Carroll University  
Division of Natural and Health Sciences  
Athletic Training Program  
Spring 2017

Course Number: Athletic Training 101  
Course Title: Athletic Training Seminar I  
Credit Hours: 2 Credit hours  
Contact Hours: Lecture – 2 hour per week  
Lab - 1 hour per week  

Time and Place:  
Lecture Tuesday 12:00-1:50 Main 207  
Lab - 1 hour per week  
Laboratory Section A: Thursday 12:00-12:50 PT 110  
Laboratory Section B: Thursday 1:00-1:50 PT 110

Course Instructor: Calli Sehrbrock, MS, LAT, CISSN  
Adjunct Professor of Athletic Training  
csehrbro@carrollu.edu  
Phone: 262-470-8852

Format: Lecture, discussion, small group work, and labs


Course Description:  
This course will provide an overview of basic athletic training theory and techniques that is useful for those involved with athletics and physical activity. The student will gain an understanding of basic anatomy and common injuries associated with physical activity. Other topic areas that will be addressed include: prevention and management of injury, emergency medical plans, blood borne pathogen precautions, nutritional issues, and legal matters and risk management. Overall, this course will introduce the student to the sports medicine team, their roles and responsibilities, and how they themselves are a contributing member of the sports medicine team.

Course Linked Objectives:  
Upon successful completion of this course the student will:

1. Have a basic knowledge of the role of professionals working within a health care field including athletic training, fitness management, nursing, physical education and other professions as they pertain to sports medicine. As a result the student will be able to distinguish amongst the specific roles of the athletic trainer, coach, physician, and sports medicine personnel in caring for injuries.
2. Understand legal issues as they relate to health care professionals, coaches and athletes/clients.
3. Outline the components of a pre-participation exam and correctly assess height, weight, blood pressure, pulse rate and quality, respiration rate and quality, and temperature of healthy individuals.
4. Outline professional position statements from the National Athletic Trainers' Association and NCAA on environmental conditions. Describe hazardous environmental conditions associated with athletic participation. Outline prevention of heat and cold illnesses. Identify signs and management of heat and cold illnesses.
5. Describe and practice proper fitting for protective equipment including helmets, shoulder pads, mouth guards, shoe wear, rib protection, ankle braces, and knee braces.
6. Describe and outline the components of an emergency medical plan.
7. Complete a primary survey to evaluate consciousness, airway, breathing patterns, circulation, spine and basic neurologic symptoms.
8. Be able to implement appropriate emergency treatments and strategies.
9. Demonstrate knowledge of the anatomical, biomechanical, physiological, and psychological factors of injuries associated with physical activity. Be able to apply and express orally and written, the psychomotor skills and knowledge that will aid in the prevention, recognition, management, and treatment of athletic injuries.
10. Be able to identify severity and nature of acute and chronic injuries as they pertain to athletic participation.
11. Describe and perform care for acute injuries including rest, ice, compression, and elevation.
12. Describe and perform basic wound management including identification of wound types, selection of wound supplies, and appropriate management of wounds.
13. Describe and perform the use of compression wraps for hip spica, shoulder spica, thighwrap, and ankle wrap.
14. Be able to identify nutritional needs of normal populations including an overview of nutrients and nutritional considerations for physically active populations.
15. Demonstrate knowledge and skills related to prophylactic taping, wrapping, bracing, protective padding fabrication and protective equipment fitting.

Attendance:
Students are expected to attend all lectures and labs. Attendance for all lectures and laboratories is expected due to the cumulative nature and content of this course. If you miss a lecture, it is the student’s responsibility to obtain notes or handouts. Students who cannot attend class or laboratory due to an illness, personal/family issues, or campus related functions must notify the instructor prior to the class meeting that will be missed.

Grading:
Grading will be based on the percentage of total points earned at the end of the course from quizzes, laboratory assignments, writing assignment, and exams. Makeup's for any unexcused absences and without prior notification will not be allowed.

Homework
Assignments such as worksheets and group presentations will be incorporated throughout the course.

Quizzes
Students will be quizzed on previously covered material.

Laboratory Assignments
Students will be expected to complete all laboratory assignment during this course. Laboratory assignments will include writing and hands on proficiency skills.

Exams
Students will be complete a midterm and final exam.

Attendance
Students are expected to be prepared for class and actively engaged in both lectures and labs.

Grading for the course is as follows:

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Grade</th>
<th>Linked Objectives</th>
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<tbody>
<tr>
<td>93-100%</td>
<td>A</td>
<td>1-15</td>
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<tr>
<td>88-92%</td>
<td>A/B</td>
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<tr>
<td>83-87%</td>
<td>B</td>
<td></td>
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<tr>
<td>78-82%</td>
<td>B/C</td>
<td></td>
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<tr>
<td>70-77%</td>
<td>C</td>
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<tr>
<td>60-69%</td>
<td>D</td>
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<tr>
<td>Below 59%</td>
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Assessment
Homework 10%
Quizzes 15%
Lab assignments 25%
Exams 50%

Linked Objectives
1-15
**Fees:** Students will be required to pay a fee of $28 to cover the costs necessary for supplies needed for class. This will be charged to your college bill.

**Supplies:** Supplies needed for classes and labs will be supplied by the instructor.

**Confidentiality/Release of Liability:**
Students will be expected to sign a letter of statement regarding patient confidentiality and upholding moral and ethical standards regarding confidential information. A Release of Liability/Informed Consent is also expected to be signed to inform you of risks that are associated with this course.

