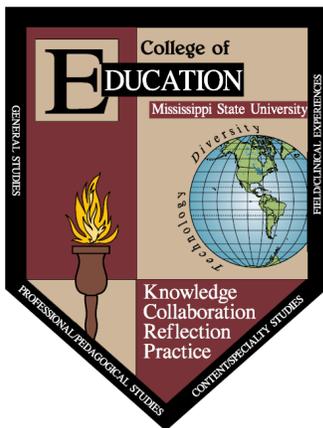


**MISSISSIPPI STATE UNIVERSITY
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY
COURSE SYLLABUS**

Course Prefix & Number:	KI 3273
Course Title:	Athletic Training
Credit Hours:	Three (3) semester hours
Course Type:	Lecture/Laboratory
Catalog Description:	(Prerequisite: BIO 1004 or BIO 2004). Prevention, recognition, and treatment of injuries prevalent in athletics, physical education, and adult fitness programs.

College of Education Conceptual Framework:



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

Course Objectives:

1. The student will be able to understand and apply important principles related to athletic training. **InTASC #1, 3, 4, 5, 6, 7; CFPO #1, 2, 3, 4, 5, 6, 7, 10**
2. The student will be exposed to current rehabilitation techniques in athletic training. **InTASC #1, 3, 4, 5, 6, 7, 8; CFPO # 1, 3, 6, 7**
3. The student will be able to appreciate current trends of research in athletic training. **InTASC #1, 3, 4, 7; CFPO #3, 6**
4. The student will be able to integrate anatomical, physiological, and kinesiological concepts into understanding and indicated management of sports related injuries. **InTASC #1, 3, 4, 6, 7; CFPO # 1, 2, 3, 4, 5, 6, 7**
5. The student will acquire basic athletic training for practical skills. **InTASC #1, 3, 5, 7, 8; CFPO # 1, 3, 4, 6, 7, 9**

Topics to Be Covered:

1. What a certified athletic trainer does and how they become certified (1 hour)
2. Thermal Trauma (1.5 hours)
 - a. Hypothermia/Hyperthermia
 - b. Prevention of hyperthermia
 - c. Types of hyperthermia: dehydration, heat cramps, heat exhaustion, and heat stroke
 1. Causes
 2. Signs and symptoms
 3. Treatment
3. Abbreviations and Definitions (0.5 hours)
 - a. Helpful medical abbreviations
 - b. Definitions of commonly used medical terms
4. Physical Trauma (1 hour)
 - a. 1st, 2nd, and 3rd degree injuries
 - b. Common types of physical trauma, e.g. strains, sprains, and contusions
5. Treatment and Modalities (1.5 hours)
 - a. Common treatments used for athletic injuries
 - b. Use of ice and heat modalities
 1. Indications
 2. Contraindications
 3. Physiological effects
 4. Types of applications

6. Rehabilitation (1.5 hours)
 - a. Eight major components
 - b. Ways to encourage adherence
 - c. Criteria for return to full activity
7. Foot, Ankle, Lower Leg (3 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Plantar fasciitis, ankle sprains, shin splints, etc.
8. Knee (3 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Anterior cruciate ligament tears, meniscal tears, patellar tendinitis, etc.
9. Thigh, Hip, Groin, Pelvis (2 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Hamstring strains, quadriceps contusions, hip pointers, etc.
10. Shoulder (3 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Glenohumeral dislocations, rotator cuff tendonitis, shoulder separations, etc.
11. Elbow, Wrist, and Hand (3 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Epicondylitis, wrist sprains, navicular fractures, etc.
12. Spine (2 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Brachial plexus neurapraxia, sciatica, herniated lumbar disks, etc.
13. Thorax and abdomen (2 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Rib fractures, kidney contusions, hernias, etc.
14. Head injuries (2 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Concussions, scalp lacerations and abrasions, etc.
15. Facial and dental injuries (3 hours)
 - a. Common injuries and their mechanisms of injury, signs and symptoms, and treatment
 1. Facial lacerations, tooth avulsions, nosebleeds, corneal abrasions, etc.

Required Textbooks:

Pfeiffer, R.P. & Magnus, B.C. (2012). *Concepts of athletic training (6th Ed.)*. Jones & Bartlett.

Methods of Instruction:

1. Lecture and discussion, 2 hours per week.
2. Lab, 2 hours per week.

Suggested Student Activities:

Assignments: Two journal article reviews will be completed during the semester. They will be worth 50 points total, 25 points each. Guidelines for these reviews will be given during the semester. Obj 3

Project: Students will complete a special project during the semester and make a presentation of their project to the entire lab section during the last two weeks of lab. Directions for the project will be given during the first week of lab. The project will be worth 150 points of the lab grade. Obj 1-5

Honor Code:

“As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.”

Upon accepting admission to Mississippi State University, a student immediately assumes a commitment to uphold the Honor Code, to accept responsibility for learning, and to follow the philosophy and rules of the Honor Code. Students will be required to state their commitment on examinations, research papers, and other academic work. Ignorance of the rules does not exclude any member of the MSU community from the requirements or the processes of the Honor Code.

