



**Kinesiology and Rehabilitation  
Science (KRS) 415  
Prevention & Care of Athletic Injuries**  
Fall 2022

*A sense of purpose, a sense of place: Preparing knowledgeable, effective, and caring educators to contribute to a just, diverse, and democratic society*

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## I. Catalog course description

An examination of the most recent practices and procedures in the prevention and care of athletic and sports injuries. Observational field experience in Kinesiology/Athletic Training is a requirement. A-Fonly.

## II. Course Content and Learning Objectives

### a. Course Content and Student Learning Outcomes (SLO):

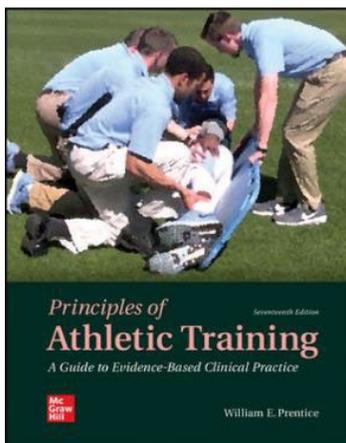
- To understand the role National Athletic Trainers' Association (NATA) Board of Certification (BOC) Athletic Trainer vs. (World Federation of Athletic Training & Therapy) Athletic Therapist in the Allied Health professions in the US, UK, and Europe (key members of the Sports Medicine Team).
- UK Guest lecturers (Physical Therapist, Athletic Therapist, Physicians, Emergency Care specialist).
- To understand the importance US, UK, European, and Asian athletic health and allied healthcare team to provide universal evidence based quality care globally.
- To understand the changing role of Athletic trainers Athletic Therapist at a "grass roots" level to prevent potential injuries and identify illnesses in youth athletes previously identified by medical doctors and other primary care providers.
- To provide a basic comprehensive understanding of the **biomechanical, physiological, and anatomical foundations and cause** of sports injuries in order to prevent, protect, treat and manage sports related injuries.
- To understand the importance of continuous education and certification techniques to provide "up to date" and appropriate immediate and emergency care for injuries experienced by athletes and active individuals.
- To apply as appropriate SLO (#1-4 below regarding Specific body injuries).  
(i.e. Head, neck, spine, foot, ankle, lower leg, knee, upper leg, hip, pelvis, shoulder complex, upper arm, elbow, wrist, and hand, medical emergencies such as heat stroke, heat exhaustion, skin injuries, wounds, internal injuries).
  1. Demonstrate awareness of how cultural values, norms, and biases can impact injury prevention, treatment/management, and rehabilitation (management)



2. Demonstrate awareness and knowledge of how diversity (i.e. age, ethnicity, gender, financial status, education, religious, historical, international) of the athletic population and the care provider may affect injury management.
3. Demonstrate appropriate and effective communication skills with diverse individuals and groups/populations with regard to athletic injury management
4. Demonstrate ability and capacity to provide unbiased evaluation, and management of athletic injuries with respect to disparate viewpoints (ie. cultural, religious, history, laws, etc.).

### III. Required Texts and Readings

*Principles of Athletic Training. William Prentice. McGraw-Hill Pub. 17<sup>th</sup> Edition*



### IV. Course Assignments, Assessment and Grading

#### a. Assignments & Assessments

Students are expected to read the required class materials prior to watching the lecture video each week. The reading materials will be tested via exams and quizzes. Students will be evaluated via: (1) 8 quizzes, (2) 2 exams, (3) Injury Research Assignment, and (4) Field Research Assignment. The details of the field research assignment will be based on clinical site availability.

**\*\*No Make-Up Exams or Quizzes Will Be Given**

#### b. 20 hours observation or Alternative Assignment (Field Research Paper)

The purpose of the 20-hour observation hour requirement is to have students engage in observational time with a professional in the field of kinesiology. These professionals include, but are not limited to, Athletic Trainers/therapist, Physical Therapists, Administrators, Coaches, Personal Trainers, Physicians, Psychologists, etc. the purpose of the observation is to expose students to the field of interest, volunteer, etc. Students who desire to pursue in-person internships may do so and provide written evidence of the 20 hour observation requirement via securing a letter from observation supervisor. Please include: name, contact information (email and phone), and of the business/observation site location, and a signed and dated letter.

Given the current COVID-19 pandemic, alternative assignments will be available for this class.

The assignment will still be tailored to the original purpose of the 20-hour requirement. You will be required to submit a one-page paper that summarizes and explains the credentialing process, the role of that individual within the organization, any professional organizations/associations to which that individual would typically be identified as a member, and whether continuing-education requirements are required. Investigation will require you to conduct online search(s).



The paper shall be single-spaced, 12-point Times New Roman font, with 1” margins. Links to professional websites, journals, publications, etc. found through online resources **MUST** be provided on a separate page. Failure to provide references for the material you provide will result in loss of bonus point inclusion to your total score.

