

CASPER COLLEGE COURSE SYLLABUS
KIN 1052 -01 Introduction to Athletic Training

Semester/Year: Fall 2015

Lecture Hours: 3 **Lab Hours:**0 lab **Credit Hours:**3credit
Lec

Class Time:11:00 - **Days:**M,W,F **Room:**TB 158
11:50

Instructor's Name: Dan Dalen ATC LAT

Instructor's Office Phone:268-2518 **Email:**ddalen@caspercollege.edu
Contact Information:

Office Hours: M- 9:00 & 2:00, TU-11:00, Wed and Fri – 9:00

Course Description: 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.

Statement of Prerequisites: None

Goal: Course will provide the student with an introduction into the profession of athletic training. This will include proficiencies and competencies necessary for the entry – level certified athletic trainer

Outcomes: 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, and other rehabilitation 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;

Methodology: Lecture, Demonstration, and Participation

Evaluation Criteria: 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. All absences will negatively affect your class participation grade.

Tardiness Policy:

Classes could begin with a quiz covering the previous day's material. Students who are tardy will not have the same amount of time to finish the quiz as students who are on time. If the student is tardy by several minutes, he or she will take a zero for that quiz.

Required Text, Readings, and Materials: Arnheim's Principles of Athletic Training, Prentice, W.E. McGraw Hill, 2010 15 th ed.

Class Policies: Last Date to Change to Audit Status or to Withdraw with a W Grade: November 12th 2015

Student Rights and Responsibilities: Please refer to the Casper College Student Conduct and Judicial Code for information concerning your rights and responsibilities as a Casper College Student.

Chain of Command: If you have any problems with this class, you should first contact the instructor to attempt to solve the problem. If you are not satisfied with the solution offered by the instructor, you should then take the matter through the appropriate chain of command starting with the Department Head/Program Director, the Dean, and lastly the Interim Vice President for Academic Affairs.

Academic Dishonesty: (Cheating & Plagiarism) Casper College demands intellectual honesty. Proven plagiarism or any form of dishonesty associated with the academic process can result in the offender failing the course in which the offense was

committed or expulsion from school. See the Casper College Student Code of Conduct for more information on this topic.

Official Means of Communication: Casper College faculty and staff will employ the student's assigned Casper College email account as a primary method of communication. Students are responsible to check their account regularly.

ADA Accommodations Policy: If you need academic accommodations because of a disability, please inform me as soon as possible. See me privately after class, or during my office hours. To request academic accommodations, students must first consult with the college's Disability Services Counselor located in the Gateway Building, Room 344, (307) 268-2557, bheuer@caspercollege.edu. The Disability Services Counselor is responsible for reviewing documentation provided by students requesting accommodations, determining eligibility for accommodations, and helping students request and use appropriate accommodations.

Calendar or schedule indicating course content:

Introduction to Athletic Training TENTATIVE Course Outline (Subject to Change)			
	Topic	Chapter	
8/24	Introduction, syllabus, about athletic training <i>Discuss clinical assign.</i>	NA	
8/26	The Athletic trainer and sports medicine team	1	
	Health care administration/ Project Assignment	2	
8/28	Legal issues in athletic training	3	
8/31	Written Exam 1		
9/2	Training and conditioning	4	
9/4	Nutrition	5	
9/7	No Class – Labor Day		
9/9	Protective Equipment		
9/11	Written Exam 2		
9/14	Injury Nomenclature	NA	
	Injury evaluations	13	
9/16	Psychological considerations	11	
9/18	Written Exam 3		
9/21	Rehabilitation	16	
	Therapeutic modalities	15	
9/23	Modalities and rehab lab	15,16	
9/25	Pharmacology/ Drugs in sport	17	
9/28	Written Exam 4	NA	
9/30	The foot, ankle, lower leg	18,19	
10/2	The knee	20	
	The hip and thigh	21	
10/5	Written Exam 5		
10/7	The shoulder	22	
10/9	The elbow	23	
	Wrist and hand	24	
10/12	Written Exam 6		
10/14	Head Injuries / Concussions		
	Final Exam	NA	