

Introduction to Athletic Training

KIN 1341

Instructor: Sherry Ann Miller, ATC, LAT

Term: Fall 2021

Office: Center of Human Performance (CHP) 104; 942-2173(Kinesiology)/486-6171(Direct)

Course Days: Tuesday & Thursday at 9:30 AM to 10:45 AM in CHP 143

Office Hours: Monday and Wednesday: 1 PM to 3 PM; Tuesday: 11 AM to 12 PM; and Thursday: 11 AM to 2 PM

E-mail: smiller@angelo.edu

Required Textbook:

- Prentice, W.E. (2021) Principles of Athletic Training: A Competency Based Approach, 17th ed. [McGrawHill](#). (ebook)/Connect Plus required
- Beam, J.W. (2017) Orthopedic Taping, Wrapping, Bracing, & Padding, 3rd Ed. F.A. Davis
- Rehberg, R.S. & Konin, J. G. (2018) Sports Emergency Care: A Team Approach, 3rd Ed. SLACK Incorporated

Course Description:

The study of concepts in regards to the introduction of athletic training as a profession. The student will learn basic first aid, CPR, bandaging, splinting, equipment concerns, and emergency response principles.

Course Objectives:

1. The student will recognize the need, the role and function, responsibilities, and the professional relationships of athletic trainers in conjunction with sports medicine and healthcare professionals.
2. The student will identify the legal implications of preventing and caring for physical activity related injuries and illnesses.
3. The student will describe and apply the basic components and usage of therapeutic modalities such as cryotherapy, thermotherapy, hydrotherapy, and ultrasound.
4. The student will identify the main components, mechanics, and compose an emergency action plan in regards to emergency and non-emergency situations. The main components (skills) include but are not limited to:
 - A. Recognize and describe the principles and rationale for a primary and secondary survey
 - B. Identify injuries as emergent or non-emergent, and how to provide care for those injuries
 - C. Identify signs and symptoms in addition how to treat individuals suffering from adverse reactions to environmental conditions
 - D. Identify, explain, and apply current standards and procedures for emergent and nonemergent first aid, wound care, spine boarding and splinting concepts.
 - E. Recognize and describe the current standards and practices for CPR, AED, and rescue breathing in regards to emergent and nonemergent situations.
 - F. Recognize the need for vital signs measurement and assessment, and how to interpret this information in regards to emergency and non-emergency situations. Vital signs are blood pressure, pulses, respirations, assessment of body temperature, pupils, and neurological function.
 - G. Recognize proper OSHA guidelines and practices in regards to personal protective equipment, personal hygiene, and the caring for blood borne pathogens

H. Identify, apply, and explain the basic principles and concepts of protective equipment, prophylactic bracing, wrapping, and taping of acute and chronic injuries.

Course Delivery:

This is “in person” or “face to face” course offering. This course has an online component in addition to the “in person” component. Both components are required in order for the student to be successful. The online course component will be delivered via the Blackboard Learning Management System. The course site can be accessed at [ASU's Blackboard Learning Management System](#)

Technology Requirements:

To successfully complete this course, students need to purchase access to Connect Plus through the [ASU bookstore](#) and/or from the publisher [McGraw Hill](#). This is for the online component of the course.

To participate in the online portion of this course, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of Google Chrome
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University’s Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Communication:

Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number in your subject line.

Academic Integrity:

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s [Statement of Academic Integrity.](#)¹

Accommodations for Students with Disabilities:

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the

[Student Disability Services website](#).ⁱⁱ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy:

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)ⁱⁱⁱ for more information.

Plagiarism:

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)^{iv} in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).^v

Student Absence for Observance of Religious Holy Days:

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)^{vi} for more information.

Copyright Policy:

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes:

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University:

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual

nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Miller, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.miller@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Student Evaluation of Faculty and Course:

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

Student Learning Objectives for this course:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course

Assignment Submission:

All assignments must be submitted according to each assignment criteria on the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at smiller@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy:

Due dates and times are posted for all assignments, quizzes, and examination. Online homework and exams will not be extended beyond their due date nor accepted past the due date and time. Other assignments, quizzes, and/or exams will not be accepted passed their due date and time.

