

The University of North Texas
Basic Athletic Training
KINE 4200
M, T, W, TH: 8 – 9:50 AM

Welcome to UNT Summer 1 Session!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT's full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

Course Description

Basic Athletic Training. 3 hours. Current practices in care and prevention of athletic injuries and medical problems related to athletics. Prerequisite(s): BIOL 2401, BIOL 2301 or KINE 2105

Course Instructor

Valerie Stevenson, DAT, ATC, LAT, CSCS

Summer Office Hours: By appointment; face to face or virtual

Email: Valerie.stevenson@unt.edu

Communication Expectations

The primary mode of communicating with me is via my UNT email. As you can see above, my office hours are by appointment only and I request that you make those appointments at minimum 48 hours in advance. Office hours may be in-person or via online platform. When emailing me please include in the subject line the course number (KINE 4200) followed by your inquiry.

Expect a response from me within 24 hours of an inquiry Monday-Thursday. Messages that are sent Friday- Sunday will be answered the following Monday. If there is an emergency and you must receive a response from me over the weekend, please include EMERGENCY, in all caps in the subject line and I will do my best to address the issue on the weekend.

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

Course Structure

This Basic Athletic Training course is a face-to-face lecture class that will include Powerpoint supplementation, McGraw-Hill Connect reading assignments and quizzes, along with instructor led discussions, hands on laboratory experiences and Canvas online learning. This is a 5-week course that will include 8 quizzes (2x week), 4 Laboratory Uploads (1x week), and a Comprehensive Final Exam. Canvas quizzes will be based on the assigned chapter readings and be

taken at the beginning of the following class period. **If you are not present in class at the beginning of the course, you will not be allowed to take the quiz.**; Lab uploads will also be turned in via Canvas. Powerpoint slides will be available within the Canvas modules section prior to coverage in class so you may print those as needed or follow along in class using an electronic device.

Course Objectives

By the end of this course, students will be able to:

1. Identify and understand the administrative duties and responsibilities of professional Athletic Trainers
2. Apply basic athletic taping and wrapping procedures
3. Identify the mechanisms of athletic injury and the human body's response to that injury; both physically and psychologically
4. Recall foundational knowledge of injury evaluation and documentation
5. Apply a basic knowledge of parameters for therapeutic rehabilitation and return to play protocols

Required Materials

Text

Prentice, W. Principles of Athletic Training, 18th Ed. E-Book or Text is acceptable.

Technology

- Computer/Laptop
- Reliable internet access
- Speakers
- Microphone
- [Canvas Technical Requirements](https://clear.unt.edu/supported-technologies/canvas/requirements) (<https://clear.unt.edu/supported-technologies/canvas/requirements>)

Evaluation and Grading

Mode	Points each	Total points
10 Pre-reading Assignment Quizzes	20	200
5 Laboratory Uploads	50	250
1 Final Exam (Comprehensive)	100	100
Attendance	25	25
Total Points Possible		575

A = 575 - 511

B = 510 - 454

C = 453 - 396

D = 395 - 339

F = < 339

*Final grades will NOT be rounded. Your final letter grade will be determined based on where your total number of points falls within the range above. You will not be able to take a quiz if you are not present at the beginning of class when it has started.

Course Tentative Calendar

Date	Event	Material Covered	Chapter
Week 1			
5/18		Course Intro; Syllabus review	Register for McGraw-Hill
5/19	Pre Reading Quiz 1	The AT as a Healthcare Provider	1
5/20		Environmental Considerations	6
5/21	Pre Reading Quiz 2	Bloodborne Pathogens	14
Week 2			
5/25		Memorial Day: NO CLASS	
5/26	Pre Reading Quiz 3	Acute Care and Emer Procedure	12
5/27		Concussion Management Lecture/Lab 1	
5/28	Pre Reading Quiz 4	Injury Evaluation	13
Week 3			
6/1	Pre Reading Quiz 5	Mechanisms of Trauma	9
		Tissue Response to Injury	10
6/2		Taping and Wrapping Introduction	8
6/3	Pre Reading Quiz 6	Injury of Ankle and Lower Leg	18&19
6/4		Ankle/Lower Leg Lab 2	
Week 4			
6/8	Pre Reading Quiz 7	Injury of the Knee	20
6/9		Knee Lab 3	
6/10	Pre Reading Quiz 8	Injury of the Thigh, Hip, Groin, Pelvis	21
6/11		Hip Lab 4 McGraw-Hill	
Week 5			
6/15	Pre Reading Quiz 9	Injury of the Shoulder	22
6/16		Shoulder Lab 5	
6/17	Pre Reading Quiz 10	Injury of Elbow and Wrist	23&24
6/18		Final Exam	

Syllabus Change Policy

Assignments and Calendar are subject to change based on circumstances that are possible throughout the semester. You will be notified about any potential changes as soon as they are probable.

