KINE 5235: Advanced Functional Assessment and Corrective Exercise  
Fall 2020

Instructor Information
Instructor: Meredith Decker-Hamm, PhD, LAT, ATC, PES  
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Phone Number (Teams): 817-272-6307  
Faculty Profile: https://mentis.uta.edu/explore/profile/meredith-decker  
Office Hours: By appointment

Instructor: Adam Annaccone, EdD, LAT, ATC, CES, PES  
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Phone Number (Teams): 817-272-7910  
Faculty Profile: https://mentis.uta.edu/explore/profile/adam-annaccone  
Office Hours: By appointment

Course Information
Section Information: KINE 5235-001

Time and Place of Class Meetings: Hybrid – In-person and online; In-person content will be delivered on Tuesdays from 8am – 12pm on designated class days (see course schedule). Online content will mostly be delivered asynchronously. Some synchronous meetings may occur, but plenty of notice will be given so students can plan to attend. The instructor may also hold virtual office hours at a scheduled time or by appointment in which meetings may take place.

Description of Course Content: This course is designed to provide the entry level athletic training student with classroom and laboratory experiences that introduce functional assessment and corrective exercises. Specific topics will include advanced manual therapy techniques designed to restore body symmetry and theories of functional movement. Evidence-based application of functional assessment, evaluation and assignment of corrective exercises will be emphasized along with the critical appraisal of research studies regarding the effectiveness and efficacy of a variety of advanced therapeutic interventions.  
Course content will cover the following CAATE Standards: 71c, 71d, 71e, 73a, 73b, 73c, 73d, 73e, 73f, 73h, 82

Student Learning Outcomes: By the completion of this course, students will be prepared to:
1. Relate fundamental concepts of human movement and anatomy and physiology to Corrective Exercise.  
2. Identify attributes of and rationale for corrective exercise programming.  
3. Identify scope of practice and referral strategies for allied health professionals.  
4. Evaluate proficiency of movement using various assessment methodologies.  
5. Design individualized movement and exercise programs.  
6. Apply spectrum of corrective tools, protocols, and modalities aligned to client needs and goals.  
7. Demonstrate effective coaching and communication techniques to maximize adherence and engagement.  
8. Communicate effective recovery strategies for a client’s overall wellness.

Each chapter and section will have more specific student learning objectives that will be used each week to assess a student’s progress within the course material.

Required Textbooks and Other Course Materials:
Required:
KINE 5235: Advanced Functional Assessment and Corrective Exercise  
Fall 2020

  - NASM 3 Online Content** (Primary content)

Materials and resources will be posted each week to enhance students’ knowledge, understanding and application of each course topic.

**Technology Requirements**
Students will need to be able to access and use Canvas and Microsoft Teams. They will need to have Respondus Lockdown browser on their device for use during quizzes and exams. Students will also need a webcam to use the Respondus monitoring tool during exams.

**Grading Information**

**Grading (subject to change):**

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Assignments</td>
<td>20%</td>
</tr>
<tr>
<td>Projects</td>
<td>15%</td>
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<tr>
<td>Quizzes</td>
<td>20%</td>
</tr>
<tr>
<td>Comprehensive Written Exam</td>
<td>15%</td>
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<tr>
<td>Practical/SP Exams</td>
<td>30%</td>
</tr>
</tbody>
</table>

