

**Eastern Illinois University**  
**New/Revised Course Proposal Format**  
 (Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

**Banner/Catalog Information (Coversheet)**

1. ☒ **New Course** or ☐ **Revision of Existing Course**
2. **Course prefix and number:** KSS 5407
3. **Short title:** Performance Strategies for AT
4. **Long title:** Performance Strategies for Athletic Training
5. **Hours per week:** 1 Class 0 Lab 1 Credit
6. **Terms:** ☐ Fall ☐ Spring ☒ Summer ☐ On demand
7. **Initial term:** ☐ Fall ☐ Spring ☒ Summer Year: 2020
8. **Catalog course description:** Examination and analysis of social, emotional and mental aspects of patients as it relates to injury or illness, recovery and the restoration of participation in physical activity.
9. **Course attributes:**  
 General education component: Not applicable  
   Cultural diversity    Honors    Writing centered    Writing intensive  
   Writing active
10. **Instructional delivery**  
**Type of Course:**  
   ☒ Lecture    Lab    Lecture/lab combined    Independent study/research  
   Internship    Performance    Practicum/clinical    Other, specify:     
**Mode(s) of Delivery:**  
   Face to Face    ☒ Online    Study Abroad  
   Hybrid, specify approximate amount of on-line and face-to-face instruction
11. Course(s) to be deleted from the catalog once this course is approved.   none
12. **Equivalent course(s):**   none    
 a. **Are students allowed to take equivalent course(s) for credit?**    Yes    ☒ No
13. **Prerequisite(s):** Admittance into the Athletic Training professional master's degree program and a "C" or better in KSS 5305 Clinical Evaluation II – Upper Extremity

**a. Can prerequisite be taken concurrently?** \_\_\_ Yes    X No

**b. Minimum grade required for the prerequisite course(s)?** C

c. Use Banner coding to enforce prerequisite course(s)?   X   Yes      No

**d. Who may waive prerequisite(s)?**

  X   No one         Chair         Instructor         Advisor         Other (specify)

**14. Co-requisite(s):** \_\_KSS 5408 – Athletic Training Clinical Field Experience IV\_\_

## 15. Enrollment restrictions

**a. Degrees, colleges, majors, levels, classes which may take the course:** Restricted to students actively admitted into the Master's Degree in Athletic Training Program\_\_\_\_\_

**b. Degrees, colleges, majors, levels, classes which may not take the course:** Any Non-Athletic Training master's degree student

**16. Repeat status:**   X   May not be repeated          May be repeated once with credit

**17. Enter the limit, if any, on hours which may be applied to a major or minor: \_\_\_\_\_**

**18. Grading methods:**   X   Standard         CR/NC       Audit         ABC/NC

**19. Special grading provisions:**

\_\_\_ Grade for course will not count in a student's grade point average.

\_\_\_ Grade for course will not count in hours toward graduation.

\_\_\_ Grade for course will be removed from GPA if student already has credit for or is registered in: \_\_\_\_\_

\_\_\_ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: \_\_\_\_\_

**20. Additional costs to students:**

Supplemental Materials or Software\_\_N/A\_\_\_\_

Course Fee X No    Yes, Explain if yes   

## 21. Community college transfer:

\_\_\_\_ A community college course may be judged equivalent.

X A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

## **Rationale, Justifications, and Assurances (Part I)**

1. \_X\_ Course is required for the major(s) of: Master's Degree in Athletic Training \_\_\_\_\_  
\_\_\_\_ Course is required for the minor(s) of \_\_\_\_\_  
\_\_\_\_ Course is required for the certificate program(s) of \_\_\_\_\_  
\_\_\_\_ Course is used as an elective

2. **Rationale for proposal** : This is a required course within the athletic training program. KSS 5407 contains required content that must be delivered to students for accreditation purposes and to be eligible to sit for the national board examination.

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: N/A

Prerequisites: Admittance into the Athletic Training professional master's degree program due to a secondary admissions process and a "C" or better in KSS 5305 – Clinical Evaluation II – Upper Extremity

Co-requisites: KSS 5408 – Athletic Training Clinical Field Experience IV will reinforce material taught in KSS 5407 in a clinical setting

Enrollment restrictions: Restricted to students actively admitted into the Master's Degree in Athletic Training Program due to a secondary admissions process

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: Offering KSS 5407 as an online course will provide more flexibility in the scheduling of courses and clinical field experiences for the students. All students admitted into the Athletic Training master's degree program will take this course online and will be beneficial to students who are commuting to EIU's main campus.