General Policies Related to This Course:

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)^{vii}
- [Angelo State University Catalog](#)^{viii}

Student Responsibility and Attendance:

This course is an “in-person” class which means that the student is responsible for completing the online portion of this course asynchronously. The student is also responsible to complete and submit this material by its due date and time. The “face to face” portion of this class, the student is required to be present in order to receive credit. The material that will be presented in class will not be presented online. Points will be deducted from cumulative total for each absence. Ten (10) points for each absence.

Instructor Expectations:

The instructor and/or instructors have several expectations of you, the student, while in this course.

1. Professional behavior and language are required. Profanity is not acceptable as professional language.
2. It is your responsibility to read and comply with the syllabus. There will be no e-mail reminders to do homework or to take exams.
3. It is your responsibility to report missing grades on Blackboard immediately. Waiting until the end of the semester is not a plausible excuse.
4. Punctuality is a must.
5. Please be dressed appropriately for class especially on days we do activities.
6. Electronic devices need to be on silence mode and put away unless you are using these devices to take notes. It is acceptable and encouraged to have them out in this situation. Please understand that if you have an emergency and are expecting a call, please let the instructor know. Step outside of the classroom and attend to your affairs. Otherwise if your phone rings during class and/or you are “on” your phone during class time, you will be counted as absent.
7. All assignments are due on the day and time listed on the syllabus. If an assignment is to be turned in during class, the assignment must be submitted at the beginning of class. If late submissions are accepted, points will be deducted as follows: 1 class day: 5 points; 2 class days: 10 points; 3 class days: 15 points.

Physical Health and Well Being Expectations:

Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following material is for your information:

COVID-19 symptoms:

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell

- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

Expectations for class:

1. Complete the “COVID-19 Reporting Form” found on the ASU website if you experience any of the above symptoms before coming to campus.
2. Face coverings are optional on campus and in class.
3. On days you will be engaged in “hands on activities”, you will be provided a pair of gloves to perform such activities.
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician’s and/or healthcare provider’s instructions

In addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and/or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

Safety Standards in Class at Angelo State University

- Students, faculty and staff are required to complete the wellness check only if they are experiencing symptoms.
- Masks are optional everywhere on campus.
- Washing hands is highly encouraged to prevent spread of all germs.
- Students who do not pass the wellness check should contact their instructors, just as they would for any illness.

Course Requirements:

1. Two (2) Written exams at a possible 125 points each for a total of 250 points
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, oral response, demonstration of skill, and essay.
2. Three (3) Practical exams at a total of 300 points
Each exam will be in the format of oral response and demonstration of skill.
3. Written CPR/AED exam 25 points total. Must pass with an 80% or better in order to become certified.
4. Final exam is worth 150 points. The exam is comprehensive.
Each exam will be in the format of multiple choice, true/false, matching, fill in the blank, short answer, oral response, demonstration of skill, and essay.
5. Online assignments: 15 assignments at 15 points each for a total of 225 points
Through “Connect” from McGraw-Hill (online through Blackboard)
6. Online Quizzes: 7 quizzes for a total point value of 150 points.

Through "Connect" from McGraw-Hill (online through Blackboard)

7. EAP assignment – 25 points

8. Video assignments: total of 75 points

A. 14 videos at 5 points each grouped into 6 assignments

B. Cranial nerve assessment video at 5 points

9. Journal entries: 10 weeks at 10 points each for a total of 100 points.

10. Article Research Quizzes: 6 article quizzes worth 5 points each for a total of 30 points.

11. Vocabulary note cards: 360 vocabulary terms at one half a point for a total of 180 points

12. Clinical hours – 100 points

Clinical Hours:	Point Value:
120-150 hours	100 points
82.5-119.999 hours	70 points
52.5-82.499 hours	40 points
22.5-52.499 hours	10 points
0-22.499 hours	0 points

13. Clinical Skill Assessments: 6 @ 40 points each. 240 points total.

Clinical Skill Assessments	Point Value
90-100% of assessment correct	40 points
80-89.99% of assessment correct	20 points
70-79.99% of assessment correct	5 points
69.999% and below	0 points

14. No make-up exams will be allowed unless prior arrangements have been made with the instructor.

15. If late submissions are accepted, the following points will be deducted: 1 class day – 5 points, 2 class days – 10 points, 3 class days – 15 points, and etc. Please understand it is up to the instructor if late submissions will be accepted. Late submissions only pertain to course work that is due in class not online.