**Course Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Chapters (Online Content – NASM)/Materials Due</th>
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</thead>
<tbody>
<tr>
<td>8/26 – 9/6</td>
<td>Rationale for Corrective Exercise</td>
<td>Chapters 1-2, 7 Review Assessments (Chps. 8-10) before in-person class Quizzes Due – Chapters 2 + 7</td>
</tr>
<tr>
<td></td>
<td>Human Movement Science and Corrective Exercise</td>
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<tr>
<td></td>
<td>Movement Assessments</td>
<td></td>
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<td></td>
<td><strong>Synchronous In-Person Class Tuesday</strong></td>
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<tr>
<td>9/7-9/13</td>
<td>Review Course Concepts:</td>
<td>Chapters 8-10</td>
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<td></td>
<td>Regional Interdependence</td>
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<td></td>
<td>Joint by Joint Approach</td>
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<td></td>
<td>Planes of Motion &amp; Biomechanical Principles</td>
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<tr>
<td></td>
<td>LE Assessment Breakout</td>
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<tr>
<td></td>
<td><strong>Synchronous In-Person Class Tuesday</strong></td>
<td></td>
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<tr>
<td>9/14-9/20</td>
<td>UE and Spine Assessment Breakout</td>
<td>Chapters 8-10</td>
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<tr>
<td></td>
<td><strong>Synchronous In-Person Class Tuesday</strong></td>
<td>Quizzes Due – Chapters 8, 9, 10</td>
</tr>
<tr>
<td>9/21-9/27</td>
<td>Movement Assessment Practical Exam (In-Person)</td>
<td>Review Chps. 3-6 for next week Quizzes Due – Chapters 3, 4, 5, 6</td>
</tr>
<tr>
<td>9/28-10/4</td>
<td>Corrective Exercise Continuum</td>
<td>Chapters 11-13</td>
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<tr>
<td></td>
<td>Foot/Ankle/Knee/LPHC</td>
<td>Quizzes Due – Chapters 11, 12, 13</td>
</tr>
<tr>
<td>10/5-10/11</td>
<td>Corrective Exercise Continuum</td>
<td>Chapters 14-16</td>
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<tr>
<td></td>
<td>Thoracic/Shoulder/Cervical/Elbow/Wrist</td>
<td>Quizzes Due – Chapters 14, 15, 16</td>
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<tr>
<td>10/12-10/18</td>
<td>Review Corrective Exercise Continuum</td>
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<td></td>
<td><strong>Synchronous In-Person Class Tuesday</strong></td>
<td></td>
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<tr>
<td>Week 9</td>
<td>Fusionetics</td>
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</tbody>
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# KINE 5235: Advanced Functional Assessment and Corrective Exercise
## Fall 2020

<table>
<thead>
<tr>
<th>Week 10: 10/19-10/25</th>
<th>Fusionetics</th>
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<tbody>
<tr>
<td>Week 11: 10/26-11/1</td>
<td>Sports Science Overview Medical Model/Team-Based Care</td>
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<tr>
<td>Week 12: 11/2-11/8</td>
<td>Bringing It All Together Begin Work on Final Project</td>
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<tr>
<td>Week 13: 11/9-11/15</td>
<td>Bringing It All Together</td>
</tr>
<tr>
<td>Week 14: 11/16-11/22</td>
<td>Bringing It All Together Self-Care &amp; Recovery</td>
</tr>
<tr>
<td>Weeks 15 &amp; 16: 11/30-12/8</td>
<td>Virtual SP Exam – Corrective Exercise Continuum</td>
</tr>
<tr>
<td>Week 16:</td>
<td>Comprehensive Final Exam Tuesday, December 15, 2020 9-11:30am</td>
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As the instructor 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. Decker-Hamm & Dr. Annaccone

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## Methods of Evaluations:

### Comprehensive Written Final Exam

One written exam will be given in this course at the end of the semester. This exam will encompass all material from the semester. The exam will be given during the final exam time period using Canvas Respondus Lockdown Browser. There will be no exam retakes if an exam is missed, unless the absence is excused and communicated prior to the scheduled exam. An unexcused absence or failure to communicate prior to the scheduled exam will result in the grade of a zero.

### Practical/SP Exams

Two practical exams/SP exams will be given throughout the course of the semester. The exams will cover movement assessments and corrective exercise. More details about these exams will follow and be posted on Canvas.

