

# ATSM 6220 | Behavioral Health Considerations

SPRING I 2021

## INSTRUCTOR INFORMATION



**Dr. Jess Tidswell (she/her/hers)**

**Assistant Professor (Clinical)**

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Department of Physical Therapy and Athletic Training

HPER West - TBD

## TEACHING ASSISTANT INFORMATION

None

## COURSE DESCRIPTION

This course will focus on referral, recognition, and management of psychological conditions or states that effect clients/athletes in the athletic training clinical setting.

## PRE- OR CO-REQUISITES

In good standing in the Master of Athletic Training program.

## REQUIRED MATERIAL

1. Granquist M. Hamson-Utley J, Kenow LJ, and Stiller-Ostrowski J. **Psychosocial Strategies in Athletic Training**. FA Davis. Philadelphia, PA. 2015.

\*Chapters will be available on Canvas. Entire textbook is available through the library with the following link:

<https://ebookcentral-proquest-com.ezproxy.lib.utah.edu/lib/utah/detail.action?docID=1710067&pq-origsite=primo>  
(<https://ebookcentral-proquest-com.ezproxy.lib.utah.edu/lib/utah/detail.action?docID=1710067&pq-origsite=primo>)

2. Young ME. Learning the Art of Helping - Building Blocks and Techniques. 6th ed. Pearson. New York, NY. 2017.

\*Textbook is available on Canvas

## OUR CLASSROOM - A BRAVE SPACE

Our Classroom will be a brave space. Below is the list of Class/Community Rules created by the class for the class on March 10, 2020. **All members of the class agree to follow these rules at all times.**

1. Be open to different and multiple viewpoints and perspectives, especially those that differ from yours.
2. If people share experiences and feelings that are different or unfamiliar to you, show respect by taking it seriously and understand the impact of your response.
3. Explore, recognize and acknowledge your privilege.
4. Even if you are uncomfortable or unsure, contribute and take risks.
5. Make space by sharing speaking time; try to speak after others who have not spoken.
6. Listen actively, even and especially when people say things that are difficult to hear.
7. View the candor of others as a gift.
8. Find ways to challenge others with respect and care and be open to challenging your own points of view.
9. Work hard not to be defensive if people challenge what you say or the impact of your words.
10. **Commit to confidentiality and not disclosing what people say;** at the same time, take responsibility for sharing important messages and themes outside the group/class. One way to think about this is: "stories stay, lessons leave."
11. Be open-minded to what everyone is saying.
12. Acknowledge what someone else has said prior to moving on.
13. Everyone will have a chance to share.
14. Don't interrupt people.
15. Don't take things personally - don't leave angry; ask for clarification.

\*Notes rules may be added to at any time.

## STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

1. Identify and understand the psychosocial role of the athletic trainer.
2. Describe and integrate the psychosocial approach into injury recovery, and identify and utilize tools with athletes including but not limited to, self-talk, imagery, relaxation techniques, motivation, and pain management strategies.
3. Identify and understand the athletic trainer's role in the sport culture.
4. Establish a mental health referral network and mental health emergency action plan.
5. Describe and demonstrate the psychosocial strategies that athletic trainer can use to motivate the athlete during injury rehabilitation
6. Identify and implement psychosocial strategies to restore athletes' confidence and motivation as they return to participation.

### CAATE 2020 Standards for Accreditation of Professional Athletic Training Programs - Masters' Degree Programs

Standard 58	Incorporate patient education and self-care programs to engage patients and their families and friends to participate in their care and recovery
Standard 67	Self-assess professional competence and create professional development plans according to personal and professional goals and requirements
Standard 71	<p>Perform an examination to formulate a diagnosis and plan of care for patients with health conditions commonly seen in athletic training practice. This exam includes:</p> <ul style="list-style-type: none"> <li>- obtaining a medical history from the patient or other individual</li> <li>- identifying comorbidities and patients with complex medical conditions</li> <li>- assessing function</li> <li>- selecting and using tests and measures that assess the following, as relevant to the patient's clinical presentation: mental status</li> <li>- evaluation all results to determine a plan of care, including referral to the appropriate provider when indicated</li> </ul>
Standard 77	Identify, refer, and give support to patients with behavioral health conditions. Work with other health care professional to monitor these patients' treatments compliance, progress, and readiness to participate. These behavioral health

conditions include (but are not limited to) suicidal ideation, depression, anxiety disorder, mania, eating disorders, and attention deficit disorder

## TEACHING AND LEARNING METHODS

This hybrid course will use asynchronous recorded lectures and synchronous zoom discussion sessions to ensure that students learn, understand, and demonstrate proficiency with the concepts and clinical techniques.