16. Any Athletic Training Specialization student who is ill and misses class due to that illness must bring documentation from a physician that they can return to class and clinical observation rotations.

17. The cumulative points for this course are 1850. Your grade is based off the following ranges:

Ranges:	Letter Grade
1665 – 1850	A
1480 – 1664.999	B
1295 – 1479.999	C
1110 – 1294.999	D
925 – 1109.999	F

Tentative Schedule:

Date:	Topic/In class	Assignment/Exams/Due dates:
August 24	First Day of Classes: Orientation of Class: <ul style="list-style-type: none"> • Syllabus • McGraw-Hill Connect Plus – assignments and exams 	Due by 10:00 PM: <ul style="list-style-type: none"> • Review Syllabus and mark on Blackboard • Purchase Connect Plus • Read & Sign Professionalism Statement • Submit Program documentation
August 26	Read Chapter 1: The Athletic Trainer as a Health Care Provider; Review PPT for Ch. 1 In Class: Lecture – Chapter 1	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Ch. One Assignment (Connect)
August 31	Read CPR/AED manual Read Chapter 4: Airway Management and Breathing (Rehberg) Read Chapter 5: Cardiovascular Emergencies (Rehberg) In Class: Lecture, demonstration, and acquisition of CPR/AED skills	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit CPR/AED Assignment (Connect) • Complete & Submit Vocabulary Note cards for Ch. 1. Due in class before class starts.
September 2	Review CPR/AED Article Research #1 <ul style="list-style-type: none"> • Read Article 1: Pre-participation Physical Examinations and Disqualifying Conditions, and Take notes for future reference. In Class: Lecture, demonstration, and acquisition of CPR/AED skills	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Quiz 1 (Connect) • Complete & Submit Article Research #1 Quiz
September 7	Review CPR/AED In Class: Lecture, demonstration, and acquisition of CPR/AED skills Article Research #2 <ul style="list-style-type: none"> • Read Article 2: Inter-Association Recommendations on Emergency Preparedness and Management of Sudden Cardiac Arrest in High School and College Athletic Programs, and Take notes for future reference. 	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Article Research #2 Quiz • Complete and Submit Written CPR/AED exam (Under Examinations tab) <ul style="list-style-type: none"> ❖ Online only ❖ Pass with an 80% or better for certification ❖ Certification money due (40 dollars) ❖ Repondus LockDown Browser & Monitor ❖ 1 attempt ❖ Opens at 7 AM ❖ Closes at 10 PM

Date:	Topic/In class	Assignment/Exams/Due dates:
September 9	<p>Read Chapter 3: Legal Concerns and Insurance; Review PPTs for Ch. 3</p> <p>Article Research #3</p> <ul style="list-style-type: none"> • Read Article 3: Managing Prescriptions and Non-Prescription Medication in the Athletic Training Facility, and Take notes for future reference. <p>In Class: Lecture – Chapter 3</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Three assignment (Connect) • Complete & Submit Quiz 2 (Connect) • Complete & Submit Article Research #3 Quiz
September 14	<p>Read Chapter 15: Using Therapeutic Modalities; Review PPTs for Ch. 15</p> <p>In Class: Lecture – Chapter 15</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Fifteen Assignment (Connect) • Complete & Submit Quiz 3 (Connect) • Submit Journal & “Beezus Note” 1 • Complete & Submit Vocabulary Note cards for Ch. 3. Due in class before class starts.
September 16	<p>Read Chapter 11: Psychosocial Intervention for Sport Injuries and Illnesses; Review PPTs for Ch. 11</p> <p>Read Chapter 14: Managing Mental Health Emergencies (Rehberg)</p> <p>In Class: - Lecture – Chapter 11</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Eleven Assignment (Connect) • Complete & Submit Quiz 4 (Connect) • Complete & Submit Vocabulary Note cards for Ch. 15. Due in class before class starts.
September 21	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing; Review PPTs for Ch. 8</p> <p>Read Chapter 1: Tapes, Wraps, Braces, and Pads (Beam)</p> <p>In Class – Demonstration and skill acquisition of Ankle taping.</p> <p>Article Research #4</p> <ul style="list-style-type: none"> • Read Article 4: Inter-association Recommendations for Developing a Plan to Recognize and Refer Student-Athletes with Psychological Concerns at the Collegiate Level and Take notes for future reference. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 2 • Complete & Submit Article Research 4 Quiz • Complete & Submit Vocabulary Note cards for Ch. 11. Due in class before class starts.
September 23	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing</p> <p>Read Chapter 4: Ankle (Beam)</p> <p>In Class: Demonstration and skill acquisition of Achilles taping.</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Eight “A” Assignment (Connect)

