KINE 5232: Fundamentals of Athletic Training II
Fall 2019

Instructor Information

Instructor: Cindy Trowbridge PhD, LAT, ATC, CSCS
Office Number: Physical Education Building (PEB) 112D
Office Telephone Number: 817-272-3134
Email Address: ctrowbridge@uta.edu
Faculty Profile: https://www.digitalmeasures.com/login/uta/faculty/app\activities/instruments/1278
Office Hours: Wednesday 1 pm - 3 pm; By appointment

Instructor: Lauren Wernet LAT, ATC
Office Number: Physical Education Building (PEB) 115D (Wheelchair Basketball area)
Office Telephone Number: 254-716-7773
Email Address: lauren.wernet@mavs.uta.edu
Faculty Profile: N/A
Office Hours: By appointment

Course Information

Section Information:
KINE 5232-001 Fundamentals of Athletic Training II

Time and Place of Class Meetings:
PEB 202
Wednesday 8:00 am – 11:50 am

Description of Course Content:
This course is designed to provide the entry level athletic training student with classroom and laboratory experiences to further their development as an athletic trainer in a dynamic health care system. Emphasis will be placed on interprofessional practice, prevention of sudden death, nutrition for the physically active, ergonomics, body composition assessment, and fitness assessment/programming.

Student Learning Outcomes:
After completing this course, students will be able to:
1. Integrate interprofessional practice and education into traditional clinical sites.
2. Determine opportunities for interprofessional practice and education.
3. Provide emergent and continuing care for patients with catastrophic injuries in a variety of settings based on skills learned in KINE 5231 – Fundamentals of Athletic Training I.
4. Refine their understanding of tissue healing, pain, and therapeutic phases included in a musculoskeletal rehabilitation program.
5. Use common methods of quality improvement to assess therapeutic plans to improve therapeutic intervention efficiency, effectiveness, accountability, and patient centered outcomes. (Plan-Do-Check-Act or Assess-Develop-Implement-Evaluate)
6. Explain the basic principles of nutrition throughout the age span with particular emphasis on weight management, meal planning, supplements, and disordered eating within an active population.
7. Explain the various types of flexibility, strength training, plyometric training, neuromuscular training and cardiovascular conditioning programs used to rehabilitate and maintain physical fitness in an effort to reduce risk of injury or re-injury.
8. Identify and describe various standard tests and equipment used to assess fitness, body composition, posture, flexibility, muscular strength, power, speed, agility and endurance.
9. Develop, implement, and assess the effectiveness of programs to reduce injury risk by using ergonomics in work and fitness areas across the spectrum of athletic training services.

**Required Textbooks and Other Course Materials:**


**Descriptions of major assignments and examinations:**

**Exams**

There will be three exams plus a comprehensive final for this class. The three (3) exams will be offered in class either using Canvas or Paper delivery. Dates on syllabi are tentative, but will be officially announced 1 week prior to date. Exams will be multifaceted with recall, application, and analysis questions throughout. Exams will include multiple choice, short answer, and problem solving questions. Use your lecture notes, textbooks, and assignments to prepare yourself for the exams. Missed exams can only be made up with approval from instructor.

**Quizzes**

Quizzes will be given weekly throughout the semester. These quizzes will be both announced and unannounced, so be prepared every lecture period. Quizzes will contain material from previous lectures and discussions as well as any required pre-class readings. Be prepared for short answer, labeling, and multiple choice questions. Missed quizzes can only be made up with approval from instructor.

**Short Writing Assignments**

These assignments will be varied throughout the semester. Essentially they are “write to learn” assignments. We may do a short writing assignment in class, you may be asked to write a paragraph in response to class discussions, or you may be asked to debate an issue in athletic training. These will be completed via Canvas discussion boards, typed and submitted assignments, or simple notecards/notebook pages. Due Dates will be announced at least 1 week prior to presentation.