## LEARNING ASSESSMENTS/ASSIGNMENTS

Class Discussion Participation: This is a discussion course. Preparing for class by completing all chapter reading assignments, quizzes and assignments **PRIOR** to class is essential. Participating in the class discussions is part of your grade in this course so that you will be an active participant and share your thoughts, opinions and feelings on the discussion topics. Web cameras should be on during class, unless previously discussed with the instructor, so that the brave space and community created and fostered by the instructor and the class can be upheld. Zoom classes will not be recorded.

Chapter Quizzes: Textbook reading assignments should be completed prior to the related class. Quizzes will accompany reading assignments to prepare you for the class topic of the day. Quizzes are due by the start of the Zoom discussion the day that material will be covered and will be taken via Canvas. You may use the textbook and notes when taking the quiz. You will be given a maximum of 3 attempts.

Chapter Assignments: Each chapter, with some exceptions, will have an assignment. You will be asked to complete this assignment ahead of the Zoom discussion in order to bring it with you so that you can discuss it in class. These assignments will be turned in using Canvas.

Mental Health Network & Mental Health EAP Project: You will be creating a mental health referral network and mental health emergency action plan. This project will utilize a special app so that you can create an infographic and your infographic will be posted online on a shared page so that your classmates can also benefit from your work.

Final Project and Discussion: You will have a final presentation at the end of the semester that will showcase what you have learned during the semester and your public speaking and presentation skills. Your final project will also be posted so that all of your classmate can benefit from it and you will discuss your work during the final Zoom discussion of the semester. This is an individual assignment.

## GRADING CRITERIA

Final grades will be determined based on performance on each of the individual assignment. The assignments will be weighted as follows:

<u>Learning Assessment/Assignment</u>	<u>Percentage of Total Grade</u>
Participation in Class Discussions	20%
Chapter Quizzes	20%
Chapter Assignments	20%
Mental Health Referral Network and EAP	20%
Final Project and Discussion	20%
<b>Total</b>	<b>100%</b>

### Grading Criteria

The AT program seeks to provide feedback as students become entry-level clinicians. Letter grades provide a course evaluation method, but all students should seek to improve in their clinical knowledge through feedback. For this course letter grades will be assigned using the following grading scale:

Letter Grade	Percentage, %	Meaning*
A	90 - 100 %	Excellent performance, superior achievement
B	80-89.9 %	Good performance, substantial achievement
C	70-79.9 %	Standard performance and achievement
D	60-69.9 %	Substandard performance, marginal achievement
E	0-59.9 %	Unsatisfactory performance and achievement

## COURSE POLICIES AND RESPONSIBILITIES

### Course Policies and Responsibilities

The University of Utah Athletic Training program has adopted an attendance policy that will be used for all program classes. As a professional program, we feel strongly that classwork is a preparation for your future career. Thus, we expect attendance and engagement in class. In return we will respect your time and strive to prepare the best class we can.

You will be allowed to miss **one-week worth of class time without consequences**. For example, if class meets 1 time per week you can have 1 excused absence. After your allotted amount of excused absences, **your final grade will drop a third of a letter grade (e.g. A+ to an A, and B to B-)**. If you miss more than 6 classes, you will automatically fail. Instructors will be free to take attendance as they see fit best for their course.

University excused absences will not count toward your amount of absences, but an official letter on University letterhead must be supplied to the instructor 3 days prior to class. You are responsible to have work completed at the due date and time and get missed coursework from peers.