Instruction: The online component of the course will include a combination of synchronous and asynchronous learning activities included but not limited to: video lectures, posted readings, drop box assignments and threaded discussions All instructors who teach this course online will have completed EIU OCDi training or equivalent.

Integrity: Written assignments will be subjected to originality checking software (e.g. Turnitin) and students will need to log into an online course management system (e.g. D2L) using network passwords to access course materials, assignments, quizzes and exams. Online quizzes and tests will include randomized questions, time limits for quizzes and exams as well as utilizing a “lock down” browser that restricts simultaneous web browsing (e.g. Respondus).

Interaction: The faculty member and students will communicate through email, discussion boards and chat functions associated with the online course management system utilized (e.g. D2L).

### **Model Syllabus (Part II)**

Please include the following information:

1. Course number and title: KSS 5407 – Psychosocial Strategies for Athletic Trainers
2. Catalog description: Examination and analysis of social, emotional and mental aspects of patients as it relates to injury or illness, recovery and the restoration of participation in physical activity
3. Learning objectives:

LEARNING OBJECTIVE	GRADUATE LEARNING GOAL
1. Examine & synthesize the correlation between pain and mental distress	1,2
2. Analyze the theoretical background of social, emotional and mental aspects to injury &/or forced inactivity	1,2
3. Examine & critically compare techniques that the athletic trainer can use to facilitate a patient’s physical, psychological and return to activity needs	1,2
4. Examine the roles and responsibilities of the athletic trainer as related to the mental health of the patient	1,2
5. Examine psychosocial strategies utilized for return to participation	1,2
6. Synthesize evidence based research related to psychosocial aspects of injury in athletic training	1,2,3,4

4. Course materials:

Granquist, Me.D., Hamson-Utley, J., Kenow, L., Stiller-Ostrowski, J. *Psychosocial Strategies for Athletic Training*. FA Davis, 2014.

5. Weekly outline of content.

Online: Each week will be constructed on the assumption of a minimum of 50 minutes for synchronous and asynchronous online interaction through learning activities (threaded discussions, online assessments, etc) in addition to 100 minutes of reading, review, research and preparation on the part of the student.

WEEK	CONTENT	OBJECTIVE
Week 1	Introduction to Psychosocial Aspects of Athletic Training	2
Week 2	Sociocultural Aspects of Injury & Injury Response	1,2
Week 3	Psychological Antecedents to Injury	1,2
Week 4	Emotional Responses to Injury	1,2
Week 5	Communication & Athlete Education Skills for the Athletic Trainer	4
Week 6	Identification of Psychosocial Distress & Referral	1,2
Week 7	Overview of Pain & Associated Mental Distress	1,2
Week 8	Psychosocial Aspects of Rehabilitation	1,2
Week 9	Catastrophic Injury	4
Week 10	Roles & Responsibilities of Healthcare Team	4
Week 11	Mental Health Confidentiality	4
Week 12	Social Support & the Athletic Trainer	4
Week 13	Psychosocial Strategies: Effectiveness & Application	3,5
Week 14	Psychosocial Strategies: Effectiveness & Application	3,5
Week 15	Psychosocial Aspects of Return to Participation	3,5
Week 16	Final exam	1-5

6. Assignments and evaluation, including weights for final course grade.

Assignments (including but not limited to): (20%)

Threaded discussions

Interactive reading assignments

Research (including but not limited to): (20%)

NATA Position statement analysis of mental health conditions

EBP analysis of psychosocial interventions in athletic training

Assessments: (60%)

Weekly quizzes

Comprehensive midterm exam

Comprehensive final exam

**7. Grading scale.**

A = 90-100% of total points

B = 80-89% of total points

C = 70-79% of total points

D = 60-69% of total points

F < 60% of total points

**8. Correlation of learning objectives to assignments and evaluation.**

OBJECTIVE	ASSIGNMENTS (20%)	RESEARCH (20%)	ASSESSMENTS (60%)
1	X		X
2	X		X
3	X		X
4	X		X
5	X	X	X

**Date approved by the department or school:** September 22, 2017

**Date approved by the college curriculum committee:**

**Date approved by the Honors Council (*if this is an honors course*):**

**Date approved by CAA:        CGS:**