**Evidence Based Moments**

You will be required to present research article(s) within the topics covered in class. You will be assigned articles and you will summarize the article (Background, Purpose, Methods, Results, and Conclusions) and present to the class using PowerPoint presentation. Presentations should not be longer than 5-8 minutes and should focus on the clinical bottom line (take home message). Grades for presentation will be assigned based on rubric that focuses on content and quality of presentation. Specific examples will be provided for assistance. Due Dates will be announced at least 1 week prior to presentation.
Clinical Query Project
Clinical questions will be assigned to teams three people with the goal of providing a graded clinical recommendation. You will be asked to obtain 3-6 high quality articles. Students will present clinical query and answer(s) to clinical query with evidence from articles using a PowerPoint presentation. All presentations will end with clinical bottom line(s)/take home messages(s) that will guide clinical practice. Grades for presentation will be assigned based on rubric that focuses on content and quality of presentation. Specific examples will be provided for assistance.

Class Notebook/Binder
At the end of the semester, each student is required to turn in his/her course notebook for a grade. A three-ring notebook is expected to be neat and organized with section tabs and a table of contents OR you may submit a small 3-ring notebook with table of contents and returned assignments along with a “thumb drive” that is neatly organized and contains all lecture material. The notebook should include Cornell notes, articles, handouts, quizzes, tests, student presentations, worksheets, and evidence based projects. When returned, this notebook should be saved and used as a reference point for future study.

Other Information
Professionalism
Professionalism includes the following: punctuality, no cell phone use, and appropriate communications (e.g. e-mail, phone, etc.). Students should arrive before class begins and leave only after the instructor has dismissed the class. Cell phones should be turned off and put away during the entirety of class, except in cases in which they are being used for learning activities. Appropriate communications (e-mail, phone, etc.) include using salutations and appropriate grammar, language, and tone in e-mail and personal communications.

Class Preparation, Note Taking, and Post Class Activities
Here are some evidence-based study tips as: https://youtu.be/p60rN9JEapg

Preparation is essential to maximize your learning experience. Each student is expected to prepare for class by reading the assigned chapter(s) and handouts prior to class.

Students are expected to take written or typed notes of required pre-class readings and in-class lectures and may use these notes while answering in-class questions and at times may be allowed to use them for in-class quizzes (based on instructor’s discretion). https://www.youtube.com/watch?v=gsb-U8bZpig

• Note taking - 5 proven ways to take notes: Outline, Cornell notes, Mind Map, Flow, or Write-on-slide. https://www.youtube.com/watch?v=AffuwyJZTQQ

Closing the loop is essential after class to maximize your learning experience. Each student is expected to review material presented and come prepared to ask questions or “go deeper” with material. Synthesize the information you are learning and apply it whenever you get the chance. Do not be afraid to ask questions or challenge the current medical or scientific assumptions. Your brain will only grow in response to how much it is challenged and used.

Active Learning
Your active participation in this class will be required. You will be responsible for your own learning by reviewing class material before and after class. We will guide you in this process; however, in the end the onus of learning will be your responsibility.
Here are your KEYS to success:
  o **EFFORT** *(Work hard)*
  o **APPROACH** *(Work smart)*
  o **ATTITUDE** *(Think positively)*

The following **Knowledge and Skills and/or Standards** will be addressed in this class:

<table>
<thead>
<tr>
<th>Athletic Training Educational Competencies</th>
<th>CAATE Standards</th>
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<tbody>
<tr>
<td>Prevention and Health Promotion (PHP)</td>
<td>58, 59, 60, 61, 62, 68, 70, 79, 80, 82, 83, 87</td>
</tr>
<tr>
<td>Clinical Examination (CE)</td>
<td>70</td>
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<tr>
<td>Therapeutic Intervention</td>
<td>73, 79</td>
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<tr>
<td>Health Care Administration</td>
<td>87, 92</td>
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<tr>
<td>Clinical Integration</td>
<td>70</td>
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**Grading Information**

**Grading:**
**Tentative Evaluation:** As instructors of this course, we reserve the right to alter grade distribution within the two major categories of Unit Examination/Quizzes and Assignments.

<table>
<thead>
<tr>
<th><strong>Unit Examinations/Quizzes – 45%</strong></th>
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<tbody>
<tr>
<td>Quizzes</td>
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<tr>
<td>15%</td>
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<tr>
<td>Test Unit #1</td>
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<tr>
<td>10%</td>
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<td>Test Unit #2</td>
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<tr>
<td>10%</td>
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<tr>
<td>Test Unit #3</td>
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<tr>
<td>10%</td>
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<tr>
<th><strong>Comprehensive Examination – 15%</strong></th>
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| **Assignments – 35%**                       |
| Evidence Based Moment presentations – 10%  |
| Clinical Short Writing Assignments – 10%   |
| Clinical Query Project – 15%               |

| **Professional Development – 5%**          |
| Lecture/Laboratory activity participation AND |
| Notebook                                    |

**Grading Scale**

A = 90%; B = 80%; C = 70%; D = 60%; F = 59% and below

As a policy of the University of Texas at Arlington (UTA) outlined in the official Graduate Catalog, graduate credit will be given for grades of A, B, or C for work done at UTA, subject to the following conditions.

