2014

ATTR 160-01 Foundations of Athletic Training

Lisa Jutte
ejuttel@xavier.edu

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Course Number: ATTR 160.01  
Credit Hours: 1 hours  
Time: T 1:00-1:50 pm  
Course Title: Foundations of Athletic Training  
Semester: Fall 2014  
Classroom: Schmidt Fieldhouse Classroom 3

**Catalog Description:**
Overview course includes basic components of a comprehensive athletic training career outlining the prevention, recognition, and evaluation of athletic injuries. History, philosophy and career opportunities of the profession; emergency procedures, tissue healing, ethical and legal considerations, and the organization and administration of athletic training.

**Instructor:** Lisa S. Jutte, PhD, ATC  
Office: Joseph Building 319  
Phone: (513) 745-3902  
Email: juttel@xavier.edu

**Office Hours:** Tuesday 3:45-4:30 pm  
Wednesday 10:00 am -12:00 pm or by appointment

**Learning Objectives:**
After this course, I want and hope that students will be able to:

1. Explain the legal, moral, and ethical parameters that define the athletic trainer’s scope of acute and emergency care.
2. Examine various athletic training work settings.
3. Decide whether or not athletic training is his/her desired profession.
4. Articulate the importance of pre-participation physical examinations.
5. Understand the difference between normal and abnormal vital signs.
6. Describe different types of musculoskeletal injuries.
7. Recognize the role protective equipment plays in the prevention and rehabilitation of orthopedic injury.
8. Differentiate the roles and responsibilities of the athletic trainer from other pre-hospital care and hospital-based providers, including emergency medical technicians/paramedics, nurses, physician assistants, and physicians.
9. Explain what evidence based-health care is and it’s relationship to athletic training clinical decisions making process
10. Summarize the role therapeutic modalities and exercise play in the healing process.
11. Make use of appropriate medical terminology and abbreviations.

**Required Text:**

**Grade Weighting:**

<table>
<thead>
<tr>
<th>Grade</th>
<th>Weighting</th>
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<tbody>
<tr>
<td>A</td>
<td>100-90%</td>
</tr>
<tr>
<td>B</td>
<td>82-80%</td>
</tr>
<tr>
<td>C</td>
<td>72-70%</td>
</tr>
<tr>
<td>D</td>
<td>62-60%</td>
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<tr>
<td>F</td>
<td>below 60%</td>
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Course Requirements:

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-Semester Exams (1@100 pts)</td>
<td>100</td>
</tr>
<tr>
<td>Final Exam (1@100pts)</td>
<td>100</td>
</tr>
<tr>
<td>Work Setting Presentation (1@50 pts)</td>
<td>50</td>
</tr>
<tr>
<td>Reading/Video Worksheets (8@10pts)</td>
<td>80</td>
</tr>
<tr>
<td>Personal Reflection</td>
<td>20</td>
</tr>
<tr>
<td>Review Questions (2@ 10pts)</td>
<td>20</td>
</tr>
<tr>
<td>Attendance</td>
<td>TBD</td>
</tr>
<tr>
<td>Quizzes</td>
<td>TBD</td>
</tr>
<tr>
<td>Class Activities/Worksheets</td>
<td>TBD</td>
</tr>
<tr>
<td><strong>Total:</strong></td>
<td><strong>380+ points</strong></td>
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</table>

Exams:
Student will take one written exam during the semester; a second exam will be given during final exam week. The type of exam questions may include any of the following: multiple choice, multiple selection, true/false, essay, matching, or short answer. Students must take the exam during the period listed on the course schedule, failure to do so without prior arrangement will result in 0 points.

Athletic Training Work Setting Presentation:
Students will work in groups to gather and present information on a specific athletic training work setting. Information should include not be limited to: average salary, typical day responsibilities, contract period, types of patients treated and common injuries they sustain, advantages and disadvantages of the setting compared to other settings, and education/training needed beyond entry level athletic training degree. AMA citation style should be used for citing references.

Reading Worksheets:
On Canvas you will find 9 worksheets that are companions to the assigned class readings and videos. You are expected to complete 8 of the 9 worksheets; you select which 9 you submit. Worksheets are due at the beginning of class and you **may not turned give them to a fellow classmates to turn in or submitted to me via email**.

Personal Essay:
The purpose of this course is to expose students to the field of athletic training, so that one can make an informed decision regarding application to the major. In this personal reflection, you are asked to compose ~1 pg statement regarding what your future major plans are and what has lead you to those plans. If you plan to major in athletic training you are welcome to discuss your future athletic training goals, including preferred work setting. Unless I give prior approval, I will not accept late class assignments and I will only accept assignment in the assigned format, ie. electronic v. hard copy.

