

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

KIN 337 – INTRODUCTION TO ATHLETIC TRAINING

Course Information:

Units: 2
Semester/Year: Spring
Location: RE 155
Time: TR 11:00-11:50
Prerequisites: Bio 211/212

Instructor Information:

Instructor: Sean P. Flanagan, PhD, ATC, CSCS
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Office Hours: T 10:00 –11:00; R 2:00 –3:00
F 12:00 – 1:00; By appointment

Course web page: <http://www.csun.edu/~sflanagan/KIN337.htm>
Course E-mail: sp08.kin337.01-c@csun.edu

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 understanding of the value and importance of therapeutic exercise in the prevention and rehabilitation of injuries of the physically active.
4. Develop an appreciation of other allied health professionals and their roles as members of the sports medicine team.
5. Develop a practical knowledge of allied health content areas and their influence on injury prevention, treatment and rehabilitation.

Required Textbooks:

Prentice, W.E. (2006). Arnheim's Principles of Athletic Training: A Competency – Based Approach (12th Ed.). Boston: McGraw Hill.

Prentice, W.E. and Arnheim, D.D. (2005). Essentials of Athletic Injury Management (6th Ed.) Boston: McGraw Hill.

Grading:

1. Written exams (4 @ 100 points each)
2. Assignments (3 @ 25 points each)
3. Total = 475 points

Grading Scale:

	B+	413-427	C+	366-379	D+	318-331		
A	442-475	B	394-412	C	347-365	D	300-317	F ≤ 284
A-	428-441	B-	380-393	C-	332-346	D-	285-299	

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.

Assignments:

Four take-home assignments will be given out during the semester. The nature and due date of those assignments will be discussed in class. Points will be deducted for late assignments.

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.

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.

Schedule:

DATE	TOPIC	READINGS
1-22-08	Introduction	
1-24-08	The Athletic Trainer & Sports Medicine Team	1
1-29-08	Mechanisms & Characteristics of Trauma	9
1-31-08		
2-05-08		
2-07-08	Training & Conditioning Techniques	4
2-12-08		
2-14-08	Protective Sports Equipment	7 & 8
2-19-09	EXAM #1	
2-21-08	Tissue Response to Injury	10
2-26-08		
2-28-08*	Eval, Acute Care & Emergency Procedures	12 & 13
3-04-08		
3-06-08	Shoulder	22
3-11-08		
3-13-08	EXAM #2	
3-18-08	SPRING BREAK	
3-20-08		
3-25-08		
3-27-08	Foot & Ankle	18 & 19
4-01-08		
4-03-08*		
4-08-08	Knee	20
4-10-08		
4-15-08		
4-17-08	EXAM #3	
4-22-08	Lumbar Spine	25
4-24-08		
4-29-08*		
5-01-08	Traumatic Head Injury and Cervical Spine	25 & 27
5-06-07		
5-08-08		
Exam Week	EXAM #4	

* Take-home assignments due

Take-Home Assignment #1: Literature Search. Cite for peer-reviewed, research articles on the subject of training/conditioning or equipment for injury prevention. **Articles must be cited as follows:**

Flanagan, S.P. and Kulig, K. (2007). Assessing musculoskeletal performance of the back extensors following a single-level microdiscectomy. Journal of Orthopaedic and Sports Physical Therapy, 37 (7), 356-363.

Take-Home Assignment #1 Rubric:

	Points
Article #1	5
Article #2	5
Article #3	5
Article #4	5
Style (formatting)	5
Total	25

Take-Home Assignments #2 and #3: Article Critique. Critique a peer-reviewed, research article. Your critique should include a summary of the experiment and its findings, any critique of the methods or interpretation of the results, and how you would apply this information in your future. It should be approximately 1-2 double-spaced, typed pages. Topics for each assignment are:

Assignment #2: Foot, ankle, or knee – prevention or mechanism of injury

Assignment #3: Lumbar spine or TBI – prevention or mechanism of injury

	Points
Source (must include copy of article)	5
Relevance	5
Summary / Critique	5
Practical Applications	5
Style (grammar, spelling, etc.)	5
Total	25

Some examples of peer-reviewed journals include (but are not limited to): Journal of Athletic Training, American Journal of Sports Medicine, British Journal of Sports Medicine, Medicine & Science in Sports & Exercise, Journal of Strength and Conditioning Research, Journal of Applied Biomechanics, Journal of Applied Physiology, Physical Therapy, Journal of Orthopaedic and Sports Physical Therapy

Some examples of inappropriate publications include (but are not limited to): Muscle & Fitness, Physician & Sports Medicine, Health & Fitness Journal, almost anything found solely on the internet. **If in doubt, just ask!!**