

CUMBERLAND COUNTY COLLEGE

Course: HS 105 Introduction to Athletic Training

Credits: 2

Prerequisites

None

Course Description

This course is designed as an initial experience for students considering a career in athletic training. Students will be introduced to various domains, competencies, and proficiencies related to athletic training. An in-depth look at the field of athletic training and the requirements of the athletic training program will be discussed. An observational field experience is required

Learning Outcomes

This class is designed to meet the competencies set for by the NATA Competencies 4th ed. Therefore, the objectives of this course are a direct reflection of the NATA competencies.

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

- Explain the risk factors associated with physical activity.
- Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.
- Identify and explain the recommended or required components of a pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations.
- Explain the principles of effective heat loss and heat illness prevention programs.
- Explain the precautions and risks associated with exercise in special populations.
- Explain the basic principles associated with the use of protective equipment.
- Discuss the physiological and psychological effects of physical activity and their impact on performance.
- Describe common techniques and procedures for evaluating common injuries
- Explain the roles of special tests in injury assessment.
- Explain the role of postural examination in injury assessment including gait analysis.
- Describe and identify postural deformities.
- Demonstrate the use of medical terminology and abbreviations necessary to communicate with physicians and other health professionals.
- Summarize the components of medical documentation (e.g. SOAP, HIPS and HOPS).
- Elaborate on the proper roles and responsibilities of the certified athletic trainer in terms of the legal, moral, and ethical parameters that define the scope of first aid and emergency care.
- Demonstrate the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.
- Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.
- Describe the signs, symptoms, and pathology of acute inflammation.
- Identify the signs, symptoms, and treatment of patients suffering from adverse reactions

to environmental conditions.

- Describe contemporary pain-control theories.
- Determine appropriate therapeutic modalities for the treatment and rehabilitation of injuries and illness.
- Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.
- Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies in order to determine appropriate treatment and rehabilitation plans and to evaluate the readiness to return to the appropriate level of activity.
- Determine the appropriate therapeutic exercise program and appropriate therapeutic goals and objectives based on the initial assessment and frequent reassessments.
- Explain the psychosocial requirements (i.e., motivation and self-confidence) of various activities that relate to the readiness of the injured or ill individual to resume participation.
- Explain the importance of providing health care information to patients, parents/guardians, and others regarding the psychological and emotional well-being of the patient.
- Compare the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, their patients, and others involved in the health care of the patient.
- Explain the basic principles of counseling (discussion, active listening, and resolution) and the various strategies that certified athletic trainers may employ to avoid and resolve conflicts among superiors, peers, and subordinates.
- Explain the potential need for psychosocial intervention and referral when dealing with populations requiring special consideration.
- Describe the psychosocial factors that affect persistent pain perception and identify multidisciplinary approaches for managing patients with persistent pain.
- Describe organization and administration of pre-participation physical examinations and screening.
- Identify components of a medical record and the associated implications of privacy statutes (Health Insurance Portability and Accountability Act [HIPAA] and Federal Educational Rights Privacy Act [FERPA]).
- Identify common human resource policy and federal legislation regarding employment
- Describe duties of personnel management.
- Identify principles of recruiting, selecting, and employing physicians and other medical and allied health care personnel in the deployment of health care services.
- Describe federal and state infection control regulations and guidelines.
- Identify key accrediting agencies for health care facilities
- Identify and describe basic components of a comprehensive emergency plan for the care of acutely injured or ill patients.
- Describe strategic processes and effective methods for promoting the profession of athletic training and those services that athletic trainers perform in a variety of practice settings.