1. The student must maintain a B average in all work done in the major.
2. The student must maintain a B average in all work done in the minor.
3. The student must maintain a B average in all advanced work.

**Classroom Policies**

*“Life is what happens, while you are busy making other plans”*  
John Lennon  
Remember: Communication is the key.
Cell Phone Policy

*No cell phones in class for verbal or text message conversations.* Please turn them off or silence them during our class period. If you actively perform or receive cell phone calls or text messaging during class, I will confiscate your electronic device. No exceptions.

*Computers can be used in class to facilitate learning.* However if they are used to “surf” the web or perform tasks that are outside of class learning objectives, then the instructor has the right to request that you leave the class. Please respect your classmates and their learning as your texting, “surfing”, and computer/phone use that is not related to class is very distracting and not an example of team learning.

Attendance and Class Preparation

At University of Texas at Arlington, taking attendance is not required. Rather, each faculty member is free to develop his or her own methods of evaluating students’ academic performance, which includes establishing course-specific policies on attendance. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

As the instructors of this section, class attendance is required. Two absences will automatically drop your grade by one letter (i.e., A to B, B to C, etc.). Tardiness is not acceptable. Class starts on time each day for each section. If you accumulate 3 tardies, I will give you one (1) absence.

- There are no excused or unexcused absences – if you miss class you are absent.
- You will not be penalized for absences that cannot be avoided (e.g., illness, funerals)
- As instructors, we reserve the right to determine when these occur. Each case is an individual decision based on communication and documentation.
- In the case of an absence, the student is responsible for obtaining work missed in class, and every effort possible should be made to complete in-class assessments (i.e. quizzes) prior to or soon after the absence.

Each student is expected to prepare for class by reading the lab material prior to class. If you miss a class, you are responsible for obtaining all information presented and you are encouraged to contact instructor for essential details.

*Remember: Poor planning on your part is not an emergency on my part.*

Missed Examinations, Quizzes, and Assignments

Missed exams, quizzes, and assignments can only be made up if approved by instructor. All missed exams, quizzes, and homework must be made up within one week of original due date.

Expectations for Out-of-Class Study:

A general rule of thumb is this: for every credit hour earned, a student should spend 3 hours per week working outside of class. Beyond the time required to attend each class meeting, students enrolled in this course should expect to spend at least an additional 6 hours per week of their own time in course-related activities, including reading required materials, completing assignments, preparing for quizzes, etc.
**Grade Grievances:**
Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current University Catalog. For graduate courses, see [Graduate Grading Policies](#). For student complaints, see [Student Complaints](#).

**Course Schedule**
As the instructors for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. –Dr. T and Ms. Lauren Wernet

