

**University of Wisconsin – Stevens Point**  
**AT 181 – Introduction to Athletic Training**  
**Fall 2016**

**Instructor:** Danelle Smith  
**Office:** HEC 132

**Class Location:** HEC 146  
**Class Time:** 10-10:50 MW

**REQUIRED TEXT:**

Winterstein, Andrew P. *Athletic Training Student Primer – A Foundation for Success. 2<sup>nd</sup> Edition*

**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 D2L.

**METHOD FOR COURSE EVALUATION**

Assignments	20 points each
3 Written Exams	75 points each
Final Exam	120 points
Presentation	60 points
Practical Exam	50 points
Participation	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:**

<b>Week 1:</b> W	Hand out syllabus, class expectations, What is Athletic Training? – Read Chap 1
<b>Week 2:</b> M W	Athletic Training Resources and Regulations <b>DUE: Workplace Rank n D2L, Readings on Workplaces on D2L</b>
<b>Week 3:</b> M W	Read Chap 2 - History of Athletic Training. <b>DUE: Discussion in D2L #1- Workplaces, Education of Athletic Trainers</b>
<b>Week 4:</b> M W	<b>DUE: Assignment 1 – Learning Styles</b> ATS education, learning styles and review <b>EXAM 1</b>
<b>Week 5:</b> M W	Read Chap 11 - Emergency Planning, EAPs, NATA Statement on Emergency Planning <b>DUE: Discussion 2 in D2L - Emergency</b> Read chap 12 – Environment and Prevention
<b>Week 6:</b> M W	Prevention – OSHA and Blood Borne Pathogens, Universal Precautions, Wound Care Read Chap 13 - First Aid and Acute Care
<b>Week 7:</b> M W	<b>DUE: Assignment 2-EAP – Inflammatory Process and Healing</b> Immobilization of Injuries, Spineboarding, Splinting
<b>Week 8:</b> M W	Lab- Immobilization, Splinting <b>EXAM 2</b>
<b>Week 9:</b> M W	Read Chap 5 – Athletic Training Terms Understanding Injury
<b>Week 10:</b> M W	<b>DUE: D2L Discussion #3, Read Chap 6 – Lower Extremity</b> LE, Read Chap 7 – Upper Extremity
<b>Week 11:</b> M W	UE- Read Chap 8,9 Head, Neck Taping and Wrapping
<b>Week 12:</b> M W	<b>DUE: D2L Discussion # 4, Taping and Wrapping Lab</b> Read Chap 14, 15 – Treatment and Rehabilitation
<b>Week 13:</b> M W	Practical Exam Practical Exam
<b>Week 14:</b> M W	Student Presentations – Body area to be assigned Student Presentations – Body area to be assigned
<b>Week 15:</b> M W	Student Presentations – Body area to be assigned <b>EXAM 3 – Review for Final</b>
<b>FINAL</b>	<b>Friday Dec. 16<sup>th</sup>, 12:30-2:30pm</b>