (DOMS).</td>
</tr>
<tr>
<td>1.3.11</td>
<td>Ability to locate the brachial artery and correctly place the cuff and stethoscope in position for blood pressure measurement.</td>
</tr>
<tr>
<td>1.10.6</td>
<td>Knowledge of the effects of temperature, humidity, altitude, and pollution on the physiological response to exercise and the ability to modify the exercise prescription to accommodate for these environmental conditions.</td>
</tr>
</tbody>
</table>

5) Objective followed by KSA’s identified for course that go along with that objective.

<table>
<thead>
<tr>
<th>KSA</th>
<th>Description: Develop an Athletic Health Care Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.10.2</td>
<td>Knowledge of appropriate emergency procedures (i.e., telephone procedures, written emergency procedures, personnel responsibilities) in a health and fitness setting.</td>
</tr>
<tr>
<td>1.10.4</td>
<td>Knowledge of basic precautions taken in an exercise setting to ensure participant safety.</td>
</tr>
<tr>
<td>5.2.1</td>
<td>Knowledge of musculoskeletal risk factors or conditions that may require consultation with medical personnel before testing or training, including acute or chronic back pain, osteoarthritis, rheumatoid arthritis, osteoporosis, inflammation/pain, and low back pain.</td>
</tr>
<tr>
<td>6.2.1</td>
<td>Knowledge of neuromuscular risk factors or conditions that may require consultation with medical personnel before testing or training, including spinal cord injuries and multiple sclerosis.</td>
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</tbody>
</table>

6) Objective followed by KSA’s identified for course that go along with that objective.

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<thead>
<tr>
<th>KSA</th>
<th>Description: Learn Bandaging and Taping techniques</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.10.12</td>
<td>Knowledge of the initial management and first aid techniques associated with open wounds, musculoskeletal injuries, cardiovascular/pulmonary complications, and metabolic disorders.</td>
</tr>
</tbody>
</table>
Instructional Methods and Techniques
1. Online through Learning Management System
2. Practical lab activities
3. Class and small group discussion/exercises/labs
4. Audio/visual support
5. Other as needed

Method of Evaluation
A = 90% and above; B = 80% and above; C = 70% and above; D = 60% and above; F = below 60%
- A final grade of “C” or better is required of all majors in KHS.

Course Requirements
The final grade will be based upon total points possible including all of the areas listed below:

<table>
<thead>
<tr>
<th>WrittEn Exams</th>
<th>FIVE Exams @ 100 Points EACH</th>
<th>= 500 Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>ATTENDANCE AND CLASS PARTICIPATION</td>
<td>ATTENDANCE IS ONLINE</td>
<td></td>
</tr>
<tr>
<td>10% REDUCTION FOR MISSED LABS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>GENERAL ASSIGNMENTS</td>
<td>Ten Quizzes @ 30 Points EACH</td>
<td>= 300 Points</td>
</tr>
<tr>
<td>4 Assignment @ 25 Points EACH</td>
<td>= 100 Points</td>
<td></td>
</tr>
<tr>
<td>Practical Applications</td>
<td>= 100 Points</td>
<td></td>
</tr>
<tr>
<td>TOTAL POSSIBLE POINTS</td>
<td>1000 Points</td>
<td></td>
</tr>
</tbody>
</table>

(NO MAKE-UP FOR MISSED ASSIGNMENTS or EXAMS)

Fatal Error Policy:
All written assignments must meet minimal presentation standards to be acceptable. These standards address spelling, punctuation, format and basic grammar. The term Fatal Errors refers to technical American English errors of form. Specifically, they include the following:

a) each different word misspelled;
b) each sentence fragment;
c) each run-on sentence or comma splice;
d) each mistake in capitalization;
e) each serious error in punctuation that obscures meaning;
f) each error in verb tense or subject/verb agreement;
g) lack of conformity with assignment format; and,
h) each improper citation, or lack of citation, where one is needed.

Papers with more than three (3) fatal errors marked by an instructor on any one page, or more than 12 non-repeated errors for the entire document will be returned to the student and subject to 20% off the grade immediately and may be subject to 10% off for each day until the paper is returned corrected.
Instructors will determine the number of resubmissions allowed for each assignment. Final course papers (where there is no time for a resubmission) will be docked one percent of the grade for each error including one percent off for each repeated error.

