

MSU-Billings

**College of Education & Human Services
Department of Health and Physical Education
Spring, 2009**

COURSE RUBRIC & TITLE:	HHP 597 Graduate Athletic Training II, Capstone
TIME:	10:30-12:15
INSTRUCTOR:	Tayna Flanagan, MS Ed, ATC, CSCS
PHONE & OFFICE:	MSU-B Athletic Training Room 657-2351, Athletic Treatment Ctr. 657-2375
OFFICE HOURS:	As Posted, tflanagan@msubillings.edu

COURSE DESCRIPTION

HHP 562 Graduate Athletic Training I 3cr. Prerequisite: Admission to the graduate athletic training program. Builds on the proficiencies in the field of athletic training, including the care and prevention of athletic injuries, psychology, anatomy and physiology, modalities, rehabilitation, and pharmacology. Provides knowledge and practical experience in the care and prevention of common sports injuries.

TEXT(S):

Prentice, W.E., Arnheim, D.D., (2006), Principles of Athletic Training, 12th Ed., McGraw-Hill Companies, Inc.
Knight, K. (2001) Assessing Clinical Proficiencies in Athletic Training, A modular Approach. Human Kinetics.
For additional information, course web site: <http://www.msubillings.edu/hhp/athletictraining/hhp562>.

Recommended:

Medical Dictionary like Taber's.

Anatomy Book (lab)

APA or AMA Style Manual

COURSE GOALS: This course will offer an introduction to the field of athletic training including the history of the profession, care and prevention of athletic injuries, nutrition, psychology, anatomy and physiology, and pharmacology. This course provides knowledge and practical and clinical experience in the care and prevention of common sports injuries.

It is expected that students will develop accurate understanding and an initial fluency in applying concepts in the following areas:

- The theoretical and empirical dimensions of sport injury care that provide the scientific foundation for a professional application of the art of athletic training.
- Principles of learning and development that affect the actions of athletic trainers.
- Pass all competencies and clinical proficiencies associated with this course.

Course Objectives:

Learn and assess the athletic training competencies and proficiencies assigned to this course. 2. Complete initial learning of competencies/ proficiencies in Risk management and injury prevention, Assessment of injury/ illness, First Aid and emergency care, Medical ethics and legal issues, Pathology of injury and illness, Nutrition, Pharmacology, Therapeutic exercise, Therapeutic modalities.

The specific objectives in this course are taught and assessed in the lecture, laboratory, and clinical field experience. The Modular book, Matrix, and Concordance will help you identify specific objectives. The measurable assessments of these objectives are given through written and O/P exams and module completion (grading). Refer to the objective at the top of each module as indicated in the course schedule.

Course Objectives: At the conclusion of this course students will:

1. Understand basic components of a comprehensive athletic injury/illness prevention program.
2. Evaluate common risk factors and causes of athletic injuries in various sports.
3. Recognize environmental risk factors associated with climatic conditions, facilities, equipment, and sanitation.
4. Describe the principles of heat illness and its prevention.
5. Identify recommendations by professional associations regarding athletic participation.

6. Evaluate common injuries associated with sports participation.
7. Analyze the roles and functions of allied medical professionals.
8. Know and demonstrate use of standard terminology of athletic injuries and communication with medical personnel.
9. Understand basic principles of emergency first-aid as it applies to the injured athlete.
10. Synthesize the history and development of athletic training and its professional organizations.
11. Be familiar with the employment opportunities available to an NATA certified athletic trainer.
12. Know basic anatomical landmarks (bones, ligaments, muscles).
13. Assess the basics of rehabilitation methods (general).
14. Demonstrate the ability to evaluate an athletic injury (HOPS, signs, symptoms).
15. Demonstrate a basic knowledge of therapeutic modalities (general).

Course Policies: The course is conducted consistent with the code of Student Conduct in the current MSU-B Student Handbook and students must be familiar with academic honesty and related requirements. Academic dishonesty, including plagiarism, cheating, inappropriate use of electronic devices, failure to hold one's fellow students equally accountable as oneself, or any violation of the expectations enumerated in the MSU-Billings Student Handbook **will result in failing the course.**

Since the course is a graduate course required of students preparing for profession of Athletic Training, students are expected to handle all assignments and activities in a professional manner. This involves being prepared for each class by completing all outside work needed in order to contribute effectively and conduct themselves in a professional manner in all class activities. By its nature as a course in HHP this course occasionally requires physical effort and skill, and students are expected to participate. (In class physical activities will be announced to allow appropriate dress.)

Attendance: Although no specified deductions of points are established for missing class, students are expected to manage their attendance consistent with being professionals who have responsibilities to the class. Work conducted, assigned, collected, or graded during a particular class session is the student's responsibility – the instructor is not responsible for repeating the information.

Late Work: Students are responsible for managing the timeliness of their work and unless they have made prior arrangements, make-up quizzes or other late work is not acceptable or an option.

