

Kinesiology 127 Fall 2016
Introduction to Athletic Training (2 credits)
Department of Kinesiology / AT Program / University of Wisconsin – Madison
Tuesday and Thursday 1:20 – 2:10 / Room 2081 Unit II / Nat

Instructor: Andrew P. Winterstein PhD, LAT
Room 1037 Nat/Unit II Gym 265-2503
winterstein@education.wisc.edu

Office hours: Dr. Winterstein Tues 3pm – 4pm or by appointment.

Text Book & Materials: *“Athletic Training Student Primer: A Foundation for Success” 2nd Ed.*
Winterstein, AP. Slack Inc. (required).
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 Objectives:

1. Students will demonstrate an understanding of the practice domains, educational requirements, and certification guidelines for the practice of athletic training.
2. Students will demonstrate their knowledge of common injuries and conditions as a foundation for further study in athletic training.
3. Students will explain the role of the athletic trainer as a member of the sports medicine health care team.
4. Students will identify the nature and demands of a variety of athletic training employment settings.

Course Format:

This course presents content through a combination of on-line resources (Learn@UW) and face-to-face in class activities. Some class days are dedicated to on-line activities and students can work from any location on these days. This approach requires preparation for class and completion of the outlined modules in order to maximize the in-class activities. Online materials are designed to supplement **NOT** replace class activities.

Learning 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.

Accommodation Statement

I will try to ensure that all students are fully included in the course activities. Please let me 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. I will make every effort to maintain the confidentiality of the information you share. Students with questions about accommodations or assessment for learning issue can contact the McBurney Resource Center. <http://mcburney.wisc.edu/services/>

Learning Assessment: Three (3) exams 100 points each (300 pts)
Three (3) written assignments of 30 pts each (90 pts)
Four (4) homework assignments of 10 pts each (40 pts) for each online session

Written Celebrations of Knowledge (Exams): Three equally weighted CoKs will be administered. Questions will be taken from the course readings, lecture materials, and handouts. These “celebrations” are **NOT** cumulative.

Written Assignments: These assignments allow the students to learn about the profession of athletic training by exploring the history of AT, reviewing various AT web resources, and searching library reference databases on athletic training related topics. Students will also complete short homework assignments related to the online sessions. Each assignment will be posted on Learn@UW and **ALL** assignments must be turned in via the Learn@UW drop box (**please use Word documents or pdf**).

Scale: A= 93% and above, AB = 89% - 92%, B = 83% - 88%, BC = 79% - 82%, C = 70% - 78% D = 60% - 69%, F= 59%

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 may be used in the classroom to take notes and for any other use authorized by the course instructor. However, the instructor calls upon the academic integrity of the students to make sure laptops are not used for other purposes during class (e.g. instant messaging, games, and Internet surfing). While taking notes on the computer may be a personal preference, handwritten note taking is encouraged.

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. Students are encouraged to visit the UW-Madison Dean of Students page on Academic Integrity: <http://www.students.wisc.edu/doso/academic-integrity/>

University Policy on Final Exam 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

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 the online modules. Attendance will be monitored on occasion. Reading alone has not historically equaled success in class. If you are having troubles stop by office hours or post a **“muddy point”**.

Educational Competencies (For Students Who Advance to the AT Program):

This course is designed to meet a portion of the required athletic training educational competencies outlined in the 5th edition of the National Athletic Trainers Association Education Competencies. A master copy of the Athletic Training Educational Competencies showing the course distribution for the UW-Madison AT Program is available on the program Learn@UW website and in the AT Program office.

Date	Topics	Reading and Assignments
9/6	Course Introduction	
9/8	Intro to Athletic Training: An Allied Health Profession The Sports Medicine Umbrella	Ch. 1 pg 3-24/L@UW Module 1
9/13	Athletic Training Work Settings	L@UW Mod. 2
9/15	Understanding Injury Risk: The Need for the ATC	Video Library L@UW
9/20	Online Learning Session / Homework: Educational Requirements / AT Certification	Ch. 3/4 pg 39-73/L@UW Mod. 3
9/22	Guest AT / The Language of Injury	Assignment One Posted (Due 10/4) Ch. 5 pg 77-96/L@UW Mod. 4
9/27	AT Injuries A-Z	
	Terminology and Injury Classification	Ch. 5 pg 77-96/L@UW Mod. 4
9/29	Skin Wounds/BBP/First Aid/Initial Care	Ch. 10 pg 199-209/L@UW Mod. 5
10/4	Skin Wounds/BBP/First Aid/Initial Care	Ch. 13 241 -256/L@UW Mod. 5
10/6	Online Learning Session / Homework: Emergency Planning and Injury Evaluation	Ch. 11 211-223/L@UW Mod. 6
10/11	AT Student Panel AT Program Q & A / Review C o K #1	
10/13	Celebration of Knowledge (Exam) #1	
10/18	Environmental Concerns for the Athletic Trainer	Ch. 12 pg 225 – 240/L@UW Mod. 7
10/20	Online Learning Session / Homework: Environmental Concerns for the Athletic Trainer	Ch. 12 pg 225 – 240/L@UW Mod. 7 Assignment Two Posted (Due 11/3)
10/25	Guest AT / Injuries to the Lower Extremity: Foot / Ankle	Ch. 6 pg 97-125/L@UW Mod. 8
10/27	Injuries to the Lower Extremity: Ankle/Lower Leg	Ch. 6 pg 97-125/L@UW Mod. 8
11/1	Injuries to the Lower Extremity: Knee	Ch. 6 pg 97-125/L@UW Mod. 9
11/3	Injuries to the Lower Extremity: Knee	Ch. 6 pg 97-125/L@UW Mod. 9
11/8	Online Learning Session / Homework: Injuries to the Lower Extremity: Thigh/Hip	Ch. 6 pg 97-125/L@UW Mod. 10
11/10	Guest AT / Review for C o K #2	
11/15	Celebration of Knowledge (Exam) #2	
11/17	Injuries to the Upper Extremity: Shoulder	Ch. 7 pg 127-147/L@UW Mod. 11
11/22	Guest AT / Injuries to the Upper Extremity: Shoulder	Ch. 7 pg 127-147/L@UW Mod. 11
11/24	Thanksgiving Recess – What are we thankful for?	Assignment Three Posted (Due 12/6)
11/29	Online Learning Session / Homework: Injuries to the Upper Extremity: Elbow / Wrist / Hand	Ch. 7 pg 127-147/L@UW Mod. 12
12/1	Injuries to the Upper Extremity: Elbow / Wrist / Hand	Ch. 7 pg 127-147/L@UW Mod. 12
12/6	Injuries to the Head, Face, and Concussions	Ch. 8 pg 149-174/L@UW Mod. 13
12/8	Injuries to the Head, Face, and Spine	Ch. 8 pg 149-174/L@UW Mod. 14
12/13	General Medical Conditions	Ch. 9 pg 175-196/L@UW Mod. 15
12/15	General Medical Conditions / Review C o K#3	Ch. 9 pg 175-196/L@UW Mod. 15

Celebration of Knowledge (Exam) # 3 will be held during finals week on December 22nd at 10:05am

Optional Athletic Training Observations

Students interested in the Athletic Training Professional Program will be allowed to sign up for observations after they have completed the Blood Borne Pathogens / Universal Precautions Unit in Kinesiology 127. In addition to completing the BBP Unit prospective AT students will need to complete HIPAA training prior to observing in any UW facility. Dr. Winterstein will provide more information in class and will direct you to appropriate online resources and sign up locations.

These observations are fully optional and have no bearing on your Kines 127 grade. However they are part of the required observations for admission to the AT Professional Program for those students who play to apply.

Course Content Represented in the BOC Role Delineation and Practice Analysis

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

- The history and current structure of the National Athletic Trainers Association, 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