Date:	Topic/In class	Assignment/Exams/Due dates:
September 28	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing; Review PPTs for Ch. 8</p> <p>Read Chapter 3: Foot and Toes – (Beam)</p> <p>In Class: Demonstration of and skills acquisition of arches, foot, and toes taping.</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 3 • Complete & Submit Video assignment 1
September 30	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing; Review PPTs for Ch. 8</p> <p>Read Chapter 7: Thigh, Hip, and Pelvis – (Beam)</p> <p>In Class: Demonstration of and skill acquisition of Pelvis and Thigh wrapping</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Eight “B” Assignment (Connect) • Complete & Submit Video assignment 2 • Complete & Submit Vocabulary Note cards for Ch. 8. Due in class before class starts.
October 5	<p>In Class: Practical Exam One</p> <ul style="list-style-type: none"> • Practical exams will begin at 7 am in the morning. Please plan accordingly. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 4 • Complete & Submit Video assignment 3
October 7	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing; Review PPTs for Ch. 8</p> <p>Read Chapter 8: Shoulder and Upper Arm – (Beam)</p> <p>In Class: Demonstration and skill acquisition of the should and upper arm wrapping</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete and Submit Written Exam One <ul style="list-style-type: none"> ❖ Online only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Opens Oct. 7th at 7 AM ❖ Closes Oct. 8th at 10 PM ❖ Under the “Examinations” tab
October 12	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing; Review PPTs for Ch. 8</p> <p>Read Chapter 9: Elbow and Forearm – (Beam)</p> <p>In Class: Demonstration and skill acquisition of elbow and forearm taping and bracing.</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 5 • Complete & Submit Video assignment 4
October 14	<p>Read Chapter 8: Wrapping and Taping; Taping, Wrapping, and Bracing</p> <p>Read Chapter 10: Wrist - (Beam)</p> <p>In Class: Demonstration and skill acquisition of wrist taping</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Eight “C” Assignment (Connect) • Complete & Submit Video Assignment 5
October 19	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>In Class: Lecture – Chapter 12 and demonstration and skill acquisition of crutch/cane fitting.</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 6 • Complete & Submit Video Assignment 6