### ***Late and Missed Assignment Policy***

Students should submit any and all work prior to the specified deadline. Assignments may be submitted up-to 24 hours late (past the posted due date and time) for up to 70% credit. For example, if the late assignment submitted within the 24-hour period earned a score of 90 out of 100 possible points, the student would be awarded a score of 63. Any assignments or work submitted after the 24-hour time window will not be accepted and the student will receive a score of 0 for that assignment.

### ***Electronic Equipment and Online Assignment Submission***

Students are responsible to maintain their electronic equipment in order to participate in electronic materials and submit work. Equipment failures will not be an acceptable excuse for late or absent assignments. You are responsible for submitting assignments with the required naming convention, correct file extension, and using the proper software. Assignments improperly submitted will be subject to the late and missing assignment policy.

### **Mandatory Reporter:**

As a University representative, most faculty, staff, and teaching assistants (other than professional mental health counsellors) are required to report information learned about instances of sexual misconduct, discrimination, and/or immediate threats to safety to the University of Utah Office of Equal Opportunity and Affirmative Action and/or the Office of the Dean of Students.

*If you do choose to disclose instances of sexual misconduct, discrimination, or violence to me, please be aware that I am a mandatory reporter and am required by University policies to notify the appropriate Office.*

## CANVAS INFORMATION

Canvas is the where course content, grades, and communication will reside for this course.

- Access Canvas through [utah.instructure.com](http://utah.instructure.com) (<http://utah.instructure.com>) or through [CIS](https://cis.utah.edu) (<https://cis.utah.edu>)
- For Canvas, Passwords, or any other computer-related technical support contact the [Campus Help Desk](https://it.utah.edu/help/) (<https://it.utah.edu/help/>).
  - 801 581-4000
  - [http://it.utah.edu/help](https://it.utah.edu/help/) (<https://it.utah.edu/help/>)
  - [helpdesk@utah.edu](mailto:helpdesk@utah.edu) (<mailto:helpdesk@utah.edu>)
- For Canvas related issues or bugs, contact the Teaching & Learning Technologies help desk
  - 801-581-6112 ext 2
  - [classhelp@utah.edu](mailto:classhelp@utah.edu) (<mailto:classhelp@utah.edu>)

## UNIVERSITY POLICIES

### COVID-19 Campus Guidelines

**Students are required to self-report if they test positive for COVID-19.** To report, please contact:

**COVID-19 Central @ The U**

☎ 801-213-2874

🌐 [coronavirus.utah.edu](https://coronavirus.utah.edu/) (<https://coronavirus.utah.edu/>)

To reduce the spread of COVID-19 on campus, **face coverings are required in all in-person classes for both students and faculty.** Face coverings are required to cover both your mouth and your nose. Please note that face shields alone are not an acceptable form of face covering unless also worn with a covering or mask for the nose and mouth.

Based on CDC guidelines, the University requires everyone to wear face coverings in shared public spaces on campus, including our classroom. As a reminder, when I wear a face covering, I am protecting you. When you wear a face covering, you are protecting me and all of your classmates. If you forget your face covering, I will ask you to leave class to retrieve it. **If you repeatedly fail to wear a face covering in class, I will refer you to the Dean of Students for a possible violation of the Student Code.**

Note that some students may qualify for accommodations through the Americans with Disabilities Act (ADA). If you think you meet these criteria and desire an exception to the face covering policy, contact the [Center for Disability and Access](https://le2ma.net/click/vlufyz/js70keu/biaugte) (<https://le2ma.net/click/vlufyz/js70keu/biaugte>). (CDA). Accommodations should be obtained prior to the first day of class so that I am notified by CDA of any students who are not required to wear a face covering.

If you believe you meet these criteria, contact:

**Center for Disability & Access**

☎ 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu/) (<https://disability.utah.edu/>)

📍 162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

Everyone is encouraged to wash their hands, use hand sanitizer, and clean their desks with wipes, which will be available at classroom entrances and at "sanitizing stations" in multi-use buildings, including Marriott Library. Read more information about the building cleaning schedule on [coronavirus.utah.edu](https://coronavirus.utah.edu/) (<https://coronavirus.utah.edu/>).