### Assignments

Students will complete assigned work designed to develop knowledge and skills in movement assessments and corrective exercise. Assignments and due dates will be posted on the course Canvas page. Students are expected to complete their assignments independently, unless otherwise noted by the instructor as a group assignment. Any suspected collusion or cheating on an assignment will be forwarded to the Office of Student Conduct for review, which may be accompanied by grade and/or disciplinary actions.

### Final Assessment & Corrective Exercise Project

Each student will work with a patient at their clinical site, a Level 1 student or a friend/family member to perform functional assessments and prescribe corrective exercises across the continuum based on their musculoskeletal history and static postural assessment. Patient rated outcome scale(s) must be selected as a means of marking progress and time points and types of assessments need to be identified.
A detailed rehabilitation progression will be created to span the course of a 4-week period. More details will be provided with exact guidelines.

**Quizzes**
Quizzes will primarily cover course material. Students should review content in the chapters, online resources and materials posted on Canvas. NASM Chapter Quizzes will be taken through the NASM module. You will have 2 attempts to take each quiz. Your highest score will be recorded for a grade. To upload for this requirement, you will need to take a screenshot of your Dashboard that shows your name, best quiz score and number of attempts for the quiz you are uploading for. If more than 2 attempts are taken, a zero will be given for that particular quiz grade.

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### Course & Program Policies

#### Submission of Course Materials
Any course work submitted during class time or another course’s scheduled time will result in the grade of a zero for that assignment, quiz, etc. Doing class work in other courses is unacceptable.

All course materials should be completed independently unless indicated as a group assignment by the course instructors. Any suspected collusion or cheating on a course requirement will be reported to the Office of Student Conduct for review, which may be accompanied by a grade change and/or disciplinary actions.

Late submissions – No late submissions will be accepted, unless arranged in advance with the instructor.

Incomplete Assignments/Submissions – It is expected that all assignments are completed according to the instructions. Failure to complete the assignment according to the instructions, will result in the grade of a zero for that assignment. **Note: For assignments with multiple sections or for assignments graded with a rubric, the instructor will determine if the submission is worthy of partial or no credit.**

Complete/Incomplete Assignments – At the discretion of the instructor, certain assignments may be graded using the Complete/Incomplete grading system. Assignments submitted on time and in accordance with the assignment instructions, will be given a Complete grade. Those assignments which do not meet these standards, unless otherwise discussed with the instructor, will be given an Incomplete grade. No partial credit will be awarded.

Early submission for instructor feedback – Students are encouraged to communicate with the instructor regarding general feedback on assignments prior to the due date. The decision whether to provide feedback is at the instructor’s discretion. Any student wishing to submit an assignment for review, **must first seek permission to do so from the instructor and second, submit the draft via email or Teams chat, no later than 3 days prior to the due date.** Assignments spanning the entire semester may be submitted twice (2) for review, with a minimum of 14 days between submission. Smaller assignments may be submitted only once.

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### Expectations for Out-of-Class Study
A general rule of thumb is that for every credit hour earned, a student should spend 2-3 hours per week working outside of class for classes which meet face-to-face. Hence, a 3-credit course might have a minimum expectation of 6-9 hours of reading, study, etc. 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 exams, etc.

In an online environment, the same principle holds true. For every 1 credit hour of direct contact, a student might have a minimum expectation of 2-3 hours per week of indirect content. For the purposes of this class, direct content is defined as reviewing posted videos, articles, external resources, ppts, discussion boards, attending guest presentation, live sessions, etc. Indirect contact includes reading assignments, completion of class assignments, preparing for exam/quiz, etc.

Student Expectations in an Online Environment

- Be involved and active in your course.
- Be highly motivated and disciplined.
- Check the course homepage, calendar and assignment page, the course syllabus, your UTA email, the course discussion board, and Microsoft Teams several times a week.
- Post the required comments and responses to the discussion board for your course.
- Keep up with your assignments and online quizzes/exams (as applicable) and manage your time well. These quizzes test your knowledge and comprehension of the new content.
- Participate actively in class discussions.
- Practice "Netiquette" ([http://www.albion.com/netiquette/corerules.html](http://www.albion.com/netiquette/corerules.html)) in discussion board postings and emails. Be polite and respectful. Use good grammar and correct spelling. Don’t write in all caps (it feels like you’re shouting) and sign your name.
- Meet the course deadlines. The courses are not self-paced.
- Be honest and original. Plagiarism will not be tolerated in any online course. View the Plagiarism Policy.