Date:	Topic/In class	Assignment/Exams/Due dates:
October 21	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>Read Chapter 3: Assessment of Sports Emergencies (Rehberg)</p> <p>In Class: Demonstration and skill acquisition of vital signs (Blood pressure, pulses, and respirations)</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Twelve "A" Assignment (Connect)
October 26	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>In Class: Demonstration and skill acquisition of vital signs (Blood pressure, pulses, respirations, and oral temperature)</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Twelve "B" Assignment (Connect) • Submit Journal & "Beezus Note" 7
October 28	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>Read Chapter 1: Introduction to Sports Emergency Care (Rehberg)</p> <p>Article Research #5</p> <ul style="list-style-type: none"> • Read Article 5: The Inter-Association Task Force Document on Emergency Health and Safety: Best-Practice Recommendations for Youth Sports Leagues and Take notes for future reference <p>In Class: Lecture on and writing EAPs</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Article Research 5 Quiz • Complete & Submit Vocabulary Note cards for Ch. 12. Due in class before class starts.
November 2	<p>In Class: Practical Exam Two</p> <ul style="list-style-type: none"> • Practical exams will begin at 7 am in the morning. Please plan accordingly. <p>Read Chapter 6: Care Concepts in Management of the Spine Injured Athlete (Rehberg)</p> <p>Read Chapter 11: Fractures and Soft Tissue Injuries (Rehberg)</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & "Beezus Note" 8 • Complete & Submit EAP Assignment (Group Assignment)
November 4	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>Article Research #6</p> <ul style="list-style-type: none"> • Read Article 6: Pre-hospital Care of the Injured Athlete with a Suspected Catastrophic Cervical Spine Injury and Take notes for future reference <p>In Class: Discussion and skill acquisition of Spine boarding and splinting; Cranial Nerve Assessment</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Article Research 6 Quiz • Complete & Submit Ch. Twelve "C" Assignment (Connect)

Date:	Topic/In class	Assignment/Exams/Due dates:
November 9	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures</p> <p>Read Chapter 7: Unconsciousness and Seizures (Rehberg)</p> <p>In Class: Discussion and skill acquisition of Spine boarding and splinting</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 9 • Complete & Submit Video Assignment 7 over Cranial nerves
November 11	<p>Read Chapter 12: On the Field Acute Care and Emergency Procedures; Review PPTs for Ch. 12</p> <p>Read Chapter 8: Management of Traumatic Brain Injury (Rehberg)</p> <p>In Class: Discussion and skill acquisition of Spine boarding and splinting</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete and Submit Written Examination Two <ul style="list-style-type: none"> ❖ Online only ❖ Respondus LockDown Browser & Monitor ❖ 1 attempt ❖ Opens Nov. 11th at 7 AM ❖ Closes Nov. 12th at 10 PM ❖ Under the “Examinations” tab
November 16	<p>In Class: Practical Exam Three</p> <ul style="list-style-type: none"> • Practical exams will begin at 7 am in the morning. Please plan accordingly. 	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Submit Journal & “Beezus Note” 10
November 18	<p>Read First Aid and Wound Care</p> <p>In Class: Lecture and demonstration of wound cleaning and care</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit First Aid and Wound Care Assignment (Connect) • Complete & Submit Quiz 5 (Connect)
November 23	<p>Read Chapter 6: Environmental Considerations; Review PPTs for Ch. 6</p> <p>Read Chapter 13: Environmental Emergencies (Rehberg)</p> <p>In Class: Lecture over Chapter 6 and discussion of core body temperature (rectal temperature)</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Six Assignment (Connect) • Complete & Submit Quiz 6 (Connect) • Complete & Submit Vocabulary Note cards for Ch. 6. Due in class before class starts.
November 25	<p>University Holiday (Thanksgiving Holiday)</p>	<p>No class</p>
November 30	<p>Read Chapter 13: Off the Field injury Evaluation; Review PPTs for Ch. 13</p> <p>Read Chapter 14: Infectious Diseases, Bloodborne Pathogens, and Universal Precautions; Review PPTs for Ch. 14</p> <p>In Class: Lecture over Chapter 14</p>	<p>Due by 10:00 PM</p> <ul style="list-style-type: none"> • Complete & Submit Ch. Thirteen Assignment (Connect) • Complete & Submit Ch. Fourteen Assignment (Connect) • Complete & Submit Vocabulary Note cards for Ch. 13. Due in class before class starts.