Review Questions:
For each exam you are responsible for posting 10 original questions with correct answers on a Canvas’s discussion board. These questions will be available to all taking the course and I recommend students use them as a study aid.
Attendance:
Attendance is required and monitored. Each unexcused absence after the first offense results in a 30-point deduction from the final course point total. Absences will only be excused for sport assignment travel, unavoidable and documental events approved by the instructor, or with prior approval of the instructor. There will be no make-up exams or quizzes and assignments will not be accepted late unless the instructor has granted prior approval.

Quizzes:
I will give quizzes as needed and the quizzes may or may not be announce. They will cover the daily reading assignment or material covered during that class period. Unless prior approval is given, quizzes cannot be made-up due to absences.

Class Assignments:
I may have students submit assignments related to the class material for course credit. Unless I give prior approval, I will not accept late class assignments and I will only accept assignment in the assigned format, ie. electronic v. hard copy.

Academic Honesty:  I expect students to adhere to the standards of Academic Honesty described in the University catalog.
<table>
<thead>
<tr>
<th>Date</th>
<th>Lecture</th>
<th>Assignment</th>
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</thead>
<tbody>
<tr>
<td>Aug 26</td>
<td>I. Introduction&lt;br&gt;II. Syllabi&lt;br&gt;III. Discuss Canvas Access</td>
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<tr>
<td>Sept 2</td>
<td>I. Athletic Training-History/Sports Medicine Team</td>
<td>• Read Ch 1&lt;br&gt;• Reading Worksheet Due: Athletic Training&lt;br&gt;• Read three Student Corner Articles found on Canvas&lt;br&gt;• Introduction Quiz via Canvas Due</td>
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<tr>
<td>Sept 9</td>
<td>I. Discuss Video&lt;br&gt;II. Discuss Work Setting Presentation Assignment</td>
<td>• Video Worksheet Due</td>
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<tr>
<td>16</td>
<td>I. Preparticipation Examination</td>
<td>• Read Ch 2&lt;br&gt;• Reading Worksheet Due: Preparticipation Examination</td>
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<tr>
<td>23</td>
<td>I. Evidence Based Health Care</td>
<td>• Read Article found on Canvas&lt;br&gt;• Reading Worksheet Due: Evidence Based Health Care</td>
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<tr>
<td>30</td>
<td>I. Work Setting Presentations</td>
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<tr>
<td>Oct 7</td>
<td>I. Work Setting Presentations</td>
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<tr>
<td>14</td>
<td>I. Jeopardy Review</td>
<td>• Canvas Review Questions Due</td>
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<tr>
<td>21</td>
<td>I. Exam I</td>
<td></td>
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<tr>
<td>28</td>
<td>I. Protective Equipment</td>
<td>• Read Ch 3&lt;br&gt;• Reading Worksheet Due: Protective Equipment</td>
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<tr>
<td>Nov 4</td>
<td>I. Injury Assessment Process</td>
<td>• Read Ch 5&lt;br&gt;• Read pages: 691-692, 711-713, 581-586, 598, 447-452, 464&lt;br&gt;• Reading Worksheets Due: Injury Assessment</td>
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<tr>
<td>11</td>
<td>I. Injury Assessment Con’t&lt;br&gt;II. Record Keeping</td>
<td></td>
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<tr>
<td>18</td>
<td>I. Tissue Healing</td>
<td>• Documentation Assignment due&lt;br&gt;• Read Ch 6&lt;br&gt;• Reading Worksheet Due: Tissue Healing</td>
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<tr>
<td>25</td>
<td>II. Therapeutic Modalities</td>
<td>• Read Ch 8&lt;br&gt;• Reading Worksheet Due: Therapeutic Modalities</td>
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<tr>
<td>Dec 2</td>
<td>I. Therapeutic Exercise</td>
<td>• Read Ch 9&lt;br&gt;• Reading Worksheet Due: Therapeutic Exercise</td>
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<tr>
<td>9</td>
<td>I. Jeopardy Review</td>
<td>• Personal Reflection Essay Due&lt;br&gt;• Post Review Questions on Canvas</td>
</tr>
</tbody>
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**Comprehensive Final Exam: Thursday Dec 18 @ 10:30 am – 12:20 pm**

*This Schedule is Subject to Change*