The Do’s and Don’ts for success:

- Do set aside a specific time during the day for this course--the best time that fits your schedule.
- Use this time for preparation and for participation (reading, studying, posting messages, completing assignments, taking quizzes).
- Do check in and contribute to the class several times a week. By doing this you will keep engaged, on-track, and moving steadily toward your goal!
- Do remember there are people here to help you to be successful in online learning.
- Don't put off the work! You need to keep up so you can more effectively participate in group and class discussions.
- Don’t be afraid to ask questions. There are probably several others who are wondering the same thing

Academic Digressions

Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels. An academic digression report will be completed if key assessments (quiz averages, tests, practicals, OSCEs, etc) fall below 75%. These academic digression reports will be completed by the instructor, reviewed with the students, and filed with the Program Director. Academic digressions are not meant to be punishment, but are to make the student aware of academic deficits in the AT program.

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.
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 (https://resources.uta.edu/provost/course-related-info/institutional-policies.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

Mandatory Face Covering Policy
All students and instructional staff are required to wear facial coverings while they are on campus, inside buildings and classrooms. Students that fail to comply with the facial covering requirement will be asked to leave the class session. If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department. Students who refuse to wear a facial covering in class will be asked to leave the session by the instructor, and, if the student refuses to leave, they may be reported to UTA’s Office of Student Conduct.

Cell Phones and Other Technology: The use of cell phones and text messaging are strictly forbidden during class time, except when their use is part of a learning activity. The use of cell phones and other disruptive behaviors may result in dismissal from the class, resulting in an unexcused absence. Technology use in the classroom must be for the sole purpose of enhancing the teaching and learning process. Laptops used for taking notes and iPods used to record class discussions are examples of technology that would be appropriate to use during class. Cell phones used for talking and texting during class are examples of inappropriate use of technology during class time.

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.
Proper terminology – Using proper athletic training terminology helps eliminate confusion or inconsistencies when explaining the AT’s role in health care. It is important for students to develop a habit of using proper terminology, therefore students are expected to do so when speaking and writing about athletic training. The use of “trainer”, “training room”, or similar phrases in course work will not be accepted and **will result in a 1-point deduction on the assignment for each**. Shortening “athletic trainer” to AT is acceptable. Refer to the [NATA](https://www.nata.org) for proper athletic training terminology.

**MSAT Retention Criteria**

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. 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.
   a. 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.
   b. 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 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.
   c. Failure to repeat the course, or earn a grade of “B” or better, will result in dismissal from the program.
   d. Students who do not gain good academic standing with the program in the semester following completion of the probationary period will be academically dismissed.
   e. 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.

*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 to the MSAT program director.

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.

Academic Integrity

Academic Integrity and Scholastic Dishonesty
The University of Texas at Arlington strives to uphold and support standards of personal honesty and integrity for all students consistent with the goals of a community of scholars and students seeking knowledge and responsibility. Furthermore, it is the policy of the University to enforce these standards through fair and objective procedures governing instances of alleged dishonesty, cheating, and other academic/non-academic misconduct.

What is Academic Integrity?
Academic integrity is defined as being in firm adherence to a code or standard of values. It is a commitment on the part of the students, faculty and staff, even in the face of adversity, to five fundamental values:

- Honesty
- Truth
- Fairness
- Respect
- Responsibility

"From these values flow principles of behavior that enable academic communities to translate ideals into action" (The Center for Academic Integrity, 1999). Unfortunately, when these ideals are not translated to each and every one in the academic community, academic dishonesty is inevitable.