Accommodations: Students who have a documented disability or believe they need accommodations to complete course assignments should contact the instructor and/or the office of Disability Support Services (657-2283) during the first week of the course to provide the prior notice needed to make appropriate arrangements.

ASSIGNMENTS/EVALUATION CRITERIA:

- I. **Exams:** 4 exams– as close to listed in the course schedule as possible. Each exam will include a variety of types of items, exams will include both written and oral practical (O/P) components and worth approximately 100 points.
Final Exam: comprehensive exam, written and O/P, 200 Points: Date: TBA
- II. **Quizzes:** (5 at 25 points each) **Brief** quizzes are scheduled throughout the semester. Two types of quizzes are given, written and Oral Practical (O/P). Five are scheduled three are TBA or pop quizzes.
- III. **Labs:** We will be doing some lab activities during regularly scheduled class time. However it is a requirement for you to attend the lab for first year students which will be offered on MW from 12 – 1. Information from HHP 565 Lower Extremity Evaluation will also be covered at this time. The lab is used to practice the skills taught in the lecture and to evaluate the athletic training competencies and proficiencies. It is also used to “grade” your clinical performance and hours and monitor your evaluations of instructors (ACI's).
- IV. **Clinical field experience or clinical rotation (HHP 564):** Your clinical instructor will give a grade based upon their evaluation. Your grade for your competency and proficiency acquisition will be based on your hour portfolio, module completion and evaluations specific to this course. See grading points table below: Your experience is specialized to general athletic training and the lower extremity this semester/ year but includes equipment (football) and upper and lower extremity sports in fall seasons. The Modular book (Knight) and the MSUB concordance are used as discussion outlines and documentation methods.
- V. **Clinical field points/ grade:** Your clinical instructor will give a grade based upon their evaluation. Your grade for your competency and proficiency acquisition will be based on your hour portfolio, module

completion and evaluations specific to this course. Evaluation forms: www.msubillings.edu/ATforms
See grading table: 200 points total.

- VI. **Athletic Training Topic Presentation:** This will involve each student making an oral report to the class on one of the topics selected in cooperation with the instructor. The student will lead the discussion in class and demonstrate in the lab if appropriate. 100 points.
- VII. **Research Abstracts:** 4 journal abstracts are required for this course. Abstracts should follow abstract format listed below, citing relevant information from the article. The article must be properly referenced at the top of the page. The article must be from a current and reputable journal in the **field of sports medicine** or sports management. Examples: Journal of Athletic Training, Physician and Sport medicine, Medicine and Science in Sport and Exercise. The articles must have been published within the last three years. You must also include a photo copy of the article. **TYPED, double spaced, 10-12 font, not to exceed 2 pages**, response. (5 at 25 points each.)
Abstract Content and Structure: Paragraph 1: Introduction of topic, Paragraph 2: What did you learn from this information?, Paragraph 3: How would you apply this information in your field? (i.e. With the knowledge obtained from this research I would make sure and carry pickle juice in the medical kit and properly rehydrate at a rate of 8 oz. every 15 minutes. Use a bit more detail to explain your thoughts) , Paragraph 4: Conclusion, is this information good?, is there a need for this?, what would be a follow up study?, etc.
Please proofread and spell check your material. This quality is worth 5 points of your paper.
- VIII. **Critical Topic Paper:** This paper of no more than **10 typed** pages may be a summary of research abstracts.
- IX. **Athletic Training Portfolio:** This compilation of relevant material is due as listed in the course schedule and should represent relevant materials the student has begun to build into a professional athletic training file, i.e., athletic training plans, labs, evaluations, skill (subset) and 5 P's. SOAP notes, exams quizzes, O/P video and injury evaluations from the field.
- X. **Guest Lecturers:** This course will utilize the expertise of many individuals from the medical community and you are expected to participate. Class may be held at the lecturers' workplace and at times convenient to the lecturer. Respect of all lecturers and their place of employment should be maintained at all times. Four opportunities exist for additional contact with sports medicine lectures. 1st: Dr. Elliot or a member of Orthopedic Surgeons and Sports Medicine will speak at MSUB each second Wednesday at 2:00. 2nd: the Montana Family Medicine Residency program has invited us to participate in their lectures (see attached schedule). 3rd: Montana Orthopedics and Sports Medicine holds bimonthly athletic trainer forums. Watch AT bulletin board for dates. 4th: Opposite months of the athletic trainer forums are forums for NSCA-CSCS. Watch AT bulletin board for dates.

6) 20 expanded subject matter areas "NATA Athletic Training Educational Competencies.

