

INTRODUCTION TO ATHLETIC TRAINING
KIN 1052
FALL 2006

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GENERAL COURSE INFORMATION

1. Prerequisites: Academic good standing from secondary school
2. Credit: Three semester hours
3. Intended Audience: Athletic Training Specialization students
4. Days, Times, Place: 1:20 PM-2:35 PM, TTH, Corbett 202
5. Texts:
 - a. Hillman, Susan Kay: Introduction To Athletic Training. Human Kinetics, 2005, 2nd ed.
 - b. Bernier, Julie. editor: Quick Reference Dictionary for Athletic Training, Slack Incorporated, 2002
 - c. Perrin, David H., Athletic Taping and Bracing, Human Kinetics, 2nd ed 2005

COURSE PURPOSE AND GOALS

The purpose of this course is to provide the prospective athletic trainer with the skill and knowledge necessary to implement a risk management and preventative program for athletes and others involved in physical activity. Course will provide the student with an introduction into the profession of athletic training and the proficiencies and competencies necessary for the entry-level certified athletic trainer

Upon completion of this course, the student will be able to:

1. Understand the “NATA Educational Competencies” and educational domains of athletic training.
2. Identify how the athletic trainer is educated, certified, and functions within the sports medicine umbrella
3. Implement the recommended or required components of a pre-participation examination based on governing authorities rules, guidelines, and recommendations

4. Appraise the risk factors associated with common congenital and acquired abnormalities, disabilities or diseases
5. Outline the concepts of wellness screening to include baselines or other standards or methods used to screen for wellness
6. Identify the risks of athletic participation during stressful environmental conditions. To include heat, cold loss and gain; overexposure to cold or heat; and prevention of injuries and illness related to environmental overexposure
7. Evaluate and implement the guidelines and recommendations of policy and position statements of appropriate governing agencies related to practice in extreme weather conditions
8. Describe and use various types of flexibility and stretching programs
9. Describe the principles of protective equipment to include but not limited to: design, construction, maintenance, reconditioning, fitting, use, and liability of use of required and recommended protective equipment
10. Describe and apply the principles and concepts relating to prophylactic taping, Wrapping, bracing, protective pad fabrication, and the fabrication of dynamic or static splints
11. Understand the common causes and risk factors of athletic injuries in sport and the physically active as identified by contemporary epidemiological studies and athletic injury/ illness data
12. Understand intrinsic risk factors associated with the normal physical and psychological growth and development patterns of the preadolescent, adolescent, and adult male and female athlete

TENTATIVE COURSE SCHEDULE

<u>Session</u>	<u>Topic(s)</u>	<u>Reading</u>
1.	Syllabus, Terms UW ATEP Intro to Athletic Training	Class handouts Slack Hillman Chapt. 1
2.	Athletic Trainer and Spt Med Etiology of Injuries/Illnesses	Hillman Chapt. 2 Class handouts
3.	Pre Participation PE	Hillman Chapt. 3 Class handouts

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5.	Ankle Taping and Wrapping	Perrin, TBA
6.	Pre Participation PE	Hillman Chapt. 3 Class handouts
7.	Legal Liability and Record Keeping	Hillman Chapt. 7 Class handouts
8.	Flexibility	Hillman Chapt. 4 Class handouts
9.	Ankle Taping, Foot Taping	Perrin, TBA
10.	Unit One Exam	
11.	Concepts of Training and Conditioning	Hillman Chapt. 4 Class handouts
12.	Concepts of Training and Conditioning	Hillman Chapt. 4
13.	Dietary Considerations for the Athlete Body type/composition	Hillman Chapt. 9
14.	Wellness and Fitness Parameters	Class handouts
15.	Taping and Wrapping of the Lower Leg	Perrin, TBA
16.	Taping and Wrapping of the Knee	Perrin, TBA
17.	Blood Borne Pathogens /Disease Prevention	Hillman Chpt 8
18.	Unit Two Exam	
19.	Environmental Issues for the Athletic Trainer	Hillman Chapt. 8 Class handouts
20.	Environmental Issues for the Athletic Trainer	Hillman Chapt. 8 Class handouts
21.	Hand, Wrist, Thumb Taping	Perrin, TBA

22.	Protective Equipment	Hillman Chapt. 7 Class handouts
23.	Protective Equipment	Hillman Chapt. 7 Class handouts
24.	Protective Equipment	Hillman Chapt. 7 Class handouts
25.	Equipment Fitting Lab Thanksgiving Break Quiz	Class handouts
26.	Splint and Pad Fabrication	Class handouts
27.	Misc. Taping and Wrapping	Perrin, TBA
28.	Misc. Taping and Wrapping	Perrin, TBA
29.	Taping, Wrapping, Equipment Oral Practical Time TBA	

Final Exam—Unit Three EXAM to be given during regularly scheduled final exam period

COURSE EVALUATION

1. **Course Requirements:**

- a. Completion of written examinations covering material presented in the textbook, lectures, and reference materials.
- b. Demonstration, of taping, wrapping, padding, pad and splint construction and equipment fitting skills.
- c. Completion of the terminology folder
- d. Completion of three hours of training room observation

2. **Grading:**

<u>Points:</u>	
Unit One Exam	100 pts
Unit Two Exam	100 pts
Unit Three Exam	100 pts
Terminology notebook	50 pts
Observation write up	25 pts
Practical Exam	100 pts
Total points	475 pts

3. Grading Scale:

90-100% of total pts	= A
80-89% of total pts	= B
70-79% of total pts	= C
60-69% of total pts	= D
Below 60 % of total pts	= F

ATTENDANCE POLICY

Class attendance is mandatory. Three (3) unexcused absences from lecture periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam.

UNIVERSITY REGULATION 802

University Regulation 802 (<http://uwadmnweb.uwyo.edu/legal/Uniregs/ur802.htm>) will be followed in cases of academic dishonesty (e.g. cheating, plagiarizing, etc.).

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERSITY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION AS PER UNIVERSITY REGULATION 802!!!

EMERGENCY EXIT PROCEDURES

Know the location of the fire alarm. Dial 9-911 in the event of an emergency and evacuate using the nearest exit. Do not use elevators in the event of fire.