Date:	Topic/In class	Assignment/Exams/Due dates:
December 2	Read OSHA PowerPoint presentation In Class: Lecture over OSHA training, and HOPS/SOAP documentation	Due by 10:00 PM <ul style="list-style-type: none"> • Complete & Submit Quiz 7 (Connect) • Complete and Submit OSHA quiz • Complete & Submit Vocabulary Note cards for Ch. 14. Due in class before class starts.
December 9	Final Examination	Due by 12:00 PM (noon) <ul style="list-style-type: none"> • Opens at 6 AM • Closes at 12 PM (noon) • Comprehensive • Format: Multiple Choice; True/False • 1 attempt • LockDown Browser & Monitor • Under the “Examination” tab

Journal Entry and “Beezus” Notes Assignment Guidelines

Journal Entry:

The weekly journal entry is a written reflection of what you observed, learned, and performed (did) during your clinical rotation. There are many different types of reflection journal entries. Please incorporate some of all of the five types into your journal. The five are:

- *Technical reflection:* focuses on performance improvement.
- *Reflection in/on action:* focuses on learning as it is happening and from past experiences.
- *Deliberative reflection:* focuses on reviewing multiple perspectives on a topic/situation to determine the best solution.
- *Personal reflection:* aids in self- evaluation and goal setting.
- *Critical reflection:* allows students to question their learning to bring about change.

[Examples of Journal Styles](#)

Guidelines:

1. Entries must be typed and/or word processed on the journal entry template provided on Blackboard.
2. The entry must be at a minimum of 400 words, 11 point, in “Arial” font.
3. The entry must be in paragraph form using complete sentences, correct grammar, and correct spelling and syntax.
4. Grading rubric: there are to be 10 entries at 5 points each. The journal must be submitted on time and in the correct format in order to receive the 5 points. Your opinion is not being graded. In other words – “if you do all parts of the assignment correctly, you get the 5 points. If you choose not to do the assignment, you get 0 points.”
5. Confidentiality applies when writing your journal. Do not use patient’s name in your reflection.

6. The entry must be signed by your mentor and clinical preceptor before you submit the entry.
7. The journal is due on Tuesday; submitted through the assignment submission link on your Blackboard page; must be received by time stated on class syllabus.

Examples of questions to ask of yourself: (not all inclusive just a few questions to start the thought process)

- What did I observe during my rotation?
- What did I learn during my rotation?
- How does the new information coincide with past knowledge I have?
- What questions should I have asked or wanted to ask?
- How should I ask questions during an orthopedic evaluation?

Beezus Note

The “Beezus Note” was created by one of the upper classmen in order to assist the younger students in getting involved in the athletic training room. You are required to submit a “Beezus Note” with each journal entry. A copy of the “Beezus Note” is provided on your Blackboard page. The total points for both the journal entry and the “Beezus Note” is 10. The binder (notebook) that was requested for you to have, this is where you will house your journal entries and “Beezus Notes”. Make sure that you have 10 copies in your binder (notebook) that you can fill out and submit with your journal. The journal and note will be in a section of your binder (notebook) that you will keep in the athletic training room and/or in your backpack. This should facilitate getting your journals and notes signed. Your journal and “Beezus Note” must be signed by your mentor and Clinical Preceptor.

You will turn in the journal entry and “Beezus Note” to me through the assignment submission link on your Blackboard page.

Dates of Journals:

Week	Journal	Due Dates
Wk. 1 September 6-12, 2021	Journal 1	September 14, 2021
Wk. 2 September 13-19, 2021	Journal 2	September 21, 2021
Wk. 3 September 20-26, 2021	Journal 3	September 28, 2021
Wk. 4 September 27-October 3, 2021	Journal 4	October 5, 2021
Wk. 5 October 4-10, 2021	Journal 5	October 12, 2021
Wk. 6 October 11-17, 2021	Journal 6	October 19, 2021
Wk. 7 October 18-24, 2021	Journal 7	October 26, 2021
Wk. 8 October 25-31, 2021	Journal 8	November 2, 2021
Wk. 9 November 1-7, 2021	Journal 9	November 9, 2021
Wk. 10 November 8-14, 2021	Journal 10	November 16, 2021

Video Assignment Guidelines

This assignment calls for some technology skills on your part. You will need to record the following videos on your mobile device, and send the videos to me. On your Blackboard page for class, under the section titled “Resources”, you will see the title “TechSmith Knowmia”. Chose this topic, read the information, and watch the video tutorials. This is how you will submit each video on the assignment submission link. If you have any difficulties, please contact Information Technology (IT) for assistance.

