EXSC 240: Foundations of Athlete Health and Wellness
Fall 2026 – Asynchronous Online (3 credits)
Ball State University

INSTRUCTORS: Bill Zenisek, CSCS and Kendra Zenisek, ATC
OFFICE: HP 360M / HP 360H
OFFICE HOURS: By appointment / By appointment
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REQUIRED MATERALS
All required readings and materials will be provided on our Canvas course site.

COURSE DESCRIPTION
The purpose of this course is for students to explore the prevention and identification of common athletic injuries and engage with risk reduction strategies. Students will learn how to implement and manage safety policies and procedures as well as when to refer to trained medical personnel to ensure the well-being of participants in athletic and fitness programs.

COURSE OBJECTIVES
- Describe the need for and strategies of communication between the coach/fitness professional and appropriate medical personnel.
- Interpret the unique roles and responsibilities of the coach/fitness professional and appropriate medical personnel regarding injury identification, prevention, and referral.
- Prevent potential for and exposure to injuries and unsafe practice conditions by understanding the various best practice recommendations regarding environmental conditions when planning and scheduling practices and contests.
- Ensure supportive/protective equipment is worn and used properly.
- Recognize the importance of sports nutrition for all athletes/clients.
- Determine the signs and symptoms of behavior/mental health conditions.
- Analyze concussion prevention and return to play/exercise protocols.
- Overview common non-contact injury sites and methods to reduce the potential for injury.
- Outline the common mechanisms and characteristics of musculoskeletal injuries.
- Describe the tissue's response to injury.
- Analyze common training illnesses and conditions in sport/exercise and develop a plan for care.
- Plan, coordinate, and implement procedures for appropriate emergency care.
- Provide coaches, athletes, parents/guardians, exercise professionals, and exercise clients with education about injury prevention, injury reporting, and sources of medical care.

ATTENDANCE POLICY
Your regular online participation and deadline adherence are important to your academic success. With this being an online course, it is up to you to stay on track and not fall behind. You must be self-motivated and disciplined to meet all due dates. Developing a regular routine is essential to your success in this course.

EMAIL RESPONSES AND GRADING
We generally reply to emails within 24 hours, except during holidays. Often, we will reply much quicker, but you should not count on a same-day response. We frequently grade assignments within one week of when an assignment closes. If you would like to discuss an assignment ahead of the deadline, contact us. We are happy to give preliminary feedback and/or answer questions. All grades will be posted on Canvas and updated weekly.

CANVAS QUIZ AND EXAM INFORMATION
Your two quizzes and final exam are administered through Canvas and are open resources. The quizzes and the final exam are completed via Canvas during the specified period. There are no make-ups if the quizzes and final exam are not completed in the specified timeframe. **Failure to follow directions when attempting the quizzes and final exam will result in a 20-point deduction from your final score. Evidence of cheating may result in an automatic failure of the exam.**

POINT DISTRIBUTION

Position Statement Reflection #1	25 points
Position Statement Reflection #2	25 points
Position Statement Reflection #3	25 points
Position Statement Reflection #4	25 points
Quiz #1 (Lessons #1 – #4)	50 points
Structure & Function Identification #1 – Lower Extremity	39 points
Position Statement Reflection #5	25 points
Structure & Function Identification #2 – Spine/Trunk	40 points
Position Statement Reflection #6	25 points
Structure & Function Identification #3 – Upper Extremity	46 points
Quiz #2 (Lessons #5 – #10)	80 points
Assessment Proposal	25 points
Career Exploration Analysis	80 points
Final Cumulative Exam	100 points
TOTAL	**610 points**

GRADING

A = 93.0 – 100	B- = 80.0 – 82.9	D+ = 67.0 – 69.9
A- = 90.0 – 92.9	C+ = 77.0 – 79.9	D = 63.0 – 66.9
B+ = 87.0 – 89.9	C = 73.0 – 76.9	D- = 60.0 – 62.9
B = 83.0 – 86.9	C- = 70.0 – 72.9	F = 59.9 – 0

ASSIGNMENT DETAILS

- All assignments must be submitted via Canvas to receive credit.
- Assignments are due by **4:59pm, Sunday** unless stated differently on Canvas. Late work will result in a zero.
- Assignments sent via email will not be accepted for credit.
- Extra credit projects/assignments will not be offered.
- The provided research, articles, videos, and PowerPoint Lessons are your responsibility to read and review on a regular schedule. You will have questions on the content of these resources on your quizzes and final exam.

