

COURSE OUTLINE

Advanced Athletic Training I

Course Description

PE 285. Advanced Athletic Training I. 2 hours credit. Prerequisite: Instructor approval. This course will enable the student to apply more advanced athletic training concepts to the preventative techniques, injury evaluations and treatments of the lower body. The student will explore lower body injury rehabilitation techniques of cryokinetics with correct modality application parameters and athletic trainer organizational administrative topics.

Course Relevance

The concepts learned in this course are designed for the student going into the fields of athletic trainer, sports medicine, coaching and/or physical education to understand and utilize the more advanced principles of the prevention, treatment and care of athletic injuries to the lower body.

Required Materials

Arnheim, D.D. *Principles of athletic training*. St. Louis, MO: McGraw-Hill Publisher

Learning Outcomes

The intention is for the student to be able to:

1. Recognize athletic injuries to the lower body
2. Apply principles of care and rehabilitation to lower body athletic injuries

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course:

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Problem Solving
 - The student will develop problem solving skills through the demonstration of correct responses to athletic injuries to the lower body.

Secondary skills (developed but not documented):

Health Management
Time Management
Effective Relationships
Teamwork
Ethical Conduct

Leadership
Critical Thinking
Field Related Technology

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by:

1. Responding with correct care to specific athletic injuries to the lower body

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. Training room administrative practices
 - B. Legal implications of school sports
 - C. Physical and psychological considerations of injury prevention
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Emergency plans
 - B. Assumption of risk and negligence
 - C. Conditions causing injury and levels of aspiration
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Special emergency conditions
 - B. Emergency evaluations and care of lower body injuries
 - C. Prevention of lower body injuries
- IV. Skills / Competencies – Actions that are essential to achieve the course outcomes:
 - A. Explain principles of exercise instruction and rehabilitation
 - B. Demonstrate evaluation and treatment of lower body injuries
 - C. Determine rehabilitation responses with cryokinetics and modalities
 - D. Explain policies of the organization and supervision of training rooms
 - E. Organize pre-season physical examination procedures

Learning Units

- I. Prevention of injuries to the lower body
 - A. Pre-season physical examinations
 - B. Protective equipment
 - C. Taping and bracing techniques
- II. Evaluation and treatment of injuries to the lower body
 - A. Lower extremity injuries
 - B. Injury cycles and treatments
- III. Rehabilitation
 - A. Modalities
 - B. Cryokinetics
 - C. Daily Adjustable Progressive Resistance Exercise Technique (DAPRE)

- IV. Organization and administration
 - A. Training room records
 - B. Purchasing supplies
 - C. Policy and procedural manual

- V. Supervision in the training room
 - A. National Athletic Trainers' Association (NATA) certification
 - B. Supervision of student workers

- VI. Drug use, illnesses, and eating disorders
 - A. Drugs
 - B. Common illnesses
 - C. Eating disorders

Learning Activities

Learning activities will be geared toward assisting the student to achieve the intended learning outcomes. Activities may include lecture, instructor-led class discussion, reading assignments, audio-visual aids, guest speakers, group activities, internet activities, and others at the discretion of the instructor.

Grade Determination

The student will be graded on assessment task practical, class participation, homework assignments, quizzes, examinations, notebook, and other methods of evaluation at the discretion of the instructor.