

INTRODUCTION TO ATHLETIC TRAINING KINESIOLOGY 127 - Spring 2014

Course time / location:	Tuesday and Thursday 1:20 – 2:10 / Room 2081 Unit II / Nat
Instructors:	Amie E. Armstrong, MS, ATC Room 1033 Nat/Unit II Gym aearmstrong@wisc.edu
Office hours:	By appointment.
Text Book	<i>“Athletic Training Student Primer: A Foundation for Success” 2nd Ed.</i> Winterstein, AP. Slack Inc. (required). Available at University Bookstore or from a variety of online sources.
Materials:	Handouts and supplemental reading will be placed on Learn@UW
Web-Sites:	Learn@UW and www.slackbooks.com/atprimer
Course Description:	An introductory course covering issues and basic concepts regarding prevention, management, and treatment of athletic injuries. The role of the certified athletic trainer in health care and careers in athletic training are emphasized.
Course Objective:	To provide students with the knowledge needed to develop an introductory understanding of the issues and concepts common to the athletic training profession. This course provides a foundation for future study in athletic training.
Course Philosophy:	This course takes a learner centered approach that combines collaborative learning techniques, group inquiry, reading, and discussion to guide us in our understanding of the profession of athletic training and our knowledge of athletic injury. This approach requires preparation for class. Students are expected to complete the required BEFORE coming to class. Bringing the text to class may help with some group activities.
Learning Assessment:	Three (3) exams 100 points each (300 pts) Three (3) written assignments. 2 of 30 pts, 1 of 40 pts (100 pts) <i>Scale:</i> A= 93% and above, AB = 89% - 92%, B = 83% - 88%, BC = 79% - 82%, C = 70% - 78% D = 60% - 69%, F= 59% Written Exams: Three equally weighted examinations will be administered. Questions will be taken from the course readings, lecture materials, and handouts. Exams are NOT cumulative. Written Assignments: These three assignments will allow the students to learn more about the profession of athletic training by exploring the history of athletic training, examining various sports medicine and athletic training related web-sites, and searching library reference databases on athletic training topics. Each assignment will be posted on Learn@UW and ALL assignments must be turned in via the Learn@UW drop box.

ROI (Return on investment)

The goals and objectives for this course are designed with the idea that students will reach for their highest level. What you bring to the class is yourself and your desire to participate and what you accomplish will depend upon that. Helpful habits include; reading the assigned materials in advance, attending all class periods, participating in course discussions and group activities, and making the most of assignments. Attendance will be monitored on occasion. Reading alone has not historically equaled success in class.

Cellular Phones and Electronic Devices

Students are expected to be attentive and engaged in the material during the class period. Students must not abuse the use of cell phones in class. Ringtones should be turned off in class and, if on, cell phones must be in vibrate mode. If a personal situation dictates that you need to check for and/or receive a call (family matter, sick child, et. cetera) please inform the instructor in advance that you may need to step out to take an important call. Students **must not** engage in text messaging in the classroom

Laptop computers

Using laptop computers in the classroom to take notes and for any other use authorized by the course instructor is encouraged. However, the instructor calls upon the academic integrity of the students to make sure laptops are not being used for other purposes during class time (e.g. instant messaging, game playing, and Internet surfing).

Statement on Academic Honesty

The Board of Regents, administrators, faculty, academic staff, and students of the University of Wisconsin System believe that academic honesty and integrity are fundamental to the mission of higher education and the UW. Thus, the University has a responsibility to promote academic honesty and integrity and to develop procedures to deal effectively with instances of academic dishonesty. All students have an obligation to conduct their academic work according to University standards. Students are responsible for the honest completion and representation of their work, for the appropriate citation of sources, and for respect of others' academic endeavors. Students who violate these standards must be confronted and must accept the consequences of their actions.

University Policy on Final Exam Conflicts

Student Conflicts:

Students should attempt to avoid having more than two final exams within 24 hours. If a student has more than two final exams within 24 hours the instructor may, within guidelines adopted by the college faculty, schedule a make-up final exam to avoid hardships. Rescheduled final exams shall be of the same general nature and quality as the original exam. If you have more than two final exams in a 24 hour period please contact the instructor well in advance.

http://registrar.wisc.edu/documents/exam_policy.pdf

Accommodation Statement

This course is designed to meet the needs of all of our students. The instructors will try to ensure that all students are fully included in the course activities. Please let us know if you are in need of any special accommodations in the curriculum, instruction, or assessments of this course to enable you to participate fully.

Date	Topics	Reading
1/21 1/23	Course Introduction AT Student Panel Q and A	
1/28	Intro to Athletic Training: An Allied Health Profession	Ch. 1 pg / L@UW Module 1
1/31	Sports Medicine Umbrella AT Work Settings / Understanding Injury Risk: The Need for the ATC	L@UW Module 2 Handout
2/4	ONLINE LEARNING SESSION:	Ch. 3/4 / L@UW Module 3
	Ed Req. & Experiences / AT Certification	*** Assign #1 Posted-Due 2/18
2/6	GUEST ATC / Language of Injury	Ch. 5 / L@UW Module 4
2/11 2/13	Terminology and Injury Classification Skin Wounds / BBP / First Aid / Initial Care	Ch. 5 / L@UW Module 4 Ch. 10 / L@UW Module 5
2/18 2/20	Skin Wounds/BBP/First Aid/Initial Care ONLINE LEARNING SESSION: Emergency Planning and Injury Evaluation	Ch. 13 / L@UW Module 5 Ch. 11 / L@UW Module 6
2/25 2/27	GUEST ATC / Review for Exam #1 Exam #1	
3/4	ONLINE LEARNING SESSION:	Ch. 12 / L@UW Module 7
	Environmental Concerns for the Athletic Trainer	Ch. 12 / L@UW Module 7
3/6	Environmental Concerns for the Athletic Trainer	
3/11	Injuries to the Lower Extremity: Foot / Ankle	Ch. 6 / L@UW Module 8
3/13	Injuries to the Lower Extremity: Ankle & Lower Leg	***Assign # 2 Posted-Due 3/25 Ch. 6 / L@UW Module 8
3/18 & 3/20	SPRING BREAK!	
3/25 3/27	Injuries to the Lower Extremity: Knee Injuries to the Lower Extremity: Knee	Ch. 6 / L@UW Module 9 Ch. 6 / L@UW Module 9
4/1	ONLINE LEARNING SESSION:	Ch. 6 / L@UW Module 10
	Injuries to the Lower Extremity: Thigh/Hip	
4/3	GUEST ATC / Review for Exam #2	
4/8 4/10	Exam #2 Injuries to the Upper Extremity: Shoulder	Ch. 7 / L@UW Module 11
4/15 4/17	Injuries to the Upper Extremity: Shoulder ONLINE LEARNING SESSION: Injuries to the Upper Extremity: Elbow / Wrist / Hand	Ch. 7 / L@UW Module 11 Ch. 7 / L@UW Module 12
		***Assign #3 Posted-Due 5/1
4/22 4/24	Injuries to the Upper Extremity: Elbow / Wrist / Hand Injuries to the Head, Face, and Concussions	Ch. 7 / L@UW Module 12 Ch. 8 / L@UW Module 13
4/29 5/1	Injuries to the Head, Face, and Spine General Medical Conditions	Ch. 8 / L@UW Module 14 Ch. 9 / L@UW Module 15
5/6 5/8	General Medical Conditions Review for Exam #3	Ch. 9 / L@UW Module 15
Exam # 3 will be held during the summary period on Thursday, 5/15/14 from 12:25-2:25pm.		

Goals and Learning Objectives

Upon completion of this introductory course the students will have knowledge of:

- The history and current structure of the National Athletic Trainers Association, NATA-BOC, NATA-REF, and appropriate regional and state organizations
- The entry-level educational requirements for the profession of athletic training
- Common patient populations, scope of practice, and regulatory issues for the athletic trainer
- Members of the “sports medicine team” and other allied health professions
- Common acute and chronic athletic injuries (an introductory knowledge)
- Common mechanisms of injury (acute and chronic)
- An introduction to the pre-participation physical exam (PPE) and their importance
- The value of proper documentation and record keeping (an introduction)
- The importance of patient confidentiality and the rights of the athlete to receive proper care
- Risks (including catastrophic) associated with environmental conditions (heat, cold, lightning)
- Common prevention strategies for avoiding heat related illnesses
- Conditions that predispose individuals to heat related illness
- Terminology for the classification of common athletic injuries (sprain, strain, ...)
- Classification and mechanism for athletic injuries in the following areas (introduction):
 - foot, ankle, and lower leg
 - knee, thigh, hip and groin
 - pelvis and spine
 - shoulder, elbow, wrist, and hand
 - head and face
- An introduction to the physiologic response of tissue to injury and the principles of basic care
- An introduction to viral, fungal, and bacterial infections of the skin
- Common emergencies medical situations
- Universal precautions
- Federal and state safety and health guidelines (OSHA)
- An introduction to the psychology of athletic injury

Goals and learning objectives adapted from:

Board of Certification, Inc. Role Delineation and Practice Analysis 6th Ed. 2011