CARROLL UNIVERSITY  
College of Natural and Health Sciences  
Athletic Training Education Program  

Course Number: Athletic Training 102  
Course Title: Athletic Training Seminar II  
Prerequisites: Athletic Training Seminar I or instructor’s approval  
Credit Hours: 2 credit hours  
Contact Hours: Class Attendance 1 hour per week x 14 weeks  
Laboratory 2 hours per week x 14 weeks  

Time and Place: Lecture-12:00 – 1:00 Tuesday PT 110  
Laboratory 12:00 - 1:50 Thursday PT 110  

Course Instructor: Calli Pilak, MS, LAT, CISSN  
Office Hours: By appointment  
Email: csehrbro@carrollu.edu  
Phone: 262-470-8852  

Megan Gavin, MS, LAT, ATC  
Email: mgavin@carrollu.edu  
Phone: 262-689-8958  

Format: Discussion, Laboratory, Clinical Observations, Small Group, Clinical Proficiencies  


Course Description:  
This course will provide students with basic skills and knowledge used in the athletic training profession. It will include discussions regarding the role of preventative techniques, emergency management plan, injury treatment methods, components of a pre-participation exam, and wound management techniques. Competencies for injury prevention will be taught including developing an emergency plan, vision screenings, wound management, advanced taping techniques, wrapping techniques, and taking vital signs.
**Attendance:**
Students will be expected to attend all classes. Students who can not attend class due to an illness, personal /family issues, or campus related functions seek out the material covered in the course. These situations will be considered excused absences. If a student can not attend the class for any reason the course instructor must be notified prior to the day of class.

**Grading:**
Grading for the course will be determined on the demonstration and level of understanding of clinical proficiencies performed. Grading criteria will consist of completion of different clinical proficiencies. Each proficiency will vary in point totals depending on the depth and breadth of the proficiency. Point values will be given for each component of the proficiency. Students will be evaluated by approved clinical instructors on completion of each proficiency. All students must achieve a minimum of 80% on all proficiencies to complete the course. The initial attempt for each clinical proficiency will be the score used for the students’ final grade. There will be a final proficiency exam involving a clinical proficiency taught throughout the course.

Grading for the course is as follows:

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>93-100%</td>
<td>A</td>
</tr>
<tr>
<td>88-92%</td>
<td>A/B</td>
</tr>
<tr>
<td>83-87%</td>
<td>B</td>
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<tr>
<td>78-82%</td>
<td>B/C</td>
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<tr>
<td>70-77%</td>
<td>C</td>
</tr>
<tr>
<td>60-69%</td>
<td>D</td>
</tr>
<tr>
<td>Below 59%</td>
<td>F</td>
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The point totals for the class will be used for the grading of this course.

**Course Objectives:**
Upon successful completion of the course, the student will:

1. 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.

2. 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.
3. Describe and perform proper fitting for protective equipment including helmets, shoulder pads, mouth guards, shoe wear, rib protection, ankle braces, and knee braces.

4. Differentiate amongst protective padding for athletic participation and perform proper Application of pads and splints.

5. Complete a primary survey to evaluate consciousness, airway, breathing patterns, circulation, spine, neurologic symptoms, and fractures.

6. Describe signs and symptoms associated with the acute inflammatory response.

7. Describe and perform care for acute injuries including rest, ice, compression, and elevation.

8. Describe and outline the components of an emergency medical plan.

9. Describe and perform basic wound management including identification of wound types, selection of wound supplies, and appropriate management of wounds.

10. Describe and perform the use of compression wraps for hip spica, shoulder spica, thigh wrap, and ankle wrap.

11. Describe and perform application of a vacuum splint or hard splint to immobilize an arm or leg.


13. Identify components of a personal file for individuals participating in athletics.

14. Describe and perform basic taping principles and perform prophylactic wrist, thumb, finger, elbow, toe, and arch taping.

15. Explain body types including endomorph, ectomorph, mesomorph, and assess body composition using skin fold calipers.
Course Fees
There is a course fee for this class. This fee is for class supplies. This fee will be included on your college bill.

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.

Modifications to the syllabus: The instructor and the University reserve the right to modify, amend, or change the syllabus (schedule, course requirements, grading policy, etc.) as the curriculum and/or program require(s).

Canvas:
There are several ways that you can get help using Canvas:

1. Click the Canvas Help button on the home page of any course.

2. Call the Canvas Support Hotline (available 24/7)
   (844) 358-6885

3. Click the Help button on the Canvas Menu bar and click Chat with Canvas Support. (Also available 24/7.)
<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture Topic</th>
<th>Lab</th>
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<tbody>
<tr>
<td>Sept 7</td>
<td><strong>Introduction and taping refresher - ankle, wrist and thumb</strong></td>
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</table>
| Sept 12 | CH 14 OSHA training  
CH 8 Bandaging and Taping | Height, weight, blood pressure, pulse, respirations, temperature, Snellen eye chart and common taping procedures |
| Sept 19 | CH 6 Environmental considerations                  | Sling psychrometer, rectal temperature, lightning safety, cooling of heat stroke, hydration status |
| Sept 26 | CH 13 Off Field Injury Evaluation                    | History taking, soap notes, manual conveyance crutch fitting, cane fitting, wound management-care |
| Oct 3  | CH 12 Emergency Procedures                          | Emergency procedures, EAP, neurologic testing, spine boarding, airway management, fracture care, vacuum splints, asthma attacks/inhalers, glucometer |
| Oct 10 | CH 9 Mechanism and Characteristics of Sports Trauma | **Midterm, CH 6, 8, 9, 12, 13**                                        |
| Oct 17 | **Fall Break No Class!**                           | **CH 7 Protective Bracing and Padding**  
Football helmet fitting, football shoulder pads, face mask removal, construction of custom padding for athletes, ankle compression wraps, hip, shoulder |
| Oct 24 | CH 11 Psychosocial Interventions for injuries and illness | Psychosocial intervention techniques, taping ankle, wrist, thumb, elbow, toe, achilles and arch |
| Oct 31 | CH 10 Tissue Response to Injury                     | Acute and chronic inflammatory management, taping practice |
| Nov 7  | CH 15 Using Therapeutic Modalities                   | Cold Packs, compression units, ice bath, hot packs, controlling swelling, pain management |
| Nov 14 | CH 16 Therapeutic Exercise                          | ROM, proprioception, basic strengthening |
| Nov 21 | CH 17 Pharmacology                                  | **Thanksgiving Break No Lab!**                                        |
| Nov 28 | CH 27 Thorax and Abdomen                            | CH 26 Head, face, eyes, ears, nose, and mouth, concussion protocols |
| Dec 5  | CH 28 Dermatology                                   | **Taping Final**                                                      |
| Dec 12 | **Exam Review!**                                    | Reading Day (No lab)                                                   |
| Final Exam | CH 7, 10, 11, 15, 16, 26, 27                      | **Friday December 15th @ 11am**                                        |