COPYRIGHT INFORMATION ON COURSE MATERIALS

Students may not reproduce, distribute, or publicly post their course materials without my permission. Students selling or distributing course materials or posting exams (e.g., quizlet.com) may violate the Ball State Code of Conduct and/or the Information Technology Users' Privileges and Responsibilities policy. Students violating this policy may be referred directly to the Office of Student Rights and Community Standards.

ACADEMIC INTEGRITY AND DISHONESTY

Students of the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the faculty handbook. Please refer to the specific sections in Undergraduate Rights and Responsibilities for information regarding academic honesty. These policies (including cheating on exams and plagiarism) will be strictly enforced. I will not tolerate cheating or plagiarism. Incidents of academic dishonesty will be prosecuted to the full extent within the university judicial process. Failure to follow these guidelines will result in an "F" for the course.

USE OF AI

As you work on and submit assignments this semester, know that using generative AI tools to complete your assignments is a violation of Ball State's Academic Ethics Policy unless the AI use is explicitly approved by the faculty member. In general, students may not submit any work generated by an AI program as their own. Doing so is plagiarism. In courses and assignments where AI use is permitted, faculty will have guidelines for that use. Work created outside of those guidelines will be considered an Academic Ethics Policy violation. If a student's grade is affected by an academic ethics violation, faculty are required to report the violation to the Office of the Vice Provost for Academic Affairs who oversees the Student Academic Ethics policy and maintains records of its violations.

BALL STATE UNIVERSITY SYLLABUS STATEMENT
We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

THE BASIC NEEDS HUB
If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

THE COUNSELING CENTER
The Ball State University Counseling Center offers free and confidential services to all students. The Counseling Center is in Lucina Hall, Room 320. To schedule an appointment, you can contact them at 765-285-1736. Ball State also offers a 24/7 Crisis Line, which can be reached at 765-285-HOPE (4673). The Crisis Line is a mental health resource for those who are struggling with any mental health concerns, including thoughts of self-harm and/or suicide. The Ball State Counseling Center sees students for a variety of reasons, some of which include homesickness, relationship concerns, anxiety, and depression. At your first appointment, you will work with a therapist to create a plan that will connect you with resources that best fit your needs. They assist students with getting connected to therapy at their Center as well as connecting students to self-help resources, other on-campus resources, and community-based resources. All Ball State students also have access to several on-demand, self-help resources through a variety of different platforms. All of these resources, including a direct link to their website, can be found here.

DISABILITY SERVICES
If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu. If you have emergency medical information to share with me or if you need special arrangements in case the building must be evacuated, this should also be discussed with me as soon as possible. Please inform me of any health issues that may present an issue during class (i.e., epilepsy, diabetes, etc.).

THE LEARNING CENTER
The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350) appointments. To make an appointment, visit MyBallState and select "Navigate" or just go directly to https://bsu.navigate.eab.com. For more information about all of their programming, visit bsu.edu/learningcenter or call 765-285-1006.

TITLE IX
Ball State University is committed to providing a safe and inclusive learning environment for all students. If you or someone you know has experienced sexual harassment—including sexual assault, dating violence, domestic violence, or stalking, please know that you are not alone. The University offers support services and resources. For more information or to report an incident, please visit www.bsu.edu/titleix or contact the Title IX Coordinator at 765-285-1545 or at titleix@bsu.edu. Some additional campus resources include:

- Confidential: Center for Survivor Support, 2nd Floor Health Center, Room 205, Anna McGee, (765)285-7844, aemcgee2@bsu.edu
- Confidential: Counseling Center, Lucina Hall, Room 320, (765)285-1736
- Non-Confidential: Title IX Coordinator for Students, Ms. Teresa Ashcraft, (765)285-3310, teresa.ashcraft@bsu.edu
- Non-Confidential: Police Department, 200 North McKinley Avenue, (765)285-1111, www.bsu.edu/police

As your instructor, I am a mandatory reporter under the Title IX policy and required to report any information I receive about possible sexual harassment. This includes information shared in class discussions, assignments, or private conversations.

