

## UNLV DEPARTMENT OF KINESIOLOGY & NUTRITION SCIENCES

I.	<b><u>Course Prefix &amp; Number</u></b>	SIM 495
II.	<b><u>Course Title</u></b>	Sports Medicine
III.	<b><u>Class Location &amp; Time</u></b>	BHS 130 T/Th 11:30 – 12:45
IV.	<b><u>Credit</u></b>	3 hours
V.	<b><u>Semester &amp; Year</u></b>	Spring 2016
VI.	<b><u>Instructors</u></b>	Tedd Girouard, MS, ATC, LAT
VII.	<b><u>Office Location &amp; Hours</u></b>	SIRC 100 Wednesday 10:00 – 11:30 by appointment
VIII.	<b><u>Contact Information</u></b>	702-895-5828 tedd.girouard@unlv.edu

### VIII. **Course Description**

Pharmacological aspects of sports medicine. Basic drugs used to treat a variety of sports-related injuries and problems. Pathophysiology of athletic injury. Special topics in sports medicine discussed. Prerequisites SIM 386, SIM 390, Kinesiology or Athletic Training major status.

### IX. **Course objectives**

1. The student will have a basic understanding of the principles of pharmacology as they relate to the field of sports medicine.
2. The student will discern the uses and abuses of drugs in sport.
3. The student will have the opportunity to discuss and research topics of immediate concern to the field of sports medicine.
4. The student will formulate a philosophical and ethical base of thinking in reference to the field of sports medicine as it relates to pharmacology.

### X. **Requirements, Evaluation Procedures & Grading Policy**

#### **Course Requirements**

1. Four Mid Semester Exams: Multiple Choice Format
2. Cumulative Final Exam: Multiple Choice Format

#### **Student Evaluation**

1. Exam # 1	100
2. Exam # 2	100
3. Exam # 3	100
4. Exam # 4	100
5. Final Exam (cumulative)	<u>150</u>
	550

Missing an exam results in receiving a grade of 0 points. Make up exams will only be given in extraordinary cases at the discretion of the instructor if there is PRIOR notice (24 hours) of missing the original exam.

### **Bonus Webcampus Quizzes**

On dates announced in class, a Chapter Reading quiz will be available on webcampus. The quizzes will be available from the end of the class until 11:59pm the next day. These quizzes are not required and all points earned will be added to the students cumulative score. The quizzes will be very short and time limited to 2 minutes each. Please use a computer that is connect directly to the internet like one at the UNLV Library, credit will not be given for incomplete quizzes or in cases where a student has lost internet connectivity or has computer issues.

### **Grading**

<b>A (&gt;92.5%)</b>	<b>B+ (86.5–89.4%)</b>	<b>C+ (76.5-79.4%)</b>	<b>D+ (66.5-69.4%)</b>	<b>F(59%)</b>
<b>A- (89.5–92.4%)</b>	<b>B (82.5-86.4%)</b>	<b>C (72.5-76.4%)</b>	<b>D (62.5-66.4%)</b>	
	<b>B- (79.5–82.4%)</b>	<b>C- (69.5-72.4%)</b>	<b>D- (59.5-62.4%)</b>	

### **XI. Texts, Readings, & Instructional Resources**

- **Joel E Houglum, PhD; Gary Harrelson, EdD ATC; Teresa Seefeldt, PharmD PhD** (2016). Principles of Pharmacology 3<sup>rd</sup> Edition. Slack Inc., Thorofare, NJ
- Required Reading Articles are listed below and will be posted on Webcampus. Students are responsible for all material from the articles and the assigned reading chapters in the textbook.

### **XII. UNLV Policies**

#### **Athletic Training Competencies and Proficiencies**

The content of this course includes required proficiencies for the University of Nevada Las Vegas Athletic Training Program. The list of proficiencies to be covered in this course can be downloaded by each Athletic Training Student by accessing the Atrack website @ ([www.atrackonline.com](http://www.atrackonline.com)).

**Academic Misconduct** – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the **Student Academic Misconduct Policy** and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV’s function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

**Copyright** – The University requires all members of the University Community to familiarize themselves **with** and to follow copyright and fair use requirements. **You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.** Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

**Disability Resource Center (DRC)** – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you.

If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to me during office hours so that we may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach me before or after class to discuss your accommodation needs.

**Religious Holidays Policy** -- Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, **September 5, 2014**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

**Incomplete Grades** - The grade of I – Incomplete – can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student’s control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

**Tutoring** -- The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services Complex (SSC). Students may learn more about tutoring services by calling 702-895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>

**UNLV Writing Center** -- One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student’s Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

**Rebelmail** -- By policy, faculty and staff should e-mail students’ Rebelmail accounts only. Rebelmail is UNLV’s official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students’ e-mail prefixes are listed on class rosters.

**Library Resources** –Students may consult with a librarian ([www.library.unlv.edu/consultation](http://www.library.unlv.edu/consultation)) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students’ access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at [www.library.unlv.edu/](http://www.library.unlv.edu/)

### Tentative Class Topics and Reading List

Topics	Required Text Reading	Required Article Reading
Introduction To Pharmacology	Chapter 1	
Medication Management In Athletic Training & Legal Perspectives	Chapter 4	Kahanov, 2010
Pharmacokinetics	Chapter 2	Lenz, Lenz & Faulkner, 2004
Pharmacodynamics	Chapter 3	
Infection Drugs	Chapter 5	Creech, 2010
Anti-Inflammatory Drugs	Chapter 6	Derman, 2010
Analgesic & Anesthetic Drugs	Chapter 7	Orchard, 2010
Skeletal Muscle Relaxants	Chapter 8	Chou, et al, 2004
Respiratory Drugs	Chapter 9	Miller, et al, 2005
Colds & Allergies	Chapter 10	
Gastrointestinal	Chapter 11	Williams, et al, 2005
Cardiovascular & Hypertensive Drugs	Chapter 12	Harris, et al, 2006
Psychiatric Disorders	Chapter 13	
Diabetes	Chapter 14	Mann, 2006
Herbal and Fitness Supplements	Chapter 15	Tokish, et al, 2004 Putukian, 2011
Performance – Enhancing Drugs - Stimulant Drugs	Chapter 16	
Drug Testing In Sports	Chapter 17	Heath, 2010 WADA Prohibited List 2016

### Class Schedule

Date	Event
<b>January 19<sup>st</sup></b>	<b>First Day of Lecture</b>
<b>February 4<sup>th</sup></b>	<b>Exam #1</b>
<b>March 3<sup>rd</sup></b>	<b>Exam #2</b>
<b>March 21<sup>st</sup> – March 25<sup>th</sup></b>	<b>Spring Break</b>
<b>March 31<sup>th</sup></b>	<b>Exam #3</b>
<b>April 21<sup>st</sup></b>	<b>Exam #4</b>
<b>May 12<sup>th</sup></b>	<b>10:10am – 11:30am Final Exam</b>