What Constitutes Scholastic Dishonesty?
Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, and collusion on an examination or an assignment being offered for credit. Each student is accountable for work submitted for credit, including group projects.

Cheating
- Copying another's test or assignment
- Communication with another during an exam or assignment (i.e. written, oral or otherwise)
- Giving or seeking aid from another when not permitted by the instructor
- Possessing or using unauthorized materials during the test
- Buying, using, stealing, transporting, or soliciting a test, draft of a test, or answer key

Plagiarism
- Using someone else’s work in your assignment without appropriate acknowledgement
- Making slight variations in the language and then failing to give credit to the source

Collusion
- Without authorization, collaborating with another when preparing an assignment

University of Texas at Arlington Honor Code
“I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.”
I promise that I will submit only work that I personally create or that I contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.”

Source: http://www.uta.edu/conduct/academic-integrity/

The Athletic Training Program take academic integrity very seriously. Any student who is found to have participated in scholastic dishonesty as defined above will receive an automatic zero on the assignment, written exam, practical exam or quiz and will be reported to UTA Office of Student Conduct. In addition, no make-ups of the work will be allowed.

Attendance
At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. 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. As the instructor of this section, As the instructor of this course, I expect students to be in attendance for each class meeting. The course attendance policy is provided below. 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.

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 Emergency Communication System.

Library Information
Librarian to Contact:
Peace Ossom-Williamson, Each academic unit has access to Librarians by Academic Subject that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

Peace Ossom-Williamson, 817-272-6208, peace@uta.edu
Athletic Training library guide: https://libguides.uta.edu/athletictraining
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)
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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/)

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
Stop. Think. Protect Yourself.  
**You Have Choices.**

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. This graphic provides each member of the UTA community with information and options for responding to an active threat. These options are not chronological, but are designed to address dynamic situations. Assess the situation (your location, the location of the threat, type of threat, etc.), identify and weigh your options, develop a plan of action and commit to it.

<table>
<thead>
<tr>
<th><strong>YOUR OPTIONS TO AN ACTIVE</strong></th>
<th><strong>You Have Choices!</strong></th>
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</table>
| **AVOID**                     | Know your exit and escape options.  
If in a parking lot, get to your car and leave.  
If in an unaffected area, stay where you are.  
When you are safe, call UTA PD at 817. 272.3003 or 911 with information you have. |
| • AVOID the situation. **Stay away** from the area and campus.  
• If you can safely leave the area, **RUN**.  
• Get others to leave the area, if possible.  
• Prevent others from entering the area. |
| **DENY**                       | Silence phones and **remain quiet**. Don’t let your phone give you away.  
• HIDE and take cover to protect yourself.  
• Be prepared to run or defend yourself. |
| If you can’t leave the area safely, **DENY** or slow entry to the intruder:  
• Lock/barricade doors with heavy items.  
• Turn off lights/projectors/equipment.  
• Close blinds and block windows.  
• Stay away from doors and windows. |
| **DEFEND**                     | Use the element of surprise.  
Work together as a team. Develop a plan. Commit to your actions. Your life depends on it.  
• Be aggressive, loud, and determined in your actions. |
| If you can’t AVOID or DENY entry to the intruder, **DEFEND** your location:  
• As a last resort, **FIGHT** for your life.  
• Use physical force and any weapons available - fire extinguishers, books, chairs, belts, umbrellas, pens/scissors, hot coffee/drinks, trash cans, etc. |

Follow ALL instructions.  

Emergency: 817.272.3003  
Non-Emergency: 817.272.3381  
police.uta.edu

Additional information for active threat and other emergency situations can be found through the links below:  
[https://police.uta.edu/crime-prevention/active-shooter-resources.php](https://police.uta.edu/crime-prevention/active-shooter-resources.php)  
[https://police.uta.edu/emergency-management/index.php](https://police.uta.edu/emergency-management/index.php)