

Sul Ross State University
Physical Education
Athletic Training II
PE 4304:002
Syllabus

Instructor: Sierra White

Class Time: MWF 9:00 – 9:50

Email: cprude@sulross.edu

Office Phone: 837-8235

Location: PPGC 110

Office Hours: 10:00 am – 1:00 pm

Required Text: PRINCIPLES of ATHLETIC TRAINING, 15th Edition;
Arnheim, Daniel and Prentice, William, McGraw Hill 2000

COURSE DESCRIPTION

Athletic Training I is a course designed to provide students with an overview of basic principles associated with the PREVENTION, RECOGNITION, and CARE of sport related injuries.

PURPOSE OF COURSE

To provide each student with current and relevant information regarding the prevention and immediate care of common sport related injuries.

METHOD OF INSTRUCTION

This course will consist of lecture, class discussion, group presentation, and hands-on lab practical in basic skills of Athletic Training.

COURSE OBJECTIVE AND STUDENT OUTCOMES

The student will be able to apply principles and concepts of physical training and conditioning to promote the prevention of sport related injuries.

The student will be able to make prudent and accountable decisions regarding sport injuries and legal implications.

The student will recognize learned signs and symptoms associated with common sport related injuries.

The student will develop an understanding of recommended care for sport related injuries and conditions.

STUDENT EXPECTATIONS

The student will:

1. Read as required
2. Attend all classes
3. Participate in oral presentation
4. Perform expected lab skills
5. Complete written examinations

COURSE ASSESSMENT

The student's grade will be based upon meeting the stated objectives. Evaluation will be founded on participation, attendance, performance on examinations, and professional attitude.

Calculation of students grade will be as shown:

Written Test(s)	25%
Oral Presentation	15%
Skills Test	10 %
Class Attendance	25%
Final Exam (12/09/13	25%

- Classroom attendance and participation are required. In accordance with the University catalog, any student with excessive absences may be dropped from the course. Each student will begin the semester with 100 pts for attendance and will have 10 pts deducted for each absence after the first.
- It is the policy of Sul Ross State University to provide reasonable accommodation to students with disabilities. If you would like to request such accommodations because of a physical, mental, or disability, please contact the ADA Coordinator for Program Accessibility in the Briscoe Administration Building, Room 206 or call 837-8203.

COURSE OUTLINE

Topics

Readings

I. Athletic Training	
1. A. Definition	Chapter 1
B. History	
C. Sports Medicine Team	
D. Future	
E. Accreditation's & Requirements	
2. Health Care Administration	Chapter 2

- A. Participation Physical Examination
- B. Facilities & Budget
- C. Program
- D. Record Keeping

Supplemental
Handouts

- 3. Legal Concerns
 - A. Standards of Reasonable Care
 - B. Insurance

Chapter 3

TEST 1

- I. Injury Prevention
 - 1. Training and Conditioning Techniques
 - 2. Nutritional Considerations
 - 3. Environmental Considerations
 - 4. Protective Equipment

Chapters 4 – 7

TEST 2

- I. Recognition and Care of Injuries
 - 1. Mechanisms of Injury
 - 2. Sport Injury First Aid
 - 3. Tissue Response to Injury
 - 4. Psychosocial Response to Injury
 - 5. Emergency Care of Injured Athletes
 - 6. Off the Field Evaluations of Injuries
 - 7. Modalities & Rehabilitation

TEST 3

I. Specific Sport Conditions

Chapter 17

1. Pharmacology & Drugs in Sports

2. Taping & Bandaging

a. Skills Test

3. Common Injuries

b. Student presentations

Chapter 18 -22

FINAL EXAM – Comprehensive

December 09, 2013 8:00 am