

University of Wisconsin – Stevens Point
AT 181 – Introduction to Athletic Training
Spring 2020

Instructor: Danelle Smith
Office: HEC 131

Class Location: HEC 119
Class Time: 10-10:50 T-TH

REQUIRED TEXT:

None, but specific readings will be posted online.

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. There will also be a practical exam which may include skill such as taping, bracing, splinting, and acute care.

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

Assignments	10-20 points each
3 Written Exams	70-90 points each
Final Exam	100-120 points
Presentation	40-50 points
Practical Exam	30-40 points
Participation	10-20 points

GRADING SYSTEM:

A	94-100%	C+	77-79%
A-	90-93%	C	73-76%
B+	87-89%	C-	70-72%
B	83-86%	D+	65-69%
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:

Week 1:	T	Review syllabus, class expectations
	TH	What is Athletic Training? – Read Chap 1– Workplace list
Week 2:	T	Athletic Training Resources and Regulations
	TH	DUE: Workplace Rank on Canvas, Readings on Workplaces on Canvas (first 4 readings)
Week 3:	T	Read Chap 2 - History of Athletic Training.
	TH	Education of Athletic Trainers
Week 4:	T	DUE: Assignment 1 – Learning Styles ATS education, learning styles and review
	TH	EXAM 1
Week 5:	T	Read Chap 11 - Emergency Planning, EAPs, NATA Statement on Emergency Planning
	TH	Read chap 12 – Environment and Prevention
Week 6:	T	Prevention – OSHA and Blood Borne Pathogens, Universal Precautions, Wound Care
	TH	DUE: Discussion 2 in Canvas - Emergency Read Chap 13 - First Aid and Acute Care
Week 7:	T	DUE: Assignment 2-EAP – Inflammatory Process and Healing
	TH	Immobilization of Injuries, Spineboarding, Splinting
Week 8:	T	Lab- Immobilization, Splinting
	TH	EXAM 2
SPRING BREAK		
Week 9:	T	Read Chap 5 – Athletic Training Terms
	TH	Understanding Injury
Week 10:	T	DUE: Canvas Discussion #3, Read Chap 6 – Lower Extremity
	TH	LE, Read Chap 7 – Upper Extremity
Week 11:	T	UE- Read Chap 8,9 Head, Neck
	TH	Taping and Wrapping
Week 12:	T	DUE: Canvas Discussion # 4, Taping and Wrapping Lab
	TH	Taping and Wrapping lab continued
Week 13:	T	Practical Exam
	TH	Practical Exam
Week 14:	T	Student Presentations – Body area to be assigned
	TH	Student Presentations – Body area to be assigned
Week 15:	T	EXAM 3
	TH	Review for Final
FINAL		May 14 – 2:45-4:45