## Drop/Withdrawal Policies

Students may drop a course within the first two weeks of a given semester without any penalties.

Students may officially withdraw (W) from a class or all classes after the drop deadline through the midpoint of a course. A "W" grade is recorded on the transcript and appropriate tuition/fees are assessed. The grade "W" is not used in calculating the student's GPA.

For deadlines to withdraw from full-term, first, and second session classes, see the U's [Academic Calendar](https://registrar.utah.edu/academic-calendars/index.php) (<https://registrar.utah.edu/academic-calendars/index.php>).

## Plagiarism & Cheating

It is assumed that all work submitted to your instructor is your own work. When you have used ideas of others, you must properly indicate that you have done so.

Plagiarism and cheating are serious offenses and may be punished by failure on an individual assignment, and/or failure in the course. Academic misconduct, according to the University of Utah Student Code,

*"...Includes, but is not limited to, cheating, misrepresenting one's work, inappropriately collaborating, plagiarism, and fabrication or falsification of information...It also includes facilitating academic misconduct by intentionally helping or attempting to help another to commit an act of academic misconduct."*

For details on plagiarism and other important course conduct issues, see the U's [Code of Student Rights and Responsibilities](http://regulations.utah.edu/academics/6-400.php) (<http://regulations.utah.edu/academics/6-400.php>).

## Course Materials Copyright

**The Content is made available only for your personal, noncommercial educational and scholarly use.** You may not use the Content for any other purpose, or distribute, post or make the Content available to others, unless you obtain any required permission from the copyright holder. Some Content may be provided via streaming or other means that restrict copying; you may not circumvent those restrictions. You may not alter or remove any copyright or other proprietary notices included in the Content.

Please see the [Code of Student Rights and Responsibilities](https://regulations.utah.edu/academics/6-400.php) (<https://regulations.utah.edu/academics/6-400.php>), Section III.A.5 regarding use and distribution of class Content and materials.

<https://regulations.utah.edu/academics/6-400.php> (<https://regulations.utah.edu/academics/6-400.php>)

Section III.A.5. prohibits the following:

Sale or distribution of information representing the work product of a faculty member to a commercial entity for financial gain without the express written permission of the faculty member responsible for the course. ("Work product" means original works of authorship that have been fixed in a tangible medium and any works based upon and derived from the original work of authorship.)

## Safety at the U

The University of Utah values the safety of all campus community members. You will receive important emergency alerts and safety messages regarding campus safety via text message.

For more information regarding safety and to view available training resources, including helpful videos, visit [safeu.utah.edu](http://safeu.utah.edu) (<http://safeu.utah.edu>).

To report suspicious activity or to request a courtesy escort, contact:

### Campus Police & Department of Public Safety

📞 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu](https://dps.utah.edu) (<https://dps.utah.edu>)

📍 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112

## Wellness at the U

Your personal health and wellness are essential to your success as a student. Personal concerns like stress, anxiety, relationship difficulties, depression, or cross-cultural differences can interfere with a student's ability to succeed and thrive in this course and at the University of Utah.

Please feel welcome to reach out to your instructor or TA's to handle issues regarding your coursework.

For helpful resources to manage your personal wellness and counseling options, contact:

**Center for Student Wellness**

☎ 801-581-7776

🌐 [wellness.utah.edu](http://wellness.utah.edu/) (<http://wellness.utah.edu/>)

📍 2100 Eccles Student Life Center  
1836 Student Life Way  
Salt Lake City, UT 84112

**Women's Resource Center**

☎ 801-581-8030

🌐 [womenscenter.utah.edu](https://womenscenter.utah.edu/) (<https://womenscenter.utah.edu/>)

📍 411 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

(<http://www.wellness.utah.edu/>)

## Addressing Sexual Misconduct

Title IX makes it clear that violence and harassment based on sex and gender (which includes sexual orientation and gender identity/expression) is a civil rights offense subject to the same kinds of accountability and the same kinds of support applied to offenses against other protected categories such as race, national origin, color, religion, age, status as a person with a disability, veteran's status, or genetic information.

