

**Department of Kinesiology**  
California State University, Northridge  
18111 Nordhoff Street  
Northridge, CA 91330-8287

## **KIN 337 – Prevention and Care of Athletic Injuries**

### **Course Information:**

Units: 3  
Semester/Year: Fall 2005  
Location: RE 104  
Time: TR 09:30 -10:50  
Prerequisites: BIOL 211,212, 281

### **Instructor Information:**

Instructor: Sean P. Flanagan, PhD, ATC, CSCS  
Office: RE 261  
Phone: 818-677-7507  
E-mail: sean.flanagan@csun.edu  
Office Hours: TH 1:30 – 2:30; F 10:00 – 11:00  
By appointment

Class web page: <http://www.csun.edu/~sflanagan/KIN337.htm>

### **Course Description:**

An introduction to the profession of athletic training. The role of the athletic trainer shall be explored in relation to the physician, coach, and patient. Emphasis will be placed on prevention, recognition, and treatment of injuries of the physically active. Non-orthopedic conditions and topics will also be introduced.

### **Course Objectives:**

Upon completion of this course, students will:

1. Develop an appreciation and understanding of the athletic training profession. Develop a practical knowledge of anatomy, etiology, mechanisms of injury, prevention, evaluation, symptoms, and management of the most common injuries to the physically active.
2. Develop an understanding of the roles of the athletic trainer, physician, and coach as members of the sports medicine team.
3. Develop an appreciation of other allied health professionals and their roles as members of the sports medicine team.
4. Develop a practical knowledge of allied health content areas and their influence on injury prevention, treatment and rehabilitation.

### **Suggested Textbooks:**

Prentice, W.E. (2006). Arnheim's Principles of Athletic Training: A Competency – Based Approach (12<sup>th</sup> Ed.). Boston: McGraw Hill.  
(for students wishing to enter the ATEP program)

Prentice, W.E. (2006). Essentials of Athletic Injury Management (6<sup>th</sup> Ed). Boston: McGraw Hill. (for students taking the class as an elective)

### **Grading:**

1. Written exams (4 @ 100 points each)
2. Total = 400 points

### **Grading Scale:**

	B+	348-359	C+	308-319	D+	268-279		
A	372-400	B	332-347	C	292-307	D	252-267	F ≤ 239
A-	360-371	B-	320-331	C-	280-291	D-	240-251	

Requests for an Incomplete (I) must confirm to university policies. Among other requirements, “I” is possible only for instances in which a student is demonstrating passing work in the class.

### **Examination Policies:**

1. Any material covered in class, in the corresponding text chapters, or from other assignments is testable on the exam.
2. Students will **not** be allowed to leave the room during exams. Please attend to any personal needs before the exam.
3. Make-up exams will be considered only under exceptional circumstances. (Note: “I overslept”, “I’m tired”, “I’m not prepared”, etc. are **not** exceptional circumstances!) Any student who fails to contact the instructor *prior* to any missed exam may **not** be allowed to makeup the exam.
4. Absence for medical reasons requires *written* verification by a physician.
5. Exams will **not** be rescheduled based on a student's personal work/school schedule. Please plan ahead.
6. Questions/concerns regarding grading for any exam must be resolved with the instructor within **one week** of the date graded exams are returned to the student.

### **Attendance Policy:**

Attendance is not mandatory for this class, but each student is responsible for all material covered along with any changes to the syllabus that are discussed in class. Any foreseeable absences should be discussed with the professor beforehand. If an emergency arises, telephone or email me before class so that I have a record of the absence. If I do not receive any prior notification, I will not allow make-ups for any material missed (i.e., exams).

### **Students with Disabilities:**

The instructor, in conjunction with California State University Northridge, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodations, please contact the office of Students with Disabilities Resources located in 110 Student Services Building, or call 818-677-2684 for an appointment. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodation must be made within the first two weeks of class. Any requests for accommodation will be reviewed in a timely manner to determine their appropriateness to this setting. You must be registered with the office of Students with Disabilities Resources in order to request an accommodation.

### **Plagiarism and Cheating:**

Any student caught cheating on an exam or laboratory assignment will automatically fail the course, and may be subject to more severe University discipline. Please refer to the California Code of Regulations, Section 41301, Title 5 as found in the university catalog.

**Schedule:**

<b>DATE</b>	<b>TOPIC</b>	<b>READINGS</b>
8-30-05	Introduction	
9-01-05	The Athletic Trainer & Sports Medicine Team	Chapter 1
9-06-05	Mechanisms & Characteristics of Trauma	Chapter 9
9-08-05	Mechanisms & Characteristics of Trauma	Chapter 9
9-13-05	Training & Conditioning Techniques	Chapter 4
9-15-05	Training & Conditioning Techniques	Chapter 4
9-20-05	Protective Sports Equipment	Chapter 7 & 8
9-22-05	Nutritional Considerations	Chapter 5
9-27-05	Environmental Considerations	Chapter 6
9-29-05	<b>EXAM #1</b>	
10-04-05	Tissue Response to Injury	Chapter 10
10-06-05	Acute Care & Emergency Procedures	Chapter 12
10-11-05	Bloodborne Pathogens	Chapter 14
10-13-05	Injury Assessment	Chapter 13
10-18-05	Pharmacology	Chapter 17
10-20-05	Psychosocial Interventions	Chapter 11
10-25-05	<b>EXAM #2</b>	
10-27-05	Foot & Ankle	Chapter 18 & 19
11-01-05	Foot & Ankle	Chapter 18 & 19
11-03-05	Foot & Ankle	Chapter 18 & 19
11-08-05	Knee	Chapter 20
11-10-05	Knee	Chapter 20
11-15-05	<b>EXAM #3</b>	Chapter 25
11-17-05	Lumbar Spine	Chapter 25
11-22-05	Lumbar Spine	
11-24-05	HAPPY THANKSGIVING	Chapter 25 & 27
11-29-05	Traumatic Head Injury and Cervical Spine	Chapter 25 & 27
12-01-05	Traumatic Head Injury and Cervical Spine	Chapter 25 & 27
12-06-05	Shoulder	Chapter 22
12-08-05	Shoulder	Chapter 22
	<b>FINAL EXAM</b>	

**Notes:**

Schedule is subject to change, with appropriate notice, as circumstances and opportunities dictate. Written final exam will be administered according to the university schedule. Students are responsible for staying updated to the changes of the schedule from classroom announcements.