DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Practicum in Athletic Training I

COURSE NUMBER: EXSC0250

CREDIT HOURS: 3

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): NONE.

REQUIRED TEXT AND MATERIALS:
Please check with the KCKCC bookstore, http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION:
Practicum in Athletic Training is a class designed to give the student opportunity to develop skills that a certified athletic trainer may use on a daily basis. This class is designed to give the opportunity to develop such skills through laboratory experiences, athletic training room and game observations, lectures and demonstrations.

METHOD OF INSTRUCTION:
A variety of instructional methods may be used depending on area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected to best meet student needs.

COURSE OUTLINE:

I. The certified athletic trainer
II. Injuries
III. Treatment of injuries
IV. Modalities
EXPECTED LEARNER OUTCOMES:

A. The student will be able to demonstrate a working knowledge of what an athletic trainer does.
B. The student will be able to demonstrate the skills of an athletic trainer.

COURSE COMPETENCIES:

The student will be able to demonstrate a working knowledge of what an athletic trainer does.

1. The student will be able to demonstrate taping techniques to the following body regions: Ankle, Shin, Knee, Thigh, Hip, Shoulder, Wrist and Hand.
2. The student will be able to properly apply taping techniques to the following body regions: Ankle, Shin, Knee, Hip, Shoulder, Wrist and Hand.
3. The student will be able to demonstrate supportive wrapping devices to the following body parts: Ankle, Knee, Thigh, Hip, Pelvis, Shoulder, Elbow and Hand.
4. The student will be able to properly apply supportive wrapping devices to the following body parts: Ankle, Knee, Thigh, Hip, Pelvis, Shoulder, Elbow and Hand.
5. The student will be able to perform a primary survey in an athletic emergency setting.
6. The student will be able to demonstrate a knowledge and properly demonstrate a secondary survey of an athletic injury, including history, inspection, palpation, and special tests.
7. The student will be able to demonstrate a knowledge of palpating an athlete’s pulse.
8. The student will be able to demonstrate a knowledge of assessing an athlete’s pulse.
9. The student will be able to demonstrate a knowledge of recording an athlete’s pulse.
10. The student will be able to recognize the signs and symptoms of an athlete suffering from shock.
11. The student will be able to manufacture various types of splints to different body parts.
12. The student will be able to apply various types of splints to different body parts.
13. The student will be able to demonstrate short-distance transportation methods, including manual conveyance, walking assistance, and crutch fitting.
14. The student will be able to demonstrate the R.I.C.E. (Rest, Ice, Compression, and Elevation) technique to various athletic injuries.
15. The student will be able to apply properly the R.I.C.E. (Rest, Ice, Compression, and Elevation) technique to various athletic injuries.
16. The student will be able to demonstrate proper wound cleansing and care including the use of barriers, aseptic protocols, and disposal of biohazardous waste.

The student will be able to demonstrate the skills of an athletic trainer.

17. The student will be able to demonstrate proper treatment to acute injuries such as sprains, strains and contusions.
18. The student will be able to demonstrate the ability to apply direct pressure to control bleeding.
19. The student will be able to demonstrate the ability to apply skin closures.
20. The student will be able to demonstrate knowledge of development and implementation of an Emergency Action Plan.
21. The student will be able to demonstrate proper static stretching techniques to the athlete’s upper and lower extremities.
22. The student will be able to demonstrate proper proprioceptive neuromuscular facilitation
techniques to the athlete’s upper and lower extremities.

23. The student will be able to demonstrate self-stretches to the athlete.

24. The student will be able to demonstrate Theraband exercises to strengthen the ankle.

25. The student will be able to demonstrate Jobe’s exercises for strengthening the shoulder.

26. The student will be able to demonstrate Theraband exercises for strengthening the shoulder.

27. The student will be able to demonstrate dumbbell exercises for strengthening the shoulder, elbow and wrist.

28. The student will be able to demonstrate balancing drills used in the rehabilitation of lower extremity athletic injuries.

29. The student will be able to demonstrate stretch cord exercises used in strengthening the hip musculature.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include, but are not limited to exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunity to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendments of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of Academic Resource Center in Rm. 3354 or call: 288-7670 V/TDD.