**University of Wisconsin – Stevens Point**

**AT 181 – Introduction to Athletic Training**

**Fall 2022**

**Instructor:** Danelle Smith **Class Location**: MCCH 146

**Office:** SCI B 131 **Class Time**: 9-9:50 MW

**REQUIRED TEXT:**

None, but specific readings will be posted in Canvas

**COURSE DESCRIPTION:**

Overview of athletic training profession, history and growth. Concept of the sports medicine “team” is discussed along with athletic training room policies, procedures, medical record keeping, and supplies used. The intention is to provide basic information on the profession of athletic training as well as the responsibilities and career options of an athletic trainer. In addition, students will gain an understanding of the application requirements for the UWSP athletic training major.

**COURSE OBJECTIVES:**

At the conclusion of this class the student will:

1. become familiar with the development of athletic training as a profession and be able to identify various career options.

2. become familiar with the roles, duties, and responsibilities of athletic trainers, coaches, physicians, athletes, and other allied health care professionals in the prevention of athletic injuries.

3. develop basic knowledge in the structure and function of the human body as it pertains to the recognition, care and prevention of athletic injuries.

4. develop basic knowledge in the effects of physical activity, injury, and illness on the human body.

5. describe the domains of athletic training and identify roles of the athletic trainer in each domain

6. become familiar with terminology used for athletic injuries, documentation, and medical treatment.

7. develop a respect for the roles of health care professions and define those for athletic training

8. investigate the local, state, and national organizations developed for the athletic trainer

9. identify the process for application to the UWSP Athletic Training Education Program

10. identify the criteria for eligibility to sit for the BOC examination for certification of athletic trainers.

**COURSE REQUIREMENTS:**

**Attendance**: Students are expected to attend all classes and be on time. If a class is to be missed, the student must contact the instructor via phone or in person prior to the beginning of the class period. (Email is not acceptable)

**Honesty:** Under no circumstances will academic dishonesty (cheating, plagiarism) be tolerated. Violation may result in an automatic failing grade for the assignment. UWSP values a safe, honest, respectful, and inviting learning environment. A set of rights and responsibilities has been developed to foster this environment. For more information go to : <http://www.uwsp.edu/stuaffairs/Pages/rightsandresponsibilities.aspx>

**Exams:** There will be three written exams throughout the semester and one written, comprehensive final exam.

**Assignments/Labs:** There will be designated assignments both in and out of class for various topics. Any missed assignment will be given a grade of 0 unless preparations are made with the instructor prior to the assignment due date. Part of these assignments will be labs. These labs are essential to the understanding of the material for this course and active participation is expected.

**Presentation**: Each student will work with a group to give a presentation a body part and injury topic to be chosen during the semester. Students will be graded on a rubric that is posted in Canvas.

**METHOD FOR COURSE EVALUATION** **GRADING SYSTEM:**

Assignments 5-20 points each A 94-100% C+ 77-79%

3 Written Exams 70-90 points each A- 90-93% C 73-76%

Final Exam 100-120 points B+ 87-89% C- 70-72%

Presentation 40-50 points B 83-86% D+ 65-69%

Participation 10-20 points B- 80-82% D 60-64

F below 60%

**\*\* This syllabus is subject to change if deemed necessary by the instructor or University.**

**Tentative Course Outline:**

**In-class topic Assignments, etc. Due**

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| **Week 1:**  **W** | Review syllabus, class expectations  Module 1 - What is Athletic Training? PPT 1a | Look at Readings on canvas related to work settings (1-6) |
| **Week 2: M**  **W** | PPT 1b Where DO Athletic Trainers work?  PPT 1c Athletic Training Education | Work on Discussion 1 |
| **Week 3: M**  **W** | PPT 1d Athletic Training Resources and Regulations  History in AT In class Activity | Discussion 1 Due in Canvas Assignment 1 Due in Canvas |
| **Week 4: M**  **W** | Review for exam  **EXAM 1** | **EXAM 1** |
| **Week 5: M**  **W** | Module 2 – Prevention and Acute Care, PPT 2a Emergency Procedures  PPT 2b – Environmental Concerns | Work on Discussion 2 |
| **Week 6: M**  **W** | PPT 2c -Acute Care  **In class activity Bloodbourne Pathogens**, PPT 2d BBP & Wound Care | Discussion 2 Due in Canvas |
| **Week 7: M**  **W** | PPT 2e – Splinting and Transportation of Injured Patients  Lab – Splinting, Spine-boarding, Gait support | In Person Lab |
| **Week 8: M**  **W** | **In class activity**  - EAP, Review for Exam  **EXAM 2** | **EXAM 2** and Assignment 2 Due in Canvas |
| **Week 9: M**  **W** | Module 3 - Understanding Injury , PPT 3a - Medical Terms  PPT 3b – Injury Terminology | Work on Discussion 3 – Injury Interest |
| **Week 10: M**  **W** | PPT 3c - Inflammatory Process and Healing  PPT 3d – Lower Extremity Anatomy and Injuries | Discussion 3 Due in Canvas |
| **Week 11: M**  **W** | PPT 3e – Upper Extremity Anatomy and Injuries  PPT 3f – Head Injuries – Concussion Presentation | Watch Frontline Video Discussion 4 on canvas |
| **Week 12: M**  **W** | Anatomy/Injury review  **EXAM 3** | Discussion 4 Due on Canvas **EXAM 3** |
| **Week 13: M**    **W** | Module 4 – Treatment and Rehabilitation, PPT 4a -Taping and Bandaging  Taping and Bandaging lab | In-Person Lab |
| **Week 14: M**  **W** | PPT 4b – Treatment and Rehabilitation  Student Presentations Body area to be assigned | Presentations Due on Canvas |
| **Week 15 M**  **W** | Student Presentations continued  Student Presentations finish and **Review for Final** |  |
| **FINAL** | **12/21Wednesday** | **FINAL EXAM** |