Guidelines for the video:

1. Videos:

- Fourteen (14) taping and wrapping videos at 5 points each grouped into six video assignments.
- There is one video over cranial nerve assessment in which is 5 points too.
- The grading rubric for each assignment is if you follow all the guidelines and submit it on time, you will receive the 5 points. If you chose not to follow the guidelines and/or submit it late, you will receive a zero (0).

2. Each video will be over a different taping and/or wrapping techniques. The topics are as follows:

Closed basketweave (ankle)	Groin wrap
Achilles	Hamstring wrap
“X” arch	Shoulder spica
Loop arch	Shoulder sling
Soccer toe	Elbow for hyperextension
Turf toe	Wrist – Figure 8
Hip flexor wrap	Wrist – Fan

3. Video must be at a minimum of 1 minute to a maximum of 5 minutes. Begin each video with a shot of you starting to perform the skill.

4. The video must contain you actually performing the skill. I want to actually see how you are taping and/or wrapping. I do not need a commentary on what you are doing just the actual process of you performing the particular skill. For example: I want to actually see your hands taping the ankle (closed basketweave). I would prefer not to have a picture of your “backside” the whole entire time you are taping and/or wrapping.

5. The technique will be demonstrated in class, and you will have time to practice in class. The video must be done outside of class time. It is to demonstrate that you are practicing on your own. All of the techniques for each video will be the ones you practice in class. There are many ways to perform these skills, but please try to perform the ones that are demonstrated in class.

6. This needs to be original work. Do not include videos of others as yourself or commercially produced videos as your work.

7. The due dates are listed for each video assignment on the syllabus.

Due dates and which taping and/or topic is to be performed:

Assignment:	Category	Due Date
Video Assignment 1	Ankle (Closed basketweave) and Achilles	September 28, 2021
Video Assignment 2	Soccer Toe and Turf Toe “X” Arch and Loop Arch	September 30, 2021

Assignment:	Category	Due Date
Video Assignment 3	Hip flexor wrap, Groin wrap, and Hamstring wrap	October 5, 2021
Video Assignment 4	Shoulder Spica and Shoulder Sling	October 12, 2021
Video Assignment 5	Elbow to Prevent Hyperextension	October 14, 2021
Video Assignment 6	Wrist Figure 8 and Wrist Fan	October 19, 2021
Video Assignment 7	Cranial Nerve Assessment	November 9, 2021

Vocabulary Note Cards

This assignment is to facilitate your knowledge about terminology used in athletic training/sports medicine/health and medical professions. You will be assigned terms from each chapter in all of the textbooks that are required for this course. You will find a section on your Blackboard page with each chapter, from each textbook, terms, and the due date. You will submit your cards to me by the due date before class starts. You will need to pick up your cards as soon as I can grade them.

Guidelines:

1. Print term on one side of card.
2. Write out a definition and/or an explanation of the term on the opposite side. You need to draw a diagram and/or a picture with the definition and/or explanation.
3. Resources: please use a medical dictionary, the glossary in your textbook, and/or the definition and/or explanation from the text.
4. Please use 3x5 or 4x6 note cards. Do not use pieces for notebook paper, paper from a spiral notebook, and/or printer paper. Please do not use electronic note cards or flash cards. I want you to have your note cards with you to study at all times.

Grading:

There is a total of 360 terms for the entire course. Each note card is worth one half of a point (.5). Total point value is 180. You will receive points for the correct term and definition/explanation.

Vocabulary Note Cards:

Chapter/Textbook:	Due Date:
Chapter 1 – Principles of Athletic Training	August 31, 2021
Chapter 3 – Principles of Athletic Training	September 14, 2021
Chapter 15 – Principles of Athletic Training	September 16, 2021
Chapter 11 – Principles of Athletic Training	September 21, 2021
Chapter 8 – Principles of Athletic Training	September 30, 2021
Chapter 12 – Principles of Athletic Training	October 28, 2021
Chapter 6 – Principles of Athletic Training	November 23, 2021
Chapter 13 – Principles of Athletic Training	November 30, 2021
Chapter 14 – Principles of Athletic Training	December 2, 2021

Skill Assessment Guidelines and Rules:

Skill Assessments need to be completed in the following manner. Assessments are not optional.