	(6) human anatomy	(13) professional development and responsibilities
See Course Schedule:	(7) human physiology	(14) psychosocial intervention and referral
(1) assessment of injury/illness	(8) kinesiology/biomechanics	(15) risk management and injury/illness prevention
(2) exercise physiology	(9) medical ethics and legal issues	(16) strength training and reconditioning
(3) first aid and emergency care	(10) Nutrition	(17) statistics and research design
(4) general medical conditions and disabilities	(11) pathology of injury/illness	(18) therapeutic exercise and rehabilitative techniques
(5) health care administration	(12) pharmacology	(19) therapeutic modalities
		(20) weight management and body composition

COURSE GRADING:

Article Abstracts (4) 25 points each	100
Quizzes (5) 25 points each, (written and OP)	120
Exams (3) 100 points each, Final Exam 150 points, O/P or Lab Final 100 points,	450
Course Presentation, 100. <u>Critical topic paper, 100</u>	200

Modules to be completed during the week they are listed in the weekly schedule:

Modules 20 Points each (10)	200
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TOTAL 1070

*****Note: Failure to complete all assignments results in a grade of F, No late work accepted*****

HHP 562: Course Schedule and Grading Rubric:

COURSE SCHEDULE: Syllabus is subject to change.

Jan. 15	Intro and overview: Syllabus, Clinical Education Sites:
Jan. 20 (1, 2) [1]	Cindy Millard – Community Health /Partnership Trainers' Forum Wednesday Night Thought for day – Handout: First Things First, Mark McCormack & Coach Meyer's Rules Journal Review: Time permitting Initial OP- Taping (C Modules) Ankle, Achilles, Arch, Turf Toe, Blister
Jan. 22 (3, 4) [2]	Thought for Day: 1-5 Journal f/ Sports Health Journal: Handouts gave in Fall semester Eval: Foot & Ankle Legal Concerns and Insurance Issues, Ch 3, pg 75-89 Modules A- AT Operations, B- Acute Care of Injury and Illness.
Jan. 27 (5, 6) [3]	Thought for Day: 6-10 CDs gave you in Fall semester on nutrition Eval: Foot & Ankle, Lower Leg Nutritional Considerations, Ch 5, pg 129-160 Modules A, B, X, (C) Modules F, Abstract I-Journal Article about Ch 3 Quiz I
Jan. 29 (7, 8) [4]	Thought for Day: 11-15 Knee Rehab (bring journal articles) Eval: Knee Different approaches to knee injuries and conditioning techniques
Feb. 3 (1, 3) [5]	Thought for Day: 16-20 Journals on differing philosophies of Training & Conditioning Techniques Eval: Hip Training and Conditioning Techniques, Ch 4, pg 89-128 Abstract 1 Due: Portfolio Check list (in handbook)
Feb. 5-6	NO CLASS: Big Sky Sports Medicine Conference
Feb. 10 (2, 4) [6]	Thought for Day: 21-25 Journal on Current Low Back Problems Eval: Low Back Low Back
Feb. 12 (5, 7) [7]	Exam I Thought for Day: 26-30 Journal on Current Thoracic Spine Issues Eval: Thoracic Spine Thoracic Spine
Feb. 17 (6, 8) [8]	Thought for Day: 31-35 Journal on Current Issues of Internal Injuries & Complications Eval: Internal Organs (Lungs, Heart, Intestines, etc) Internal Injuries
Feb. 19	NO CLASS: Educators Conference D.C.
Feb. 24 (1, 4) [9]	Thought for Day: 36-40 Journal on Sports Related Cervical Spine Issues Eval: Cervical Spine Cervical Spine Quiz II

Feb. 26 (2, 5) [10]	Thought for Day: 46-50 Journal: Finger Issues Eval: Fingers Problematic Finger Injuries
March 1-8	Spring Break
March 10 (3, 6) [11]	Eval: Hand Quiz III Exam II
March 12 (4, 8) [12]	Protective Gear and Sports Equipment, Ch 7, pg 186-216 Eval: Wrist
March 17 (1, 5) [13]	Eval: Forearm
March 19 (2, 6) [14]	Eval: Elbow
March 24 (3, 7) [15]	Eval: Shoulder
March 26 (4, 8) [16]	Eval: Scapular Thoracic Spine
March 31 (1, 6) [17]	Eval: Eyes
April 2 (2, 7) [18]	Exam III Eval: Ear, Nose, Throat
April 7 (3, 8) [19]	Eval: Cranium
April 9	No Classes – Mini Spring Break
April 14 (4, 5) [21]	Psychosocial Intervention for Sports Injuries and Illnesses, Ch 11, pg 295-318 Eval: Concussions – CN’s, Sideline Assessment Tests Due: Modules E, review J
April 16 (1, 7) [22]	Eval: Gait Patterns, Throwing Patterns
April 21 (2, 8) [23]	Presentations
April 23 (3, 6) [24]	Quiz IV
April 28-30	Finals Final (All topics and Modules cumulative.)
May 1	Convocation
May 2	Graduation

SEE 20 subjects, Competency and proficiency Matrix, Modular book and Concordance:

