

KSS 2605 - Sports First Aid and Injury Prevention

Fall 2026 Syllabus, Section 03, CRN 42005,

Credit hours: 3

Instructor

Cody Dulaney

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Public Instructor Information

Instructor Title: Assistant Professor

Instructor Professional Qualifications:

Hartwell Fellow, Cole Eye Clinic, Cleveland Clinic

Phd Exercise Physiology, Kent State University

MS Adapted Physical Activity, Slippery Rock University

BS Exercise Science, Slippery Rock University

Instructor Office Location: Beeghley Center 307E

Instructor Office Phone: 330-941-1900

Course Description

2605. Sports First Aid and Injury Prevention. Basic injury prevention, evaluation, and emergency care. Certification in ARC Standard First Aid and Adult CPR. Basic wrapping and strapping techniques used with common sports injuries. Two hours lecture, two hours lab. Prereq.: Exercise science major, Wellness minor, or consent of instructor. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Optional	Athletic Injury Management	Prentice	978-1-265-00439-2

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Injury Prevention

Week of	Reading(s)	Proposed Topic	Due/To Prepare for Class
8/24	ARC Chapter 1 Chapter 2,3 Prentice	Before Giving Care Pharmacology, Drugs, Nutrition, and Supplements	
8/31		The ethics of supplements Health Communication (Misinformation)	Class Participation: Debates Science Misinformation
9/7		Environmental Considerations	Chapter 6 Prentice ARC Chapter 7
9/14		Tick Talk	Pre-class quiz on assigned Tick Talk Reading
9/21	ARC Chapters 2,3,4,5	Checking an injured/ill person Cardiac emergencies	
9/28	Chapter 12, Prentice	On-the-field Acture Care and Emergency Procedures Traumatic Injuries	



10/5	Chapter 13, Prentice Chapter 16, Prentice	Off-the-field injury evaluation Using therapeutic exercise in rehabilitation	-Quiz on all material covered since Exam I
10/12	Chapters 9 and 10, Prentice	Mechanisms and Characteristics of MSK and Nerve Trauma Tissue Response to Injury	
10/19	Chapter 8, Prentice	Exam II Wrapping and Taping	
10/26		Wrapping and Taping practice	
11/2		Wrapping and taping lab practical	
11/9		The knee and related structures	
11/16		The thigh, hip, groin, and pelvis The shoulder complex	
11/23		The elbow, forearm, wrist, hand, and fingers	
11/30		The spine Final Exam Review	
12/7		Final Exam	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.