Assignments / Academic Requirements		
Quizzes (8)	10 points each	80 points
Unit Exam (2)	100 points each	200 points
Injury Research Assignment	20 points	20 points
Field Research Assignment	10 bonus point	? bonus points added to total
<b>Total</b>		<b>300 points</b>

c. Grading

Grading Scale	
100-94%	A
93.99-90%	A-
89.99-87%	B+
86.99-84%	B
83.99-80%	B-
79.99-77%	C+
76.99-74%	C
73.99-70%	C-
69.99-67%	D+
66.99-64%	D
63.99-60%	D
<60%	F

V. Calendar



Week	Period	Topic	Readings	Quiz	Exams and Assignments
1	09/26-09/30	Syllabus/mechanics of injury, tissue response	Chapter 1-10		
2	10/03-10/07	Foot, ankle and lower leg	Chapter 18-19		
3	10/10 – 10/14	Knee, thigh, hip, pelvis	Chapter 20-21	Quiz 1	
4	10/17-10/21	Hip, pelvis	Chapter 21	Quiz 2	
5	10/24-10/28	Shoulder complex	Chapter 22-23	Quiz 3	
6	10/31-11/04	The elbow, wrist, hand	Chapter 23-24	Quiz 4	
7	11/07-11/11	The thorax & abdomen	Chapter 27		<b>Exam #1</b>
8	11/14-11/18	The spine	Chapter 25	Quiz 5	
9	11/21-11/25	Spine con't	Chapter 25	Quiz 6	
10	11/28-12/02	The head, face, eyes, ears, nose, and throat	Chapter 26	Quiz 7	<b>Injury Assignment</b>
11	12/05-12/09	Brain, head, concussion	Chapter 26	Quiz 8	<b>Field Research Assignment</b>
12	12/12-12/16	Treatment & Rehab	Chapter 16		<b>Exam #2</b>

## VI. Course information, policies and resources

### a. Professional dispositions statement

Professional dispositions are critical to the profession. The instructor expects students to consistently behave in a professional manner and represent the University to the best of their abilities.

Dispositions expected include the following:

- Attending class prepared and ready to learn, which includes bringing textbooks, computers, writing utensils
- Communicating in class with issues that are representative of the class discussion
- Communicating in ways that demonstrate cultural sensitivity
- Asking questions that are relevant to class topics (questions regarding specific grading of, tests, quizzes, papers, or projects should be asked in time provided in class, after class, or via in person appointment or email).
- Showing respect for each other and the instructor during class, includes engaging in the lesson and not using phones, texting, or Internet
- Addressing the instructor and classmates in an appropriate manner, includes controlling tempers refraining from yelling or arguing
- Dressing appropriately for class and field experiences



- Completing assignments that reflect individual effort
- Adhering to policies pertaining to academic integrity (cheating, plagiarism, using other classmates' assignments, turning in one assignment for multiple classes)
- Planning teaching assignments that are adequately prepared (over planned) in advance including all supplementary materials
- Typing/word processing all work and submission by the assigned due date
- Showing initiative on assignments, using feedback from instructor, and consistently turning in quality work
- Participating full in group assignments and collaborative work and shows flexibility with classmates

If disposition becomes a concern with a student, then he/she shall arrange a conference with the instructor and will be given one warning. If dispositions continue to be a concern, administrative action will be sought, and could include a failing grade for the class and/or dismissal from the program.

#### **b. Expectations of Students/Evaluations of Students**

Students are expected to attend all classes and to have **read** the required class material for the day it is covered in lecture. For **every hour** in our courses, expect to spend **2 hours** outside of class (studying, preparing, and completing assignments).

- **No media, headphones, or mobile phones during class.**
- **Appropriate use of computers during class is expected**
- **Cameras "ON" during Zoom meetings. Points deducted for cameras "OFF."**
- **Computers, Wifi connection, etc., must be working properly.**

#### **VII. Academic Integrity and Ethical Behavior**

Violations of academic integrity include, but are not limited to, cheating, fabrication, tampering, plagiarism, or facilitating such activities. Failure to meet this expectation will result in failure of the course and possible dismissal from the program. Plagiarism means using another's words, ideas, materials or work without properly acknowledging and documenting the source. Students are responsible for knowing the rules governing the use of another's work or materials and for acknowledging and documenting the source appropriately. Although I encourage collaboration with peers, all work that candidates ultimately submit in this course must be their own in their own words. If you are in doubt about whether your work is paraphrased or plagiarized, see the UH General and Graduate Information Catalog under "Student Regulations" and the UH Student Conduct Code ([http://studentaffairs.manoa.hawaii.edu/policies/conduct\\_code/](http://studentaffairs.manoa.hawaii.edu/policies/conduct_code/)) for specific guidelines related to ethical behavior.

#### **VIII. Statement on Disability**

If you have a disability and related access needs, please contact the KOKUA program (UH Disabled Student Services Office) at 956-7511, [KOKUA@hawaii.edu](mailto:KOKUA@hawaii.edu). Please know that I will work with you and KOKUA to meet your access needs based on disability documentation.

#### **VII.**