1. **COURSE TITLE\*:** Introduction to Athletic Training
2. **CATALOG – PREFIX/COURSE NUMBER/COURSE SECTION\*:** HPER 1102
3. **PREREQUISITE(S)\*:** None **COREQUISITE(S)\*:** None
4. **COURSE TIME/LOCATION/MODALITY: (*Course Syllabus – Individual Instructor Specific*)**
5. **CREDIT HOURS\*:** 3 **LECTURE HOURS\*:** 3

**LABORATORY HOURS\*:** None **OBSERVATION HOURS\*:** None

1. **FACULTY CONTACT INFORMATION: *(Course Syllabus – Individual Instructor Specific)***
2. **COURSE DESCRIPTION\*:**

This course is an introduction to the fundamental knowledge and background in athletic training. It is designed to take a scientific, evidence based approach to provide a clinical background in athletic training.

1. **LEARNING OUTCOMES\*:**
2. Learn and practice techniques for treating various types of athletic injuries.
3. Understand proper nutritional plans for athletes.
4. Learn ways that various athletic injuries may be prevented.
5. Understand how to recognize and evaluate different types of athletic injuries.
6. Learn about the basic legal aspects of athletic training.
7. Gain a basic understanding of injuries of the upper extremity, lower extremity, and spine.
8. Learn proper care and maintenance of injuries.
9. **ADOPTED TEXT(S)\*:**

*Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice*

William Prentice

17th edition, 2021, McGraw-Hill

ISBN: 9781260983838

**9a: SUPPLEMENTAL TEXTS APPROVED BY FULL TIME DEPARTMENTAL FACULTY (INSTRUCTOR MUST NOTIFY THE BOOKSTORE BEFORE THE TEXTBOOK ORDERING DEADLINE DATE PRIOR TO ADOPTION) \*\*\*.**

1. **OTHER REQUIRED MATERIALS: (SEE APPENDIX C FOR TECHNOLOGY REQUEST FORM.)\*\***

Students may choose to opt-out and not be charged or receive this Follett Access (Inclusive Access) class resource. Not having this resource could impact the student’s ability to stay current in the course and may impact academic success. To opt-out, student must contact the campus bookstore.

1. **GRADING SCALE\*\*\*:**

Grading will follow the policy in the catalog. The scale is as follows:

A: 90 – 100

B: 80 – 89

C: 70 – 79

D: 60 – 69

F: 0 – 59

1. **GRADING PROCEDURES OR ASSESSMENTS: (*Course Syllabus – Individual Instructor Specific)***

|  |  |  |
| --- | --- | --- |
| *Category* | ***EXAMPLE ONLY***  *Total Points* | *% of Grade* |
| Exam 1 | 200 | 20% |
| Exam 2 | 250 | 25% |
| Exam 3 | 250 | 25% |
| Quizzes | 200 | 20% |
| Class Participation | 100 | 10% |
|  |  |  |
| Total | 1000 | 100% |

1. **COURSE METHODOLOGY: *(Course Syllabus – Individual Instructor Specific)***

• Lecture

• Demonstration of treating injuries

• Demonstration of muscle location

• Demonstration of manual muscle testing

• Demonstration of testing for injuries to ligaments

• Exams

• Quizzes

• Group discussions

1. **COURSE OUTLINE: *(Course Syllabus – Individual Instructor Specific)***

• Week One – Medical terminology in athletic training (LO1, LO2, LO3, LO4, and LO5)

• Week Two – Legality (LO5)

• Week Three – Risk Management: conditioning and nutrition (LO2 and LO5)

• Week Four – Risk Management: equipment and protective gear (LO5 and LO3)

• Week Five – Risk Management: Taping and bandaging (LO5 and (LO1)

• Week Six – Mechanism of Injury and trauma (LO4)

• Week Seven – Emergency Procedures and infectious diseases (LO1 and LO4)

• Week Eight – Foot and ankle: Anatomy and injuries (LO6 and LO7)

• Week Nine – Knee: Anatomy and injuries (LO6 and LO7)

• Week Ten – Hip: Anatomy and injuries (LO6 and LO7)

• Week Eleven – Shoulder: Anatomy and injuries (LO6 and LO7)

• Week Twelve – Elbow and hand: Anatomy and injuries (LO6 and LO7)

• Week Thirteen – Spine and Head: Anatomy and injuries (LO6 and LO7)

• Week Fourteen – Evaluation and Diagnostics; Overview of Therapeutic Modalities (LO1 and LO4)

• Week Fifteen – General Medical Conditions (LO1, LO2, and LO3)

• Week Sixteen – Final Exam

1. **SPECIFIC MANAGEMENT REQUIREMENTS\*\*\*:**
2. **FERPA:** Students need to understand that your work may be seen by others. Others may see your work when being distributed, during group project work, or if it is chosen for demonstration purposes. Students also need to know that there is a strong possibility that your work may be submitted to other entities for the purpose of plagiarism checks.
3. **DISABILITIES:** Students with disabilities may contact the Disabilities Service Office, Central Campus, at 800-628-7722 or 937-393-3431.
4. **OTHER INFORMATION\*\*\*:**

None

**SYLLABUS TEMPLATE KEY**

**\*** Item cannot be altered from that which is included in the master syllabus approved by the Curriculum Committee.

**\*\*** Any alteration or addition must be approved by the Curriculum Committee

**\*\*\*** Item should begin with language as approved in the master syllabus but may be added to at the discretion of the faculty member.