

**Basic Athletic Training | KINE 4200.001 | Fall 2025**

**Instructor Information**

Sabrina Queen, MAT, ATC, LAT, CAFS

**Pronouns:** she/her

**Office:** Physical Education Building (PEB) 209-J

**Office Hours:** By appointment only

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**Course Description**

Basic Athletic Training. 3 hours.

Current practices in care and prevention of athletic injuries and medical problems related to athletics.

**Course Structure**

This course will meet face-to-face throughout the 16-week semester. Our class time together will involve lectures, discussion, and hands-on skill development. There will be several assignments that you will complete via Canvas and others that you will complete during class on paper or by demonstration. The slides for each lecture will be available in Canvas prior to coverage in class, so you may print them as needed or follow along in class using an electronic device. The exams in this course will be taken **in class** via Canvas. Therefore, you must bring your laptop to class on exam days.

**Course Objectives**

* Identify and understand the administrative duties and responsibilities of professional Athletic Trainers.
* Apply basic athletic taping and wrapping procedures.
* Understand the mechanisms of athletic injury and the human body’s response to that injury; both physically and psychologically.
* Evaluate athletic-related injuries and create injury documentation.
* Identify parameters for therapeutic rehabilitation and return to play protocols.

**Classroom Environment**

Please work with me to create a classroom culture of open communication, mutual respect, and belonging. All discussions should be respectful, and personal attacks are unacceptable. Together, we can ensure a safe and welcoming classroom for all. If you ever feel like this is not the case, please stop by my office and let me know. We are all learning together.

Please also familiarize yourself with UNT’s Student Code of Conduct (<https://policy.unt.edu/policy/07-012>) and the Athletic Training Lab Policies and Procedures on the last page of this syllabus.

**Communication**

Please feel free to email me with questions or to set up an appointment to meet in person or virtually.

Students have utilized email and appointments to seek clarification and support in understanding course material, to request additional feedback on assignments, quizzes, or exams, and to celebrate victories along the way.

When emailing me, please use “KINE 4200” to start your subject line as this will help call attention to your email. However, every now and then an email may still get buried in my inbox, so, if you do not receive a response within two business days, please send a follow up email. A gentle nudge is always appreciated.

**Attendance and Participation**

Attendance is expected and vital to learning the content in this course. You are responsible for mastering the material presented during lectures and labs. All talking points, class discussions, and hands-on learning may be included in the exams. If you miss class with an excused absence, you will have an opportunity to make up any grade(s) missed. You are responsible for reaching out to me to schedule a time to complete any missed work. Further, if you need clarification on a topic discussed during that day’s lecture, I will be happy to answer any questions and have further discussions about the content. If you miss class with an unexcused absence, you will not have an opportunity to make up any grade(s) missed, including exams.

**Course Materials**

**Recommended textbook:** Prentice, W. Principles of Athletic Training, 18th Ed.

To fully participate in this class, you will need reliable internet access to reference course content on the Canvas Learning Management System. It is best to use Canvas on a laptop/computer. You may also need access to speakers and a microphone. If circumstances change, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at <https://online.unt.edu/learn>, and you can find locations and hours for student computer labs at <https://academictechnologies.unt.edu/services/computer-labs/request/find-student-computer-lab>.

**Due Dates**

Late work will not be accepted unless you have an excused absence. If you are having technical issues, please utilize the appropriate UNT resources to get them resolved and communicate your efforts with me throughout. It is your responsibility to check Canvas often for due dates and announcements. If any due dates must change, I will communicate with you via Canvas Announcements and in class ahead of time, if possible.

**Grading**

Final grades will NOT be rounded. Your grades will be based on the point values below.

You will not be able to make up any work unless you have an excused absence. If you are not present in class on the day of an exam, with an unexcused absence, you will receive zero credit for the exam and will not be able to make it up.

Grading of exams, quizzes, and assignments will be posted within 7 days of the due date or date taken; if you desire individual feedback on tests, quizzes, or assignments, please reach out via email and schedule an individual meeting with me.

|  |  |  |  |
| --- | --- | --- | --- |
| **Assignment** | **Qty** | **Points each** | **Total points** |
| Lecture Quizzes | 9 | 20 | 180 |
| In-Class Assignments | 13 | 10 | 130 |
| Skills-checks | 7 | 20 | 140 |
| Content Exams | 3 | 100 | 300 |
| Presentation | 1 | 100 | 100 |
| **Total Points Possible** |  |   | **850** |

A = 765 – 850 points (90-100%)

B = 680 – 764 points (80-89.9%)

C = 595 – 679 points (70-79.9%)

D = 510 – 594 points (60-69.9%)

F = 509 points or lower (59.9% or lower)

**Course Calendar**

Each class meeting will be held in Col 45 unless otherwise told by the instructor or TA.

|  |  |  |  |
| --- | --- | --- | --- |
| **Day** | **Date** | **Topic** | **Chapter** |
| T | Aug 19 | Syllabus; Intro |  |
| Th | Aug 21 | The AT as a Healthcare Provider | 1 |
| T | Aug 26 | Healthcare Organization & Administration | 2 |
| Th | Aug 28 | Legal Concerns | 3 |
| T | Sept 2 | Environmental Considerations | 6 |
| Th | Sept 4 | Bloodborne Pathogens | 14 |
| T | Sept 9 | On the Field Acute Care and Emergency Procedures | 12 |
| Th | Sept 11 | Off the Field Injury Evaluation | 13 |
| **T** | **Sept 16** | **EXAM 1** |  |
| Th | Sept 18 | Mechanisms and Characteristics of Trauma | 9 |
| T | Sept 23 | Tissue Response to Injury | 10 |
| Th | Sept 25 | Psychosocial Intervention for Injuries | 11 |
| T | Sept 30 | Foot, Ankle | 18, 19 |
| Th | Oct 2 | Foot, Ankle | 18, 19 |
| T | Oct 7 | Foot, Ankle | 18, 19 |
| Th | Oct 9 | Knee | 20 |
| T | Oct 14 | Knee | 20 |
| Th | Oct 16 | Knee | 20 |
| T | Oct 21 | Hip | 21 |
| Th | Oct 23 | Hip | 21 |
| T | Oct 28 | Hip | 21 |
| **Th** | **Oct 30** | **EXAM 2** |  |
| T | Nov 4 | Shoulder | 22 |
| Th | Nov 6 | Shoulder | 22 |
| T | Nov 11 | Shoulder | 22 |
| Th | Nov 13 | Elbow | 23 |
| T | Nov 18 | Elbow, Wrist, Hand | 23, 24 |
| Th | Nov 20 | Wrist, Hand | 24 |
| T | Nov 25 | FALL BREAK |  |
| Th | Nov 27 | FALL BREAK |  |
| **T** | **Dec 2** | **PRESENTATIONS** |  |
| **Th** | **Dec 4** | **PRESENTATIONS** |  |
| **T** | **Dec 9** | **EXAM 3 – Finals Week – 8:00am to 10:00am** |  |

**Fall 2025 Academic Calendar & Key Dates**

You may want to familiarize yourself with some important dates (<https://registrar.unt.edu/registration/fall-academic-calendar.html>), such as drop/add deadlines.

**UNT Policies**

Please be aware of the UNT policies and procedures found on the Student Support Services and Policies page (<https://digitalstrategy.unt.edu/clear/student-support-services-policies.html>).

**Policies & Resources**

**Syllabus Change Policy**

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to the UNT Learning Management System (LMS) for contingency plans for covering course materials.

* The calendar is subject to change due to unforeseen circumstances. I will communicate any changes via Canvas Announcements and in class ahead of time, if possible.

**Academic Integrity Policy**

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University.

**Mental Health, Academic Success, and more**

UNT strives to create a supportive environment which is evident by the many resources available. Please utilize them! We all need help sometimes, and UNT is committed to assisting with a variety of needs.

To learn more about campus resources and information on how you can be successful at UNT, go to [unt.edu/success](http://www.unt.edu/success) and explore [unt.edu/wellness](http://www.unt.edu/wellness). To get all your enrollment and student financial-related questions answered, go to [scrappysays.unt.edu](https://scrappysays.unt.edu/s/).

**Office of Disability Access (ODA)**

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of reasonable accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of reasonable accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information, refer to the [Office of Disability Access](https://studentaffairs.unt.edu/office-disability-access) website (<https://studentaffairs.unt.edu/office-disability-access>). You may also contact ODA by phone at (940) 565-4323.

**Course Safety Procedures**

While working in laboratory sessions, students enrolled in Basic Athletic Training are required to follow proper safety procedures and guidelines in all activities requiring lifting, climbing, walking on slippery surfaces, using equipment and tools, handling chemical solutions and hot and cold products. Students should be aware that UNT is not liable for injuries incurred while students are participating in class activities. All students are encouraged to secure adequate insurance coverage in the event of accidental injury. Students who do not have insurance coverage should consider obtaining Student Health Insurance. Brochures for student insurance are available in the UNT Student Health and Wellness Center. Students who are injured during class activities may seek medical attention at the Student Health and Wellness Center at rates that are reduced compared to other medical facilities. If students have an insurance plan other than Student Health Insurance at UNT, they should be sure that the plan covers treatment at this facility. If students choose not to go to the UNT Student Health and Wellness Center, they may be transported to an emergency room at a local hospital. Students are responsible for expenses incurred there.

**Athletic Training Laboratory Policies and Procedures**

It is the intent of your instructor to provide a safe learning experience for all students and provide guidelines for the development, implementation, and maintenance of safe, enriching and engaging athletic training laboratories. The following guidelines are established to provide instructions in maintaining safety for students, staff, and faculty while participating in the KINE 4200 basic athletic training course laboratories.

All students, staff, and faculty shall adhere to these guidelines.

The instructor will update and adjust policies and procedures as needed. The safety and comfort of all students is paramount. All students, staff, and faculty will be advised of these revisions prior to the beginning of the next lab.

1. Students are expected to come to lab prepared by having read corresponding PowerPoint lecture prior to the start of the lab period.

2. Students should report to their instructors as soon as possible any physical conditions that they deem would preclude them from participating in laboratory activities so that necessary precautions and/or adjustments may be taken. Those include, but are not limited to disabilities of any kind, recent injuries, illnesses, surgeries, or communicable diseases.

3. A medical clearance from a physician is required before students with physical injuries, illness, surgery, pregnancy, or who have reported communicable disease will be allowed to participate in the athletic training lab.

4. There shall be no eating or smoking during the lab activities.

5. All students shall practice proper hand washing and /or sanitizing techniques while participating in lab activities.

6. Students will be instructed to practice only those skills for which they have had prior instruction and gained familiarity during THIS COURSE. Previous learning or instruction from other sources does not permit you to apply those skills before given instruction by your instructor.

7. Students and faculty are responsible for the cleanliness of the lab during and after use. There will be sanitizing wipes available for all labs, and they are to be used between each student use.

8. Be aware that laboratory days will require access to ankles, knees, elbows, hips and shoulders.

9. Students should come to labs prepared; wearing appropriate clothing in order that the most benefit is gained from the application of skills learned, such as shorts, sweatpants, t-shirts, tank tops, etc.

10. If at any time a student feels uncomfortable with a skill being applied, they are to ask their lab partner to stop and then notify the instructor immediately!

11. Please do not remove any materials from the lab at any time without consent from the instructor.