- Differentiate the roles and responsibilities of the athletic trainer from those of other medical and allied health personnel who provide care to patients involved in physical activity and describe the necessary communication skills for effectively interacting with these professionals.
- Describe role and functions of various community-based medical, paramedical, and other health care providers and protocols that govern the referral of patients to these professionals.
- Demonstrate the ability to access medical and health care information through electronic media.
- Use appropriate terminology and medical documentation to record injuries and illnesses.
- Use appropriate terminology to effectively communicate both verbally and in writing with patients, physicians, colleagues, administrators, and parents or family members.
- Explain the role and function of state athletic training practice acts and registration, licensure, and certification.
- Describe the process of attaining and maintaining national and state athletic training professional credentials.
- Describe the role and function of the governing structures of the National Athletic Trainers' Association.
- Differentiate the essential documents of the national governing, certifying, and accrediting bodies.
- Summarize the position statements regarding the practice of athletic training.
- Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.
- Summarize the current requirements for the professional preparation of the athletic trainer.
- Identify the objectives, scope of practice and professional activities of other health and medical organizations and professions and the roles and responsibilities of these professionals in providing services to patients.
- Identify the issues and concerns regarding the health care of patients.
- Identify and access available educational materials and programs in health-related subject matter areas.
- Summarize the history and development of the athletic training profession.
- Access by various methods the public information policy-making and governing bodies used in the guidance and regulation of the profession of athletic training (including but not limited to state regulatory boards, NATA, BOC).

Topical Outline

- CCC/Rowan Athletic Training Programs
- Review of Policy Manual and review of program requirements, discussion of observation requirements, begin discussion on NATA
- Professional Development and Responsibilities of the Athletic Trainer
- Health Care Administration in Athletic Training
- Legal Concerns and Issues
- Environmental Considerations
- Training and Conditioning Techniques

- Assessment of Athletic Injuries
- Using Therapeutic Modalities
- Using Therapeutic Exercise In Rehabilitation
- On-the-field emergency care
- Intro to Pharmacology
- Musculoskeletal Conditions
- General Medical Conditions

Required Texts and Other Materials

Prentice, W., *Arnheim's Principles of Athletic Training: A Competency Based Approach*. McGraw-Hill

Reference Materials

Anderson, M., *Fundamentals of Sports Injury Management*. Lippincott

Student Assessment

- Written Tests (4)-50%
- Guest Speakers (in addition to class meetings)- 10%. Three unexcused absences will result in an incomplete for this class. During these inservices various physicians and other allied health professionals will be lecturing on various topics.
- Midterm and Final Observation Evaluation- 40%
- Attendance at inservices, pre-professional experiences and in class are very important, reasons for an excused absence include documented illness, religious observance, participation in College/University activity with written request from official (athletics, letter from coach), circumstances beyond the control of the student. Absences that do not include those listed above will be considered unexcused. Missing or arriving late for pre-specialization hours will negatively effect your midterm and final pre-specialization evaluation.
- You will be responsible for observation hours in the athletic training room at Cumberland County College. If you do not fulfill this requirement (2-3 hrs per week) you will be given an incomplete for this class You are required to hand-in a class and other conflict schedule to the clinical coordinator within the first two weeks of the semester. You will then be assigned clinical observation hours. You must attend all clinical observation hours. This will be checked via the hour sheets located in the Cumberland County College Athletic Training Room.
- All policies and procedures found in your athletic training specialization manual are in effect for class.

Academic Integrity

Plagiarism is cheating. Plagiarism is presenting in written work, in public speaking, and in oral reports the ideas or exact words of someone else without proper documentation. Whether the act of plagiarism is deliberate or accidental [ignorance of the proper rules for handling material is no excuse], plagiarism is, indeed, a “criminal” offense. As such, a plagiarized paper or report automatically receives a grade of ZERO and the student may receive a grade of F for the semester at the discretion of the instructor.

Available Resources

If you are having difficulty with work in this class, tutoring is available through the Success Center. If you think that you might have a learning disability, contact Project Assist at 856.691.8600, x1282 for information on assistance that can be provided to eligible students.

(List availability of open labs and/or writing center)

Before Withdrawing From This Course

If a student experiences adverse circumstances while enrolled in this course and considers withdrawing, s/he should see an advisor (division or advisement center) BEFORE withdrawing from the class. A withdrawal may cause harmful repercussions to completion rate standards and overall GPA which can limit or eliminate future financial aid in addition to causing academic suspension.