

ATHLETIC TRAINING I

Course Outline and Expectations

Instructors: Mrs. Price and Ms. Hillman

Supplies Required: 3 ring binder with loose leaf, writing utensils

Class Requirements: In class assignments, projects, quizzes, written and practical tests, 10 total observational hours of practical experience

Grading Scale: This is a year course. You will be graded on the above mentioned requirements

Attendance: If you are absent you are responsible to obtain and make up any missed work including tests/quizzes. District/building attendance policies apply to tardiness.

Rules and Procedures:

1. Treat all individuals with respect
2. Use appropriate language and behavior
3. Be prepared every class
4. Do not touch equipment in the room unless instructed by the teacher

Objectives:

1. Overview of the aspects of athletic training concerning the identification, assessment, care, prevention, management, and treatment of athletic injuries
2. To understand basic human anatomy and physiology of the human body
3. To demonstrate appropriate first aid and emergency care
4. To demonstrate appropriate taping, wrapping, and bracing techniques
5. Exposure to working with athletes, coaches, and athletic injuries in the high school setting
6. To observe/shadow an array of health care fields

OVERVIEW

Part I

- I. **Introduction**
 - a. Definition of Athletic Training/Sports Medicine
 - b. Sports Medicine Team
- II. **Athletic Training**
 - a. Profession
 - i. Education
 - ii. Responsibilities
 - iii. Professional Associations
 - iv. Qualities and Characteristics
 - b. Training Room
 - i. Features
 - ii. Organization
 - iii. Operation
 - c. Records

- d. Supplies and Equipment

III. General Overview of Anatomy and Physiology

- a. Skeletal System
- b. Ligaments, Cartilage, and other soft tissue structures
- c. Muscular System
- d. Nervous System
- e. Cardiovascular System
- f. Respiratory System

IV. First Aid and Emergency Care Procedures

- a. General Tissue Injuries
- b. Wound Care
- c. Sling/Splinting/Immobilization
- d. Assessment Guidelines/Primary and Secondary Assessments
- e. Vital Signs
- f. Rescue Breathing, CPR and AED skills

V. Special Considerations

- a. Environmental Conditions (heat and cold related illnesses)
- b. Shock
- c. Illness/Disease
- d. Nutrition
- e. Drugs

Part II

The anatomical makeup for each area of the body mentioned is studied more in depth.

Identification of specific injuries as well as their mechanisms, signs and symptoms, and treatment/management for the injury is studied for each area of the body

- I. Foot, Ankle, and Lower Leg**
- II. Knee**
- III. Thigh and Hip**
- IV. Spine**
- V. Abdomen and Thorax**
- VI. Shoulder**
- VII. Elbow and Forearm**
- VIII. Wrist and Hand**
- IX. Head and Face**