**Statement on Academic Integrity:** The Carroll University Academic Integrity Policy is located in your student handbook (pages 17-21). I encourage you to familiarize yourself with it. If a student violates this policy in any way, I reserve the right to impose a sanction of failure on the assignment/assessment or failure in the course. If you have questions about appropriate citations, please ask.

**Accommodation for Disabilities:** Any requests for accommodation must be made through Martha Bledsoe, Disability Services Coordinator at Carroll University. I will make appropriate accommodations once I receive notification from Ms. Bledsoe. **Students are expected to read and sign a technical standards form. If you have specific limitations, please notify the instructor prior to performing labs.**
## Course Outline:

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Reading</th>
<th>Lab Activity</th>
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<tbody>
<tr>
<td><strong>Week 1</strong>&lt;br&gt;January 24 &amp; 26</td>
<td>Introduction &amp; Expectations  &lt;br&gt;Blood Borne Pathogens</td>
<td>CH 14</td>
<td>No Lab</td>
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<td><strong>Week 2</strong>&lt;br&gt;January 31 &amp; 2</td>
<td>Roles of a Sports Medicine Team  &lt;br&gt;Blood Borne Pathogens/OSHA Quiz</td>
<td>CH 1</td>
<td>Taping Basics Lab  &lt;br&gt;Wound management</td>
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<td><strong>Week 3</strong>&lt;br&gt;Feb 7 &amp; 9</td>
<td>Organization/ Admin/Legal/Insurance Pre-Participation Exam  &lt;br&gt;Quiz CH 1</td>
<td>CH 2,3</td>
<td>Ankle Taping  &lt;br&gt;PPE procedures – height, weight, BP, pulse, respirations</td>
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<tr>
<td><strong>Week 4</strong>&lt;br&gt;Feb 14 &amp; 16</td>
<td>Nutrition  &lt;br&gt;Quiz CH 3</td>
<td>CH 5</td>
<td>Hydration lab</td>
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<tr>
<td><strong>Week 5</strong>&lt;br&gt;Feb 21 &amp; 23</td>
<td>Environmental Considerations  &lt;br&gt;Quiz CH 5</td>
<td>CH 6</td>
<td>Environmental Lab</td>
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<tr>
<td><strong>Week 6</strong>&lt;br&gt;Feb 28 &amp; 2</td>
<td>Protective Equipment – Presentations  &lt;br&gt;Quiz CH 6, Midterm review</td>
<td>CH 7</td>
<td>Protective Equipment Fitting</td>
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<tr>
<td><strong>Week 7</strong>&lt;br&gt;March 7 &amp; 9</td>
<td>Midterm Exam</td>
<td>CH 1-3, 5-7, 14</td>
<td>No Lab</td>
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<td><strong>March 14 &amp; 16 Spring Break</strong></td>
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<tr>
<td><strong>Week 8</strong>&lt;br&gt;March 21 &amp; 23</td>
<td>Wrapping and Taping</td>
<td>CH 8</td>
<td>Wraps and Taping- Ankle, Wrist, Fingers</td>
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<td><strong>Week 9</strong>&lt;br&gt;March 28 &amp; 30</td>
<td>Mechanism and Characteristics of Sports Trauma, Quiz CH 8</td>
<td>CH 9</td>
<td>Emergency Diagnostic Assessment, Taping Lab</td>
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<tr>
<td><strong>Week 10</strong>&lt;br&gt;April 4 &amp; 6</td>
<td>Acute Care and Emergency procedures EAPs, Quiz CH 9</td>
<td>CH 12</td>
<td>C-Spine Immobilization Emergency Procedures</td>
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<td><strong>Week 11</strong>&lt;br&gt;April 11 &amp; 13</td>
<td>Basic evaluation procedures, EAPs due  &lt;br&gt;Quiz CH 12</td>
<td>CH 13</td>
<td>Braces Fitting and Taping</td>
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<td><strong>Week 12</strong>&lt;br&gt;April 18 &amp; 20</td>
<td>Conditioning Techniques  &lt;br&gt;Quiz CH 13</td>
<td>CH 4</td>
<td>Conditioning techniques lab – all students attend both labs</td>
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<tr>
<td><strong>Week 13</strong>&lt;br&gt;April 25 &amp; 27</td>
<td>Using Therapeutic Modalities  &lt;br&gt;Quiz CH 4  &lt;br&gt;Final Exam Review</td>
<td>CH 15</td>
<td>Attend Celebrate Carroll Wednesday, April 19th  &lt;br&gt;<em>No Thursday Lab</em></td>
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<td><strong>Week 14</strong>&lt;br&gt;May 2</td>
<td>Final Exam</td>
<td>CH 4, 8, 9, 12, 13, 15</td>
<td>No lab (Thursday is reading day!)</td>
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<td><strong>Final Ankle Taping Evaluations</strong></td>
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<td>Monday May 8th @ 11AM</td>
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*The instructor and the university reserve the right to modify, amend or change the syllabus (course requirements, grading policy, etc.) and course outline as the curriculum and/or program require(s). Students encountering difficulty are urged to consult with the instructor. Cell phones and distracted personal electronic devices (i.e., tablet, iPad, laptops) usage will not be tolerated in class.*