Course Evaluation

Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course.

Course Policies

Attendance

Attendance for this course is HIGHLY recommended daily. 25 attendance points are available if you attend AT LEAST 90% of the class sessions including labs. If you do not attend 90% of the class sessions, you will receive a 0. NO PARTIAL CREDIT WILL BE GIVEN. If you are more than 10 minutes late for class, you will be counted absent. All talking points, class discussions, and lab learning will be included on the quizzes. There will not be any make up lab opportunities so if you miss lab, you will need to work with a classmate to make up that material and get the notes.

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 comfortability 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 the scheduled lab objectives and the 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 on the plinth and at the end before putting the plinth away.

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. ie. athletic gear such as shorts, sweat pants, 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.

Technical Assistance

Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: UIT Student Help Desk site (<http://www.unt.edu/helpdesk/index.htm>)

Email: helpdesk@unt.edu

Phone: 940-565-2324

In Person: Sage Hall, Room 130

Walk-In Availability: 8am-9pm

Telephone Availability:

- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm

Laptop Checkout: 8am-7pm

For additional support, visit [Canvas Technical Help](https://community.canvaslms.com/docs/DOC-10554-4212710328) (<https://community.canvaslms.com/docs/DOC-10554-4212710328>)

UNT Policies

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.

ADA Policy

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one's specific course needs. Students may request accommodations at any time, however, ODA notices of 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 accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the [ODA website](https://disability.unt.edu/) (<https://disability.unt.edu/>).

Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

Emergency Notification & Procedures

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 Canvas for contingency plans for covering course materials.

Retention of Student Records

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student's records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University's policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT's [Code of Student Conduct](https://deanofstudents.unt.edu/conduct) (<https://deanofstudents.unt.edu/conduct>) to learn more.

Survivor Advocacy

UNT is committed to providing a safe learning environment free of all forms of sexual misconduct. Federal laws and UNT policies prohibit discrimination on the basis of sex as well as sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking and/or

sexual assault, there are campus resources available to provide support and assistance. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-5652648.

Academic Support & Student Services

Student Support Services

Mental Health

UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

- [Student Health and Wellness Center](https://studentaffairs.unt.edu/student-health-and-wellness-center) (<https://studentaffairs.unt.edu/student-health-and-wellness-center>)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (<https://studentaffairs.unt.edu/counseling-and-testing-services>)
- [UNT Care Team](https://studentaffairs.unt.edu/care) (<https://studentaffairs.unt.edu/care>)
- [UNT Psychiatric Services](https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry) (<https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry>)
- [Individual Counseling](https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling) (<https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling>)

Chosen Names

A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

- [UNT Records](#)
- [UNT ID Card](#)
- [UNT Email Address](#)
- [Legal Name](#)

**UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.*

Pronouns

Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don't assume someone's name, we should also ask and not assume someone's pronouns.

You can [add your pronouns to your Canvas account](#) so that they follow your name when posting to discussion boards, submitting assignments, etc.

Additional Student Support Services

- [Registrar](https://registrar.unt.edu/registration) (<https://registrar.unt.edu/registration>)
- [Financial Aid](https://financialaid.unt.edu/) (<https://financialaid.unt.edu/>)
- [Student Legal Services](https://studentaffairs.unt.edu/student-legal-services) (<https://studentaffairs.unt.edu/student-legal-services>)
- [Career Center](https://studentaffairs.unt.edu/career-center) (<https://studentaffairs.unt.edu/career-center>)
- [Multicultural Center](https://edo.unt.edu/multicultural-center) (<https://edo.unt.edu/multicultural-center>)
- [Counseling and Testing Services](https://studentaffairs.unt.edu/counseling-and-testing-services) (<https://studentaffairs.unt.edu/counseling-and-testing-services>)

- [Pride Alliance](https://edo.unt.edu/pridealliance) (<https://edo.unt.edu/pridealliance>)
- [UNT Food Pantry](https://deanofstudents.unt.edu/resources/food-pantry) (<https://deanofstudents.unt.edu/resources/food-pantry>)

Academic Support Services

- [Academic Resource Center](https://clear.unt.edu/canvas/student-resources) (<https://clear.unt.edu/canvas/student-resources>)
- [Academic Success Center](https://success.unt.edu/asc) (<https://success.unt.edu/asc>)
- [UNT Libraries](https://library.unt.edu/) (<https://library.unt.edu/>)
- [Writing Lab](http://writingcenter.unt.edu/) (<http://writingcenter.unt.edu/>)