If you or someone you know has been harassed or assaulted, you are encouraged to report it to university officials:

**Title IX Coordinator & Office of Equal Opportunity and Affirmative Action**

☎ 801-581-8365

🌐 [oeo.utah.edu](https://oeo.utah.edu/) (<https://oeo.utah.edu/>)

📍 135 Park Building  
201 Presidents' Cir.  
Salt Lake City, UT 84112

**Office of the Dean of Students**

☎ 801-581-7066

🌐 [deanofstudents.utah.edu](https://deanofstudents.utah.edu/) (<https://deanofstudents.utah.edu/>)

📍 270 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

To file a police report, contact:

**Campus Police & Department of Public Safety**

☎ 801-585-COPS (801-585-2677)

🌐 [dps.utah.edu](https://dps.utah.edu/) (<https://dps.utah.edu/>)

📍 1735 E. S. Campus Dr.  
Salt Lake City, UT 84112

If you do not feel comfortable reporting to authorities, the U's Victim-Survivor Advocates provide **free, confidential** and **trauma-informed** support services to **students, faculty, and staff** who have experienced interpersonal violence.

To **privately** explore options and resources available to you with an advocate, contact:

**Center for Student Wellness**

☎ 801-581-7776

🌐 [wellness.utah.edu](http://wellness.utah.edu/) (<http://wellness.utah.edu/>)

📍 328 Student Services Building  
201 S. 1460 E.  
Salt Lake City, UT 84112

## Americans With Disabilities Act (ADA)

The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities.

All written information in this course can be made available in an alternative format with prior notification to the Center for Disability & Access (CDA). CDA will work with you and the instructor to make arrangements for accommodations. Prior notice is appreciated. To read the full accommodations policy for the University of Utah, please see Section Q of the [Instruction & Evaluation regulations](http://regulations.utah.edu/academics/6-100.php) (<http://regulations.utah.edu/academics/6-100.php>).

If you will need accommodations in this class, or for more information about what support they provide, contact:

**Center for Disability & Access**

☎ 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu/) (<https://disability.utah.edu/>)

📍 162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Diverse Student Support

Your success at the University of Utah is important to all of us here! If you feel like you need extra support in academics, overcoming personal difficulties, or finding community, the U is here for you.

### Student Support Services (TRIO)

TRIO federal programs are targeted to serve and assist low-income individuals, first-generation college students, and individuals with disabilities.

Student Support Services (SSS) is a TRIO program for current or incoming undergraduate university students who are seeking their first bachelor's degree and need academic assistance and other services to be successful at the University of Utah.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Student Support Services (TRIO)**

☎ 801-581-7188

🌐 [trio.utah.edu](https://trio.utah.edu/) (<https://trio.utah.edu/>)

📍 Room 2075  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

### American Indian Students

The AIRC works to increase American Indian student visibility and success on campus by advocating for and providing student centered programs and tools to enhance academic success, cultural events to promote personal well-being, and a supportive "home-away-from-home" space for students to grow and develop leadership skills.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**American Indian Resource Center**

☎ 801-581-7019

🌐 [diversity.utah.edu/centers/airc](https://diversity.utah.edu/centers/airc) (<https://diversity.utah.edu/centers/airc/>)

📍 Fort Douglas Building 622  
1925 De Trobriand St.  
Salt Lake City, UT 84113

### Black Students

Using a pan-African lens, the Black Cultural Center seeks to counteract persistent campus-wide and global anti-blackness. The Black Cultural Center works to holistically enrich, educate, and advocate for students, faculty, and staff through Black centered programming, culturally affirming educational initiatives, and retention strategies.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

**Black Cultural Center**

☎ 801-213-1441

🌐 [diversity.utah.edu/centers/bcc](https://diversity.utah.edu/centers/bcc) (<https://diversity.utah.edu/centers/bcc/>)

📍 Fort Douglas Building 603



95 Fort Douglas Blvd.  
Salt Lake City, UT 84113

## Students with Children

Our mission is to support and coordinate information, program development and services that enhance family resources as well as the availability, affordability and quality of child care for University students, faculty and staff.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Center for Childcare & Family Resources

📞 801-585-5897

🌐 [childcare.utah.edu](https://childcare.utah.edu/) [\(https://childcare.utah.edu/\)](https://childcare.utah.edu/)

📍 408 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Students With Disabilities

The Center for Disability Services is dedicated to serving students with disabilities by providing the opportunity for success and equal access at the University of Utah. They also strive to create an inclusive, safe, and respectful environment.

For more information about what support they provide and links to other resources, view their website or contact:

### Center for Disability Services

📞 801-581-5020

🌐 [disability.utah.edu](https://disability.utah.edu/) [\(https://disability.utah.edu/\)](https://disability.utah.edu/)

📍 162 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Students of Ethnic Descent

The Center for Ethnic Student Affairs offers several programs dedicated to the success of students with varied cultural and ethnic backgrounds. Their mission is to create an inclusive, safe campus community that values the experiences of all students.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Center for Ethnic Student Affairs

📞 801-581-8151

🌐 [diversity.utah.edu/centers/cesa/](https://diversity.utah.edu/centers/cesa/) [\(https://diversity.utah.edu/centers/cesa/\)](https://diversity.utah.edu/centers/cesa/)

📍 235 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## English as a Second/Additional Language (ESL) Students

If you are an English language learner, there are several resources on campus available to help you develop your English writing and language skills. Feel free to contact:

### Writing Center

📞 801-587-9122

🌐 [writingcenter.utah.edu](http://writingcenter.utah.edu/) [\(http://writingcenter.utah.edu/\)](http://writingcenter.utah.edu/)

📍 2701 Marriott Library  
295 S 1500 E  
Salt Lake City, UT 84112

### English for Academic Success (EAS) Program

📞 801-581-8047


🌐 [linguistics.utah.edu/eas-program](https://linguistics.utah.edu/eas-program/) [\(https://linguistics.utah.edu/eas-program/\)](https://linguistics.utah.edu/eas-program/)

📍 2300 LNCO  
255 S. Central Campus Dr.  
Salt Lake City, UT 84112

### English Language Institute

📞 801-581-4600

 [continue.utah.edu/eli](http://continue.utah.edu/eli) (<http://continue.utah.edu/eli>)

 540 Arapeen Dr.  
Salt Lake City, UT 84108

## Undocumented Students

Immigration is a complex phenomenon with broad impact—those who are directly affected by it, as well as those who are indirectly affected by their relationships with family members, friends, and loved ones. If your immigration status presents obstacles that prevent you from engaging in specific activities or fulfilling specific course criteria, confidential arrangements may be requested from the Dream Center.


**Arrangements with the Dream Center will not jeopardize your student status, your financial aid, or any other part of your residence.** The Dream Center offers a wide range of resources to support undocumented students (with and without DACA) as well as students from mixed-status families.

For more information about what support they provide and links to other resources, view their website or contact:

### Dream Center

 801-213-3697

 [dream.utah.edu](http://dream.utah.edu) (<http://dream.utah.edu>)

 1120 Annex (Wing B)  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

## LGBTQ+ Students


The LGBTQ+ Resource Center acts in accountability with the campus community by identifying the needs of people with a queer range of [a]gender and [a]sexual experiences and responding with university-wide services.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### LGBTQ+ Resource Center

 801-587-7973

 [lgbt.utah.edu](http://lgbt.utah.edu) (<http://lgbt.utah.edu>)

 409 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Veterans & Military Students


The mission of the Veterans Support Center is to improve and enhance the individual and academic success of veterans, service members, and their family members who attend the university; to help them receive the benefits they earned; and to serve as a liaison between the student veteran community and the university.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Veterans Support Center

 801-587-7722

 (<http://lgbt.utah.edu>) [veteranscenter.utah.edu](http://veteranscenter.utah.edu) (<http://veteranscenter.utah.edu>)

 418 Union Building  
200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Women

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

For more information about what support they provide, a list of ongoing events, and links to other resources, view their website or contact:

### Women's Resource Center

 801-581-8030

 [womenscenter.utah.edu](https://womenscenter.utah.edu) (<https://womenscenter.utah.edu>)

 411 Union Building

200 S. Central Campus Dr.  
Salt Lake City, UT 84112

## Inclusivity at the U

The Office for Inclusive Excellence is here to engage, support, and advance an environment fostering the values of respect, diversity, equity, inclusivity, and academic excellence for students in our increasingly global campus community. They also handle reports of bias in the classroom as outlined below:

*Bias or hate incidents consist of speech, conduct, or some other form of expression or action that is motivated wholly or in part by prejudice or bias whose impact discriminates, demeans, embarrasses, assigns stereotypes, harasses, or excludes individuals because of their race, color, ethnicity, national origin, language, sex, size, gender identity or expression, sexual orientation, disability, age, or religion.*

For more information about what support they provide and links to other resources, or to report a bias incident, view their website or contact:

### Office for Inclusive Excellence

📞 801-581-4600

🌐 [inclusive-excellence.utah.edu](https://inclusive-excellence.utah.edu) [\(https://inclusive-excellence.utah.edu/\)](https://inclusive-excellence.utah.edu/) <http://continue.utah.edu/eli>

📍 170 Annex (Wing D)  
1901 E. S. Campus Dr.  
Salt Lake City, UT 84112

## Other Student Groups at the U

To learn more about some of the other resource groups available at the U, check out:








🌐 [getinvolved.utah.edu/](https://getinvolved.utah.edu/) [\(https://getinvolved.utah.edu/\)](https://getinvolved.utah.edu/)



















🌐 [studentsuccess.utah.edu/resources/student-support](https://studentsuccess.utah.edu/resources/student-support) [\(https://studentsuccess.utah.edu/resources/student-support/\)](https://studentsuccess.utah.edu/resources/student-support/)

## COURSE SCHEDULE

*Note:* Our schedule is subject to revision based on the needs of our class; any updates will be made available for students through Canvas.

## Course Summary:

Date	Details	Due
Wed Mar 10, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767039">Assignment: Psychosocial Aspects of AT</a> <a href="https://utah.instructure.com/courses/671605/assignments/8767039">(https://utah.instructure.com/courses/671605/assignments/8767039)</a>	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767021">Chapter 1 Quiz</a> <a href="https://utah.instructure.com/courses/671605/assignments/8767021">(https://utah.instructure.com/courses/671605/assignments/8767021)</a>	due by 10:45am
	 <a href="#">Mar 10: Lesson Page</a>	to do: 10:45am
	 <a href="#">Start Here</a>	to do: 10:45am
Mon Mar 15, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767043">Assignment: Sociocultural Aspects of Injury</a> <a href="https://utah.instructure.com/courses/671605/assignments/8767043">(https://utah.instructure.com/courses/671605/assignments/8767043)</a>	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767031">Chapter 2 Quiz</a> <a href="https://utah.instructure.com/courses/671605/assignments/8767031">(https://utah.instructure.com/courses/671605/assignments/8767031)</a>	due by 10:45am
	 <a href="#">Mar 15 Lesson Page</a>	to do: 10:45am

