

**Course Outline**  
**Advanced Athletic Training II**

**Course Description**

**PE286.** Advanced Athletic Training II. 2 hours credit. Prerequisite: Instructor approval. This course will orient the beginning athletic trainer to the preventative techniques, injury evaluations and treatments of the upper-body. Students will explore the upper-body injury rehabilitation techniques of cryokinetics and correct modality application parameters. Students will also explore athletic trainer organizational and administrative topics.

**Required Textbook**

Arnheim, D.D. (1997). *Modern Principles of Athletic Training* (9<sup>th</sup> Ed.). St. Louis, MO: Times Mirror/Mosby College Publishing Company.

Booher, J.M. and Thibodeau, G.A. (1999). *Athletic Injury Assessment* (4<sup>th</sup> Ed.). St. Louis, MO: Times Mirror/Mosby College Publishing Company.

**Course Objectives**

At the successful completion of this course, the student should be able to:

1. Explain principles relative to the prevention of injuries
  - a. Describe the setup for conditioning seasons
  - b. Design strength and flexibility programs.
2. Explain the evaluation and treatment of injuries to the upper-body
  - a. Evaluate and treat upper-body injuries
  - b. Demonstrate basic upper-body first aid treatments.
3. Demonstrate proper techniques of rehabilitation
  - a. Explain proper rehabilitation techniques for upper-extremity injuries
  - b. Apply modalities
  - c. Implement cryokinetics
  - d. Explain the DAPRE rehabilitative technique.
4. Describe the principles of training room organization and administration
  - a. Explain the organizational principles of running a training room
  - b. Describe the set up of a detailed emergency plan
  - c. Explain the legal concerns associated with athletic training.

5. Explain the importance of education and counseling in the training room
  - a. Explain the doctor-trainer-coach relationships
  - b. List the procedures to maintaining NATA certification records
  - c. Explain the psychological issues of athletics.
  
6. Define miscellaneous issues relative to athletics
  - a. Describe how to set up nutritional programs for athletics
  - b. Define the role of weight management in athletics
  - c. Describe the common injuries of environmental illness
  - d. Explain the negative consequences of the use of smokeless tobacco
  - e. Describe the skin disorders seen in athletics.

### **Topical Outline of Units**

- I. Prevention of injuries of the upper-body
  - a. Conditioning seasons
  - b. Strength and flexibility programs.
  
- II. Evaluation and treatment of injuries to the upper-body
  - a. Upper-body injuries
  - b. First aid treatments.
  
- III. Rehabilitation
  - a. Techniques
  - b. Modalities
  - c. Cryokinetics
  - d. DAPRE rehabilitative technique.
  
- IV. Organization and administration
  - a. Organization
  - b. Emergency plan
  - c. Legal concerns.
  
- V. Education and counseling
  - a. Doctor-trainer-coach
  - b. NATA certification
  - c. Psychological issues.
  
- VI. Miscellaneous
  - a. Nutritional programs
  - b. Weight management
  - c. Environmental illness
  - d. Smokeless tobacco
  - e. Skin disorders.

**Methods of Instruction**

The following teaching/learning activities will assist students to achieve course objectives: lecture, instructor-lead class discussion, audio-visual aids, class projects, reports and individual conferences.

**Methods of Evaluation**

Methods of evaluation include projects, class assignments, tests, quizzes and an oral practical.