<table>
<thead>
<tr>
<th>Week</th>
<th>Unit</th>
<th>Date</th>
<th>Topic</th>
<th>Readings</th>
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<tbody>
<tr>
<td>1</td>
<td></td>
<td>W 8/21</td>
<td>Course Introduction/Syllabus</td>
<td>Articles as posted</td>
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<td></td>
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<td></td>
<td>Review of Fundamentals AT I</td>
<td>Houglum CH 5</td>
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<td></td>
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<td></td>
<td>Principles of Stretching</td>
<td>Prentice CH 4</td>
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<td>Clinical Applications of Stretching</td>
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<tr>
<td>2</td>
<td>1</td>
<td>W 8/28</td>
<td>Modes of Therapeutic Exercise/Equipment</td>
<td>Articles as posted</td>
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<td></td>
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<td></td>
<td>Resistance Training for Muscle</td>
<td>Houglum CH 3,7,8,14</td>
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<td></td>
<td>Strength/Endurance</td>
<td>Prentice CH 4</td>
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<td>Principles of Plyometrics</td>
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<td>Clinical Applications of Stretching</td>
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<tr>
<td>3</td>
<td></td>
<td>W 9/4</td>
<td>Principles of Neuromuscular Rehabilitation/Training</td>
<td>Articles as posted</td>
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<td></td>
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<td></td>
<td>Clinical Applications of Neuromuscular Techniques</td>
<td>Houglum CH 6</td>
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<td>Prentice CH 16</td>
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<tr>
<td>4</td>
<td></td>
<td>W 9/11</td>
<td>Clinical Applications of Neuromuscular Techniques</td>
<td>Articles as posted</td>
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<td>Houglum CH 6</td>
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<td>Prentice CH 16</td>
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<td>5</td>
<td></td>
<td>W 9/18</td>
<td>Common Fitness Assessments</td>
<td>Articles as posted</td>
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<td>Body Composition Assessment Techniques</td>
<td>Prentice CH 5</td>
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<tr>
<td>6</td>
<td>2</td>
<td>W 9/25</td>
<td><strong>Test for Unit #1</strong></td>
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<tr>
<td>7</td>
<td></td>
<td>W 10/2</td>
<td>Nutritional Considerations for Physically Active</td>
<td>Articles as posted</td>
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<td>Prentice CH 5</td>
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<tr>
<td>8</td>
<td></td>
<td>W 10/9</td>
<td>Dietary analysis and General dietary recommendations for different athletes</td>
<td>Articles as posted</td>
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<td>Prentice CH 5</td>
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<tr>
<td>9</td>
<td></td>
<td>W 10/16</td>
<td>Reading food labels</td>
<td>Articles as posted</td>
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<td>Planning pre-game and post-game meals</td>
<td>Prentice CH 5</td>
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<tr>
<td>10</td>
<td></td>
<td>W 10/23</td>
<td>Safe Weight Loss and Maintenance</td>
<td>Articles as posted</td>
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<td>Disordered eating and supplements</td>
<td>Prentice CH 5</td>
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<tr>
<td>11</td>
<td>3</td>
<td>W 10/30</td>
<td><strong>Test for Unit #2</strong></td>
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<td>Science of shoe fitting</td>
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<td>Introduction to Ergonomics</td>
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<tr>
<td>12</td>
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<td>W 11/6</td>
<td>Athletic Training and Ergonomics</td>
<td>Articles as posted</td>
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<tr>
<td>13</td>
<td></td>
<td>W 11/13</td>
<td>Athletic Training and Ergonomics</td>
<td>Articles as posted</td>
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<tr>
<td>14</td>
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<td>W 11/20</td>
<td><strong>Test Unit #3</strong></td>
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<td>Sudden Death Scenarios</td>
<td>Articles as posted</td>
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<tr>
<td>15</td>
<td></td>
<td>W 11/27</td>
<td>Thanksgiving Holiday</td>
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<tr>
<td>16</td>
<td>Review</td>
<td>W 12/4</td>
<td>Bringing it all together - Review of Course Material and Clinical Query Project Presentations</td>
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<tr>
<td>FINALS</td>
<td></td>
<td>W 12/11</td>
<td>Comprehensive Final Exam 8 am – 11 am</td>
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Institution Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the Institutional Information page (http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

Additional Information

Department of Kinesiology – Drop Policy:

It is the responsibility of the student to add or drop classes or withdraw from school within the appropriate time frame established by the University Registrar. (The departments are not allowed nor obligated to add or drop students from classes.) Deadlines can be found in the current Schedule of Classes.

Master of Science in Athletic Training Program Grade Requirement: MSAT students’ academic and clinical progress will be closely monitored each semester. In order to remain in the MSAT program, students must:

1. Maintain a cumulative GPA of 3.0 or higher.
2. Maintain a 3.0 GPA or higher in athletic training core courses.
3. Students may not earn a "C" grade or lower in any required course containing AT education competencies.
   a. Students who earn a grade of "C" or lower in any required course must meet with their academic advisor and petition to continue in the MSAT Program.
   b. Any student who fails to meet the retention criteria will be placed on probation in the MSAT program. If standards are not met by the end of the probationary period, the student will be dismissed from the program.
   c. If allowed to repeat a course, the student must earn a grade of B or higher in order to remain in the program. Students will not be allowed to continue in the program until the course is repeated with a grade of a B or higher. For example, if a student earns a "C" in a course only offered in the fall semester, he/she must wait until the course is offered again (the next fall) before proceeding in the program.
   d. Failure to repeat the course, or earn a grade of "B" or better, will result in dismissal from the program.
   e. Students who do not gain good academic standing with the program in the semester following completion of the probation semester will be academically dismissed.
   f. A student who has been dismissed for failure to maintain a GPA 3.0 may petition the AT Faculty Committee to continue in the program: see section below concerning petitions.
4. Adhere to professionalism standards and documents cited in the MSAT Policies and Procedures Manual including but not limited to: the university's academic integrity policies, the NATA Code of Ethics, the BOC's Standards of Practice, course syllabi, to the MSAT Policies and Procedures Manual, and to policies/regulations established at each assigned clinical site. Students with three professional conduct/digression reports may be suspended or dismissed from the program. If students have a history of professional conduct or behavior issues, with a written record of conduct warning or digression reports, and earn a "C" in a
course, the student will be required to meet with the faculty to determine if the student can continue.

a. For minor professionalism infractions, the faculty/staff/preceptor will complete "Student Conduct Warning" form. If a student obtains 3 of these, he/she will be dismissed from the program (3 strikes and you're out rule).

b. For major professionalism offenses (serious offenses such as a confidentiality breach, etc.) a Student Conduct Digression Report will be completed the student may be dismissed from the program depending on the nature of the offense. The Athletic Training Program faculty committee will make the determination on whether or not the student can repeat the course and continue in the program.

Petitions to Continue in the MSAT Program
Students who wish to submit a petition to continue in the MSAT Program must meet with their Academic Advisor. During that meeting, students should be prepared to discuss how/why plans to regain good academic standing during the probation semester were not successful and develop a specific plan for improvement. The student is responsible for submitting the petition electronically.

The student's petition to continue in the MSAT Program will be reviewed by the Athletic Training faculty committee. If the committee agrees to approve the student's petition to continue, the Academic Advisor will work with the student to review/revise the student's degree plan and assist with clearing the student for enrollment.

Expected Professional Behavior
Students are expected to adhere to the NATA Code of Ethics and to behave professionally, as described in the MSAT Policies and Procedures Manual.

Note: Failure to meet the above retention standards may result in probation, suspension, or termination from the MSAT Program.

Emergency Exit Procedures:
Should we experience an emergency event that requires evacuation of the building, students should exit the room and move toward the nearest exit, which is located in the hallway leading to PEB 202. When exiting the building during an emergency, do not take an elevator but use the stairwells instead. Faculty members and instructional staff will assist students in selecting the safest route for evacuation and will make arrangements to assist individuals with disabilities. Students should also subscribe to the MavAlert system that will send information in case of an emergency to their cell phones or email accounts. Anyone can subscribe at

Student Success Programs:
UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring by appointment, drop-in tutoring, etutoring, supplemental instruction, mentoring (time management, study skills, etc.), success coaching, TRIO Student Support Services, and student success workshops. For additional information, please email resources@uta.edu, or view the Maverick Resources website.

The IDEAS Center (https://www.uta.edu/ideas/) (2nd Floor of Central Library) offers FREE tutoring and mentoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.
The English Writing Center (411LIBR):
The Writing Center offers **FREE** tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the [Writing Center](https://uta.mywconline.com). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see [Writing Center: OWL](#) for detailed information on all our programs and services.

The Library’s 2nd floor [Academic Plaza](http://library.uta.edu/academic-plaza) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation.

**Librarian to Contact:**
Peace Ossom Williamson- [peace@uta.edu](mailto:peace@uta.edu) – 817-272-6208
Office: Central Library 214A

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**Emergency Phone Numbers**

In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number **817-272-3381**

**Library Information**

**Research or General Library Help**
Ask for Help
- [Academic Plaza Consultation Services](library.uta.edu/academic-plaza)
- [Ask Us](ask.uta.edu/)
- [Research Coaches](http://libguides.uta.edu/researchcoach)

**Resources**
- [Library Tutorials](library.uta.edu/how-to)
- [Subject and Course Research Guides](libguides.uta.edu)
- [Librarians by Subject](library.uta.edu/subject-librarians)
- [A to Z List of Library Databases](libguides.uta.edu/az.php)
- [Course Reserves](https://uta.summon.serialssolutions.com/#!/course_reserves)
- [Study Room Reservations](openroom.uta.edu/)