Date	Details	Due
Wed Mar 17, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767038">Assignment: Psychosocial Antecedents to Injury</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767038">https://utah.instructure.com/courses/671605/assignments/8767038</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767025">Chapter 3 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767025">https://utah.instructure.com/courses/671605/assignments/8767025</a> )	due by 10:45am
	 <a href="#">Mar 17 Lesson Page</a>	to do: 10:45am
Mon Mar 22, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767034">Assignment: Emotional Response to Injury</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767034">https://utah.instructure.com/courses/671605/assignments/8767034</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767022">Chapter 4 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767022">https://utah.instructure.com/courses/671605/assignments/8767022</a> )	due by 10:45am
	 <a href="#">Mar 22 Lesson Page</a>	to do: 10:45am
Wed Mar 24, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767033">Assignment: Communication and Athlete Education Skills - **Athlete Interview and Paper - Plan Ahead**</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767033">https://utah.instructure.com/courses/671605/assignments/8767033</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767020">Chapter 5 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767020">https://utah.instructure.com/courses/671605/assignments/8767020</a> )	due by 10:45am
	 <a href="#">Mar 24 Lesson Page</a>	to do: 10:45am
Mon Mar 29, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767035">Assignment: Identification of Psychosocial Distress &amp; Referral - **Plan ahead, must create EAP**</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767035">https://utah.instructure.com/courses/671605/assignments/8767035</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767030">Chapter 6 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767030">https://utah.instructure.com/courses/671605/assignments/8767030</a> )	due by 10:45am
	 <a href="#">Mar 29 Lesson Page</a>	to do: 10:45am
Wed Mar 31, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767036">Assignment: Introduction and Overview of Pain</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767036">https://utah.instructure.com/courses/671605/assignments/8767036</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767024">Chapter 7 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767024">https://utah.instructure.com/courses/671605/assignments/8767024</a> )	due by 10:45am
	 <a href="#">Mar 31 Lesson Page</a>	to do: 10:45am
Wed Apr 7, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767040">Assignment: Psychosocial Aspects of Rehab</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767040">https://utah.instructure.com/courses/671605/assignments/8767040</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767026">Chapter 8 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767026">https://utah.instructure.com/courses/671605/assignments/8767026</a> )	due by 10:45am
	 <a href="#">Apr 7 Lesson Page</a>	to do: 10:45am

Date	Details	Due
Mon Apr 12, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767042">Assignment: Social Support and the AT</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767042">https://utah.instructure.com/courses/671605/assignments/8767042</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767023">Chapter 9 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767023">https://utah.instructure.com/courses/671605/assignments/8767023</a> )	due by 10:45am
	 <a href="#">Apr 12 Lesson Page</a>	to do: 10:45am
Wed Apr 14, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767041">Assignment: Psychosocial Strategies</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767041">https://utah.instructure.com/courses/671605/assignments/8767041</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/8767032">Chapter 10 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767032">https://utah.instructure.com/courses/671605/assignments/8767032</a> )	due by 10:45am
	 <a href="#">Apr 14 Lesson Page</a>	to do: 10:45am
Mon Apr 19, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8767028">Chapter 11 Quiz</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767028">https://utah.instructure.com/courses/671605/assignments/8767028</a> )	due by 10:45am
	 <a href="#">Apr 19 Lesson Page</a>	to do: 10:45am
Wed Apr 21, 2021	 <a href="#">Apr 21 Lesson Page - Helping Someone Who is Different</a>	to do: 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/9003686">LGBTQ+ Terminology</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/9003686">https://utah.instructure.com/courses/671605/assignments/9003686</a> )	due by 11:59pm
	 <a href="https://utah.instructure.com/courses/671605/assignments/8939286">Upload Final Project</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8939286">https://utah.instructure.com/courses/671605/assignments/8939286</a> )	due by 11:59pm
	 <a href="#">Apr 21 Final Projects</a>	to do: 11:59pm
Mon Apr 26, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/8939343">Watch Final Projects</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8939343">https://utah.instructure.com/courses/671605/assignments/8939343</a> )	due by 10:45am
	 <a href="#">Apr 26 Lesson Page - Therapeutic Relationship</a>	to do: 10:45am
Tue Apr 27, 2021	 <a href="https://utah.instructure.com/courses/671605/assignments/9052745">Final Project</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/9052745">https://utah.instructure.com/courses/671605/assignments/9052745</a> )	due by 10:45am
	 <a href="https://utah.instructure.com/courses/671605/assignments/9052850">Class Discussion Participation</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/9052850">https://utah.instructure.com/courses/671605/assignments/9052850</a> )	due by 12:05pm
Mon Apr 11, 2022	 <a href="https://utah.instructure.com/courses/671605/assignments/8767029">EC - BOC Practice Questions</a> ( <a href="https://utah.instructure.com/courses/671605/assignments/8767029">https://utah.instructure.com/courses/671605/assignments/8767029</a> )	due by 10:45am