**Reedley College**

**PE 20: Athletic Training**

**Summer 2014**

**Instructors**: Lacy Hatfield MS, LAT, ATC

**Office Hours**: by appointment or after class

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**Meeting Time/Place:** 6/23-7/31; MTWTH 9-11:45am, F 9-12:50

**Prerequisite:** none

**Texts**:

**Recommended**:

* Anderson MK, Parr GP (2013) Foundations of Athletic Training; Prevention, Assessment, and Management, 5th ed. Lippincott, Williams and Wilkins
* Prentice WE (2011) Principles of Athletic Training; A Competency-Based Approach, 14th ed. McGraw Hill

**Catalog Description**

This course is designed to instruct students in the prevention and evaluation of athletic injuries. Emergency first aid, treatment, and taping of injuries will constitute the majority of the lab component.

**Course Description:**

PE 20: Athletic Training is designed to introduce students to the field of athletic training and set the foundation for students who continue on in the athletic training education program. The course begins with a look at the professional association, certification board, state licensure and the standards of practice. Throughout the class students will become familiar with the NATA position statements on pre-participation exams, concussive injuries, environmental issues and sudden death in athletics. Significant time will be spent on emergency procedures and teaching the student how to plan for, recognize and respond to an emergency. Basic taping and splinting techniques will be covered along with immediate care guidelines for handling acute injuries. A brief overview of clinical practices such as therapeutic modalities and exercise will be taught to introduce the student to the numerous therapies. Each student will complete observational hours and a clinical proficiency check off sheet.

**Course Objectives:**

Upon completion of this course, the student will have the opportunity to achieve the psychomotor competencies and clinical proficiencies as established by the NATA Education Council as evaluated via, written exams, clinical check-off document and formal discussion. Class sessions will be spent instructing and evaluating clinical competencies and proficiencies. These educational experiences will allow you the opportunity to expand and refine athletic training psychomotor skills, cognitive knowledge, and decision‑making capabilities to meet the following objectives:

**Course content:**

* Vocabulary and Terminology
* Skeleton and muscles
* The Athletic Trainer and the Sports Medicine Team
* Health Care and Administration and Athletic Training
* Legal concerns and insurance issues
* Environmental considerations
* Mechanisms and characteristics of sports trauma
* Tissue response to injury
* On the field acute care and emergency procedures including CPR/AED
* Off the field injury evaluation
* Using therapeutic modalities
* Using therapeutic exercise in rehabilitation
* The foot
* The ankle and lower leg
* The knee and the related structures
* The thigh, hip, groin and pelvis
* The shoulder
* The elbow
* The forearm, wrist, hands and fingers
* The spine
* The thorax and abdomen
* The head, face, eyes, nose and throat

**Course Grading Scale**

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| --- | --- | --- |
| **Grading Items** | **Points** | **Total Points** |
| **Exams (6)** | **100 points each** | **600 points** |
| **Quizzes (4)** | **25 points each** | **100 points** |
| **Clinical Proficiency Sheet** | **100 points** | **100 points** |
|  |  |  |
| **TOTAL:** |  | **800 points** |

**Written Exam and Final**

Six written exams will be given weekly. See course outline for tentative dates. The exams will be announced and held during class time. Each written exam may include a combination of questions including multiple choice, true/false, fill in the blank, matching and short answer questions. Students are required to take the exam during the schedule exam time. If a student does not attend an exam, and has not notified the instructor of such absence, a zero will be given for the exam grade and the student will not be allowed to make up the exam. The exams will be worth 100 points each.

**NATA Position Statement Quizzes**

Four quizzes will be given to test your knowledge on each of positions statements you will be assigned to read. The main topics to be covered include Pre-Particpation Exams, concussions and head injuries, exertional heat illness and sudden death in athletes. The quizzes will be given in class and on the date that the required reading assignment of the position statement is due.

**Clinical Proficiency Check-Off**

While completing your observational hours you are required to be actively engaged and learning. The clinical check off sheet will guide you through many basic but necessary tasks to ensure your success in the athletic training room for years to come. For each task listed on the sheet you are required to observe it, learn it, perform it and explain it.

**Class Attendance and Participation**

You are expected to participate in all activities during class. Active participation includes coming dress and prepared for clinical activity, respecting your classmates and not using your cell phone or other non-permitted electronic devices.

***Proper attire:*** *Students are expected to dress appropriately for class. On some days, due to the nature of the course, appropriate clothing will be needed to allow the student to fully participate. Appropriate clothing includes shorts, sweatpants, T-shirts and sweatshirts and on occasion tank tops or sports bras.*

***Use of Electronic Devices:*** *When a student comes to class, he or she is expected to devote his or her attention to the lecture material and class discussion. Therefore, the use of electronic devices such as cell phones, pagers, IPODS/PADS players, etc. is prohibited.* ***Students are expected to turn off cell phones when class begins. That means DO NOT simply silence cell phones or put them on vibrate…turn them off!***  *There will be* ***NO*** *text messaging during class. If a student chooses to use a laptop computer to take class notes, he or she is welcome to do so. However, the use will be monitored. If a student abuses this privilege by using the internet for e-mail, instant messaging or other personal reasons and/or the student is seen working on out-of-class assignments for either this class or another class, he or she will be penalized. If an electronic device is used to record the lecture, the student may only do so if permission is given by the lecturing professor prior to the lecture being recorded. Permission for recording a lecture is not guaranteed.*

**COURSE POLICIES AND PROCEDURES**

**COURSE REQUIREMENTS**

The student is responsible for all course material which will include; labs, worksheets, quizzes, pop quizzes, in-class assignments, and written exams. The majority of work will be announced. Refer to the course outline for tentative dates. An unannounced quiz or in-class assignment may be used to test the student’s knowledge and assess the student’s preparation for class. In class assignments will be both announced and unannounced and will occur during class time (the student may have to finish on their own time if class time was not sufficient). No make-up quizzes, exams or assignments will be permitted for unexcused absences.

**MAKE-UP / LATE / INCOMPLETE POLICY**

Generally, there are no make-up opportunities for any of the course assignments for unexcused absences. Should you miss a test, quiz, or any other assignment for this course due to a university sanctioned excuse; you will be expected to contact me through email prior to class (***by 7:00 AM minimum***). The day of your return to class, you must provide official documentation (such as a signed, dated, and officially-headed letter from your doctor) justifying your absence. Without such official documentation, you will not be provided an opportunity to make-up or turn in the course assignment you missed.

**OBSERVATION HOURS**

During the summer you will complete observational hours. It is your responsibility to sign-up, keep track and complete observational hours. You will have an opportunity each week to sign-up for different practice times. The number of hours you record must be documented on an hour log and signed off by coach each week. While you are never allowed to miss class for clinical hours, you will be expected to fulfill clinical hours during various times and events. You are responsible for showing up at your required time.

**CLASS ATTENDANCE AND TARDINESS POLICY**

***Attendance:*** Students are required to come to class. After 2 unexcused absences, 10 points will be deducted from points for each additional absence The instructor needs to be notified with proper written documentation, within 2 weeks of the start of class, of any expected absences (family obligations, religious commitments) for the absence to be reviewed and considered excused by the instructor.

Obviously, unforeseen circumstances do arise and the instructor will handle such circumstances on a case-by-case basis. Students should notify the instructor via email or phone as soon as possible and be prepared to provide appropriate written documentation (i.e. doctor’s note, funeral announcement, receipt for services, note from athletic coach, etc.) for absences past 2 in order to not lose valuable points in the class. This documentation must be received by the instructor no later than the next class time following the absence. Being absent from class does not excuse the student from responsibilities. The student is still responsible for any missed work, labs, handouts, announcements and class notes.

***Tardiness:*** Students who show up late for class are disruptive to the instructor and the other members of the class. Each student will be given 1 (one) late allowance without penalty. Every tardiness offense after the first one will be recorded and calculated. Five (5) points will be deducted from the final earned grade for each additional tardy. Reporting late to class two times is equivalent to an absence.

**INCOMPLETES**

Incomplete grades are given when verifiable circumstances prevent the student from completing a course within the term.

**CHEATING AND ACADEMIC DISHONESTY POLICY**

**Course Policy**: Cheating and plagiarism will not be tolerated. Such behavior will result in a zero (0) and be figured into the final grade accordingly. Further, disciplinary action may also be pursued if deemed appropriate by the instructor. This policy can be found at the following link.

**OFFICE OF DISABILITY SUPPORT SERVICES (DSS)**

Any student who believes he/she has a disability that requires special accommodations to complete course requirements must identify such needs with the Office of Disability Support Services at the beginning of the semester.