- Due by the assigned due date.
- Peer checked at least 24 hours prior to clinical preceptor check.
- Must schedule an approved time with your clinical preceptor to complete your skill assessment [up to clinical preceptor's discretion (i.e. 24 hours prior, 1 week in advance, etc.)]
- Must score an 80% or better on ALL skill assessments in ALL athletic training related courses in order to be certified to take your LAT exam.
- Must make an 80% or better on first attempt of a skill assessment with your clinical preceptor. Points for the class will be awarded based on the grading scales below.
- If you score below an 80% on the first attempt:
 - ❖ You are required to re-do that skill assessment with your preceptor for a second attempt within 1 week from the assigned due date for a maximum of 20 points in the class.
 - ❖ A first attempt must be made by the assigned due date in order to perform a second attempt.
- If a first attempt is not made by the assigned due date, you will receive 0 points for that skill assessment in the class. (However, you must make an 80% or better to be certified to take your LAT exam. The date and time will be scheduled by your clinical preceptor by the end of the current semester.)

First Attempt	Class Grading Scale	Second Attempt	Class Grading Scale
90-100%	40 points	90-100%	20 points
80-89%	20 points	80-89%	10 points
70-79%	5 points	<79%	0 points
<69%	0 points		

Due Date:	Skill Assessment:
October 12, 2021	Lower Extremity Taping Techniques
October 26, 2021	Stabilization Transportation
November 2, 2021	Upper Extremity Taping Techniques
November 9, 2021	Primary/Secondary Survey's; Vital Signs; Medical Terminology
November 16, 2021	Immobilization; Splinting; Wrapping Techniques
December 3, 2021	HOPS Evaluation; Directional Terminology

Professionalism:

You as a student are responsible for your academic career. The Athletic Training Specialization faculty and clinical preceptors expect you to develop certain attributes and qualities as a professional athletic trainer. One attribute is to establish professional goals and develop and foster professional relationships.

In order to reach your goal to become a licensed professional, here are some priorities that must be met:

A. Academic Endeavors

Your courses should be your first priority. Academic endeavors must be pursued rigorously. This means all of your courses. Attending class, supplemental instruction, study hours, and study sessions should be your main focus. For every hour of course work you take, you should spend approximately 3 hours studying. For example – if you have 15 credit hours, you should spend a minimum of 45 hours a week in study and preparation for those courses. You need to be present for all courses no matter if the professor/instructor has an attendance policy or not. If you are ill, please seek medical attention. You will need to provide medical documentation to return to classes and clinical hours.

B. Clinical Experience

Clinical experiences and opportunities should be your second priority. Your clinical hours should be viewed as another learning opportunity and an extension of what you are learning in the classroom. You need to establish professional habits while in the clinical setting. Some of these habits and actions include but are not limited to:

- Dressing appropriately and being in professional work attire
- Actively seeking learning opportunities in the clinical setting
- Being productive in the clinical setting
- Practicing your knowledge, skills, and abilities while in the clinical setting with the guidance of your clinical preceptors
- Developing professional relationships with your clinical preceptors

C. College life

I understand and acknowledge your need to be social and possess healthy relationships with your peers, but this should not be a priority for your entire academic career. Starting this semester, you may study in the athletic training facility from 7 am to 12 pm, but in the afternoons you will no longer be allowed to study and do homework at the expense of patient care, and your athletic training knowledge, skills, and abilities. In other words, “no more sitting at the counter, hiding in the athletic training facility, and/or sitting in your clinical preceptor’s office” to avoid participating in patient care and learning opportunities.

Statement of Acknowledgement:

My signature is my acknowledgement that I have read the syllabus and “Professionalism Statement.”

Signature:

Date:

Please print and return to Sherry Ann Miller by the second course day.

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- i <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
- ii <https://www.angelo.edu/services/disability-services/>
- iii <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>
- iv <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>
- v https://www.angelo.edu/dept/writing_center/academic_honesty.php
- vi <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>
- vii <https://www.angelo.edu/student-handbook/>
- viii <https://www.angelo.edu/catalogs/>