COURSE WITHDRAWAL

There is only one withdrawal period. It extends from the sixth through the 45th day of classes during a fall or spring semester. **See Important Dates**. For fall and spring semesters, a student has the entire first week of courses to drop a course with no penalty. They do this through "Add/Drop/Registration" from the website www.bsu.edu/student services. After the first week, a student can withdraw from a course with a grade of "W" up until the decided upon withdrawal date. They accomplish this by completing a Withdrawal form and turning it in to the Registrar located in Lucina Hall. After this withdrawal date a student may only withdraw and receive a grade of "W" (instead of an "F") if they are confirmed to have proper extenuating circumstances.

What is the process for Late Withdrawal? In compliance with university policy, late withdrawals are only considered based on a VERIFIABLE EXTENUATING CIRCUMSTANCE. An extenuating circumstance is defined as an occurrence or event that is not under the control of a student, such as long-term illness, family death, etc. Further, students' reasons for requesting a late withdrawal must be verified through documentation, such as a letter from a doctor, funeral notice, etc. Please note: simply missing the deadline to withdraw or failing the class are not acceptable reasons to request a late withdrawal. Students should familiarize themselves with class withdrawal procedures and the calendar for withdrawals. If a student's name appears on the grade-reporting sheet and they have not officially withdrawn the instructor is mandated by the Registrar's Office to assign an "F".

FALL 2026 COURSE SCHEDULE

WEEK	TOPIC	ASSIGNMENT	DUE
#1 – 8.24 – 8.30	Course Introduction	Position Statement Reflection #1	**4:59pm, 8.30**
#2 – 8.31 – 9.6	*Lesson 1:* Protective Equipment	Position Statement Reflection #2	**4:59pm, 9.6**
#3 – 9.7 – 9.13	*Lesson 2:* Environmental Conditions	Position Statement Reflection #3	**4:59pm, 9.13**
#4 – 9.14 – 9.20	*Lesson 3:* High Performance Nutrition	Position Statement Reflection #4	**4:59pm, 9.20**
#5 – 9.21 – 9.27	*Lesson 4:* The Sports Medicine Team	Quiz #1	**4:59pm, 9.27**
#6 – 9.28 – 10.4	*Lesson 5:* Anatomy Fundamentals Lower Extremity Anatomy	Structure & Function Identification #1	**4:59pm, 10.4**
#7 – 10.5 – 10.11	*Lesson 6:* Lower Extremity Injury Prevention	Position Statement Reflection #5	**4:59pm, 10.11**
#8 – 10.12 – 10.18	*Lesson 7:* Spine & Trunk Anatomy	Structure & Function Identification #2	**4:59pm, 10.18**
#9 – 10.19 – 10.25	*Lesson 8:* Spine & Trunk Injury Prevention	Position Statement Reflection #6	**4:59pm, 10.25**
#10 – 10.26 – 11.1	*Lesson 9:* Upper Extremity Anatomy	Structure & Function Identification #3	**4:59pm, 11.1**
#11 – 11.2 – 11.8	*Lesson 10:* Upper Extremity Injury Prevention	Quiz #2	**4:59pm, 11.8**
#12 – 11.9 – 11.15	*Lesson 11:* Movement Screens & Assessments	Assessment Proposal	**4:59pm, 11.15**
#13 – 11.16 – 11.22	*Lesson 12:* Programming to Reduce Injuries	Career Exploration Analysis	**4:59pm, 11.22**
#14 – 11.23 – 11.29	*Lesson 13:* General Athlete Health Concerns	NONE	**4:59pm, 11.29**
#15 – 11.30 – 12.6	**Final Exam Week**	**Final Exam**	**4:59pm, 12.6**