KINE 5353: Lower Extremity Assessment and Rehabilitation
Fall 2020

Instructor Information
Name: Laura Kunkel, EdD, LAT, ATC, PES
Office: PEB 112C or on Microsoft Teams
Phone: 817-272-6874
E-mail: laura.kunkel2@uta.edu
Faculty Profile: https://mentis.uta.edu/explore/profile/laura-kunkel
Office hours: By appointment

Name: Meredith Decker-Hamm, PhD, LAT, ATC, PES
Office: PEB 112F or on Microsoft Teams
Phone: 817-272-6307
E-mail: mdecker@uta.edu
Faculty Profile: https://mentis.uta.edu/explore/profile/meredith-decker
Office hours: By appointment

Course Information
Section Information
KINE 5353-001 and 002

Time and Place of Class Meetings
This is a hybrid class, meaning that the class will meet face-to-face for lab on Mondays and Wednesdays in PEB 202 and will have additional course content delivered asynchronously online.

Description of Course Content
This course will focus on common orthopedic injuries involving the lower extremities, with a special emphasis on recognition, evaluation, diagnosis, and initial management. Additionally, students will learn to implement rehabilitation programs and therapeutic techniques for lower extremity injuries. Prerequisite: Admission to the MSAT Program.

Student Learning Outcomes
By the conclusion of this course, students will be able to:
1. Perform an examination, including assessment of function and selecting and using tests and measures to assess the musculoskeletal system, neurological system, pain level, and specific functional tasks to formulate a diagnosis and plan of care.
2. Develop an evidence-based care plan using the International Classification of Functioning, Disability, and Health (ICF) as a framework and which includes (but is not limited to) ongoing patient assessment and use of patient- and clinician-rated outcome measures.
3. Determine when discharge or referral to another healthcare provider is appropriate.
4. Select and incorporate interventions for pre-op patients, post-op patients, and patients with nonsurgical conditions that align with the care plan, including (but not limited to) therapeutic and corrective exercise, joint mobilization and manipulation, soft tissue techniques, motor control/pro prioceptive activities, task-specific functional training, and home care management.
5. Incorporate self-care programs to engage patients and their families and friends to participate in their care and recovery.
Required Textbooks and Other Course Materials:


Recommended Texts & Other Resources:


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.

Course Requirements
Assignments
Students will complete assigned work designed to develop knowledge and skills in orthopedic assessment and rehabilitation, as well as professional communication. 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.

Clinical CASE Report Abstract
Students will complete a clinical case report abstract on a lower extremity case. Detailed requirements, rubrics, and instructions, as well as examples of exceptional work will be provided on the course Canvas page. Students are strongly encouraged to submit a proposal to present the clinical case at the NATA and SWATA Annual Meetings and Clinical Symposia. Specific due dates can be found in the course schedule.

Surgical Presentations
Students will work with a partner or group to review an assigned surgical procedure. Groups will be assigned a specific surgical procedure and will have to create a presentation. Presentations will occur during the specified joint’s section in class. Dates of presentations can be found in the course schedule. More details regarding this presentation are provided on the course Canvas page.

Quizzes
Students will be expected to review previous anatomy and biomechanics materials for each section prior to the start of each unit. A quiz to check knowledge of this material will be given with each unit. In addition, unannounced quizzes may be given to check for completion of assigned readings. There will be no quiz
retakes if a quiz is missed, unless the absence is excused and communicated prior to the scheduled quiz. An unexcused absence or failure to communicate prior to the scheduled quiz will result in the grade of a zero. Late arrivals to a quiz will result in the grade of a zero.

Objective Structured Clinical Exams (OSCEs)
OSCEs are used in colleges of medicine and other healthcare professions to assess competency in an objective way by using several “stations”. Each station will provide you a different scenario designed to test a range of competencies.

Written Exams
Three written exams will be given throughout the semester, worth 10% of the overall course grade each. The final written exam will be comprehensive and will make up 15% of the overall course grade. Exams will be taken during class time but through Canvas. Respondus lockdown browser must be loaded on laptops or other devices to access the exams. 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. Late arrivals to an exam will result in the grade of a zero.

Grading Information (subject to change)

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Percent Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assignments</td>
<td>20%</td>
</tr>
<tr>
<td>Clinical CASE Report Abstract</td>
<td>5%</td>
</tr>
<tr>
<td>Surgical Presentations</td>
<td>5%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>10%</td>
</tr>
<tr>
<td>OSCE - Foot/Toes &amp; Ankle</td>
<td>5%</td>
</tr>
<tr>
<td>OSCE – Knee &amp; Hip</td>
<td>5%</td>
</tr>
<tr>
<td>OSCE - Rehab</td>
<td>5%</td>
</tr>
<tr>
<td>Written Exam 1</td>
<td>10%</td>
</tr>
<tr>
<td>Written Exam 2</td>
<td>10%</td>
</tr>
<tr>
<td>Written Exam 3</td>
<td>10%</td>
</tr>
<tr>
<td>Final Written Exam</td>
<td>15%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>

Students are expected to keep track of their performance throughout the semester which Canvas facilitates and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

**Grading Scale:**  A = 90%; B = 80%; C = 70%; D = 60%; F = <60%

**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 7 days prior to the due date. Assignments spanning the entire semester may be submitted twice (2) for review, with a minimal of 30 days between submission. Smaller assignments may be submitted only once.

**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 exams/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.
# Course Schedule

As the instructors for this course, we reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. – Dr. Kunkel and Dr. Decker-Hamm

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>DUE</th>
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<tbody>
<tr>
<td>8/26</td>
<td>Starkey Chapter 8: Foot/Toes</td>
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</tr>
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<td>8/31</td>
<td>Starkey Chapter 8: Foot/Toes</td>
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</tr>
<tr>
<td>9/2</td>
<td>Starkey Chapter 8: Foot/Toes</td>
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<td>9/7</td>
<td>Labor Day: NO CLASS</td>
<td>Foot &amp; Toes Surgical Presentations</td>
</tr>
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<td>9/9</td>
<td>Starkey Chapter 9: Ankle/Lower Leg</td>
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<tr>
<td>9/14</td>
<td>Starkey Chapter 9: Ankle/Lower Leg</td>
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<td>9/16</td>
<td>Starkey Chapter 9: Ankle/Lower Leg</td>
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<td>9/21</td>
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<td>Ankle Surgical Presentations</td>
</tr>
<tr>
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<td>9/28</td>
<td>OSCE/Written Exam</td>
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<tr>
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<td>Starkey Chapters 10 &amp; 11: Knee &amp; Patellofemoral</td>
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<td>Knee Surgical Presentations</td>
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<td>10/21</td>
<td>Starkey Chapter 12: Pelvis &amp; Thigh</td>
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<tr>
<td>10/26</td>
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<td>Clinical Case Report Abstract Draft 1</td>
</tr>
<tr>
<td>10/28</td>
<td>Starkey Chapter 12: Pelvis &amp; Thigh</td>
<td>Pelvis/Thigh Surgical Presentations</td>
</tr>
<tr>
<td>11/2</td>
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<tr>
<td>11/4</td>
<td>OSCE/Written Exam</td>
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<tr>
<td>11/9</td>
<td>Rehabilitation</td>
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<tr>
<td>11/11</td>
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<td>11/16</td>
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<td>11/18</td>
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<td>11/30</td>
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<td>12/2</td>
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<tr>
<td>12/7</td>
<td>Rehabilitation</td>
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<tr>
<td>12/14</td>
<td>Rehab OSCE</td>
<td></td>
</tr>
<tr>
<td>12/16</td>
<td>Final Written Exam</td>
<td></td>
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</tbody>
</table>
**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 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 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.
   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 probation semester 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/](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)

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

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/emergency-management/index.php