**Ethical conduct** is expected in this course; academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to: plagiarizing; cheating on exams or in the preparation of academic work; copying from tests, reports, etc.; collaborating with others without prior authorization; reuse of work in more than one class without informing the instructor; possessing contents of an un-administered examination; and using materials during a test not authorized by the instructor. While collaboration with cohorts in study groups is encouraged, each student is responsible for his or her own work. Students may not, under any circumstances, turn in work that has been prepared by someone else.

Disciplinary action (as outlined by the Code of Student Conduct) will result in one of the following at the instructor’s discretion:
- A substitute assignment or examination
- A reduced grade for the assignment, examination, or course
- A grade of zero of F for the assignment, examination, or course
- A grade of F for the course

*NOTE: UCO subscribes to the Turnitin.com plagiarism prevention service. Students agree that by taking this course, all required assignments may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted assignments will be included as source documents in the Turnitin.com restricted access reference database for the purpose of detecting plagiarism of such assignments. Use of the Turnitin.com service is subject to the Terms and Conditions of Use posted on the Turnitin.com website. Turnitin.com is just one of various plagiarism prevention tools and methods which may be utilized by your faculty instructor during the term of the semester. In the UCO Student Handbook, there is a process for contesting any plagiarism allegations against you.

**Special Accommodations:** The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting Disability Support Services, at (405) 974-2516. The DSS Office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

“If an emergency occurs that prevents the administration of a final examination, the student’s final course grade will be calculated based on the work in the course completed to that point in time and the faculty member’s considered judgment. Final exams will not be rescheduled, and a grade of “I” will not be given as a result of the missed exam.”

**UCO Weather Line:** 974-2002 or access weather related closing info at www.uco.edu

Please see the Academic Affairs’ “Student Information Sheet and Syllabus Attachment” @ http://www.uco.edu/academic-affairs/files/aa-forms/faculty/StudentInfoSheet.pdf
Course -- *Tentative Schedule

**Week One:**
Orientation
Terminology
Reading Assignment: Chapter 1 (Pg. 3 – 23)
   Online Quiz 1

**Week Two:**
Reading Assignment: Chapter 2 (Pg. 25 – 43)
   Chapter 3 (Pg. 47 – 57)
   Chapter 10 (Pg. 263 - 285)
   Online Quiz 2

**Week Three:**
Reading Assignment: Chapter 4 (Pg. 62 – 117)
   Online TEST 1: Chapters 1, 2, 3 & 4

**Week Four:**
Reading Assignment: Chapter 7 (Pg. 187 – 220)
   Chapter 8 (Pg. 224 – 239)
   Chapter 10 (Pg. 272 – 285)
   Online Quiz 3

**Week Five:**
Reading Assignment: Chapter 9 (Pg. 243 - 259)
   Chapter 11 (Pg. 286 - 297)
   Online TEST 2: Chapters 7, 8, 10 & 11

**Week Six:**
Reading Assignment: Chapter 13 (Pg. 317 – 332)
   Chapter 14 (Pg. 335 – 355)
   Online Quiz 4

**Week Seven:**
Reading Assignment: Chapter 15 (Pg. 360 – 382)
   Online Discussion: Ankle & Lower Leg
   Online Quiz 5

**Week Eight:**
Reading Assignment: Chapter 16 (Pg. 385 – 409)
   Online Discussion: Knee Anomalies
   Online Quiz 6

**Week Nine:**
Surgical Videos: Review & Discuss
Online TEST 3: Chapters 13, 14, 15 & 16
Week Eleven:
Reading Assignment: Chapter 10 (Pg. 274 - 277) Arch and Achilles tendon taping.

Week Twelve:
Reading Assignment: Chapter 18 (Pg. 435-453)
Online Quiz 7

Week Thirteen:
Reading Assignment: Chapter 19 (Pg. 457 - 470)
Online Discussion: Common Upper Extremity Injuries

Week Fourteen:
Reading Assignment: Chapter 19 (Pg. 470-481)
Assignment: Difference between mallet finger, a boutonniere deformity and jersey finger.
Online Quiz 8

Week Fifteen:
Reading Assignment: Chapter 22 (Pg. 533 - 559)
View Concussion video
Assignment: Cerebral Concussion
Online Quiz 9

Week Sixteen:
Reading Assignment: Chapter 23 (Pg. 562-589)
Online Quiz 10
Online TEST 4: Chapters 18, 19, 22 & 23

Week Seventeen:
COMPREHENSIVE FINAL EXAM – December 12, 2011 – 12:01 a.m. till midnight

*The above schedule is tentative and can be changed at the discretion of the Instructor.