1. Department and Number: KIN 301, Section 85

2. Credits: 3

3. Title: Athletic Injuries & Sport First Aid

4. Prerequisite: None required

5. Bulletin Description: Basic sport first aid skills, anatomy and sport injury terminology, and knowledge of specific athletic injuries and illnesses.

6. Faculty Member: Kysha Harriell PhD, LAT, ATC
   Associate Clinical Professor
   Athletic Training Program Director
   Department of Kinesiology and Sport Sciences
   Max Orovitz Building Room 122
   Office Telephone: 284-3201
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7. Office Hours: by appointment

8. Course Learning Objectives:

Course will help coaches, camp counselors, teachers, personal trainers, and athletes of all levels to fulfill the role of being a competent first responder to athletic injuries and illnesses. Upon completion of this course, students will have knowledge of basic sport first aid skills, anatomy and sport injury terminology, and knowledge of specific athletic injuries and illnesses. These will include head injuries, sudden illnesses, weather-related problems, upper and lower body musculoskeletal injuries, respiratory emergencies and illnesses, and internal injuries. Student will also learn basic hands-on skills such as splinting, taping, and bracing as it relates to preventing and treating athletic injuries.

- Understand the role of the athletic trainer and the emergency care team
- Recognize the usual symptoms and appropriate signs of common sport injuries.
- Recognize the usual symptoms and appropriate signs of common medical emergencies.
• Understand general sports medicine, emergency care, and injury terminology

• Demonstrate the ability to assess emergency situations

• Demonstrate the ability to handle emergency situations as a first responder

• Understand and perform basic treatments for emergency situations and common sports injuries

• Develop an emergency actions plan and a poison control script

9. Textbook: None

10. Attendance Policy: Attendance and participation is worth 20% of the grade. A student may take off any religious holiday if the student discloses her or his specific intentions to the faculty member in writing within the first three days of the class meeting.

11. Evaluation: Evaluation will be based on a total of 500 points.

- Class Attendance and Class Assignments 100 points
- Written Exams 200 points
- Daily Homework Assignments 100 points
- Final Paper/Video Assignment 100 points

Total Points = 500

The grade you earn will be based on a percentage by the number of points earned, divided by the total number of points available in the class. The grading scale will be as follows:

100-90% = A
89-80% = B
79-70% = C
69-60% = D
59-↓% = F
COURSE CONTENT & SCHEDULE (SUBJECT TO CHANGE)

Day 1
- Introduction to the Field of Sports Medicine
- Intro to Sports Injuries
- Taping, Wrapping, and Bracing

Day 2
- Intro to Emergency Medicine & First Aid
- Assessing Vital Signs
- Taping, Wrapping and Bracing
- Take Home Exam #1

Day 3
- Hot Topics in Sports Medicine

Day 4
- Concussions, Assessing for Concussions
- Concussion Documentary

Day 5
- TBA
- Final Exam
- PSA Assignment

THIS COURSE IS CONDUCTED IN ACCORDANCE WITH THE UNIVERSITY OF MIAMI UNDERGRADUATE STUDENT HONOR CODE.