Mississippi State University’s honor code describes specific policies and procedures for enforcing academic honesty at the university. Please review the policy at <http://www.msstate.edu/dept/audit/1207.html>.

Technology:

Technology including documentary movies and scientific documentaries are shown in class and/or linked the learning management software (LMS) for student review. Students will be exposed to various rehabilitation equipment and technologies currently used in the prevention and treatment of athletic injuries.

Disability:

It is the policy of Mississippi State University to accommodate students with special needs and learning disabilities as per the MSU Student Support Services policy. Students seeking accommodations on the basis of a disability or special need must identify themselves to the Office of Student Support Services (325-3335) to verify eligibility. Additional documentation guidelines may be obtained by contacting the Office of Student Support Services directly, or via

the web at <http://www.msstate.edu/dept/audit/91130.html>. Academic accommodations and services are based upon an individual's needs. All documentation is confidential.

Diversity:

It is important to help students understand the significance of the diverse learner. We will address professionalism and how to help individuals or groups who are diverse in age, disability, ethnicity, gender, race, sexual orientation, socioeconomic class, and other characteristics. We will address these issues in our topics to be covered.

Field Experience:

1. Total amount of time spent in field experience: 30 hours
2. Days of week students attend field experience: One day per week.
3. Site of field experience: C.O.S.M.C. Athletic Training Room in the Holliman Athletic Center
4. Purpose of field experience and activities:

Students apply knowledge accrued from classroom lecture to hands-on experiences in the athletic training room. Students learn and perform functional assessment tests and taping procedures for the major body parts.

5. Level (check one):

- Initial experience
- Medial experience
- Culminating or capstone experience

6. Expected Outcomes:

Students will be able to perform functional assessment tests and taping procedures, and have an understanding of the information gained from these tests.

7. How is field performance assessed?

Ability to perform tests, laboratory reports with calculations, and written examinations.

Lab Grade:	Quizzes (10)	100 pts.
	Attendance / Participation	50 pts.
	Project	150 pts.
	Final	<u>100 pts.</u>

Total

400 pts.

Field Experiences: InTASC # 1, 3, 6, 7; CFPO # 3, 4, 10

Week 1: Orientation to laboratory/Assign Student Projects	(2 hours)
Week 2: SOAP notes/Rehabilitation	(2 hours)
Week 3: Ankle Taping	(2 hours)
Week 4: Ankle Evaluation	(2 hours)
Week 5: Knee Evaluation	(2 hours)
Week 6: Shoulder Evaluation	(2 hours)
Week 7: Upper Extremity Rehabilitation	(2 hours)
Week 8: Lower Extremity Rehabilitation	(2 hours)
Week 9: Helmet, Shoulder Pad, and Crutch Fitting	(2 hours)
Week 10: Wrist/Hand Taping	(2 hours)
Week 11: Arch/Achillies Taping	(2 hours)
Week 12: Student Project Presentations	(2 hours)
Week 13: Student Project Presentations	(2 hours)
Week 14: Finals Review/Taping Lab	(2 hours)
Week 15: Lab Final Exam	(2 hours)

Assessment of Concepts and Skills/Evaluation of Student Progress:

Test 1	100 pts
Test 2	100 pts
Test 3	100 pts
Final	200 pts
Quizzes (10)	100 pts
Journal Article Reviews (2)	50 pts
Attendance and Participation	50 pts
<u>Lab</u>	<u>400 pts</u>
Total	1100 pts

A= 90-100% of total possible points

B= 80-89% of total possible points

C= 70-79% of total possible points
D= 60-69% of total possible points
F= 0-59% of total possible points

** Make-up tests will only be given if **previous arrangements** are made with me.
Arrangements will only be made for tests missed for religious, medical, or athletic reasons. **

CLASS ATTENDANCE: Class attendance will be taken and factored into your grade. Missing class and being late for class will cause you to lose attendance points. You are allowed 3 unexcused absences. Then your 50 pts will begin to drop as described below. Plan accordingly! Make sure you get notes from a classmate for any days you miss. Athletes, in particular, will need to plan ahead.

3 absences or less- 50 points possible
4 absences- 45 points possible
5 absences- 40 points possible
6 absences- 35 points possible
7 absences- 30 points possible
8 absences- 25 points possible
9 absences- 20 points possible
10 absences or more- 0 points

Exams: There will be three exams during the semester that will be announced at least one week before the exam. There will be a final exam during finals week. Exams can include multiple choice, fill-in-the-blank, short answer, and essay.

The three regular exams will be worth 100 points each, and the final exam will be worth 200 points.

Ten quizzes will be given during the semester. The total quiz grade will be 100 points, 10 points each.

Laboratory Grade: The score earned in the lab section of the course will count as 400 of the final course grade (refer to “Assessment of Laboratory Experiences” for additional information).

Late and Missed Exams: Any student late for an exam will not be allowed to take the exam after the first person has finished. Any student missing an exam must submit an acceptable written excuse to the instructor the first day of return. Failure to submit a written excuse with proper documentation or failure to make up the exam will result in a zero for the exam. Acceptable excuses are discussed in the *Academic Operating Policy and Procedure Manual*. Acceptable absences include, but are not limited to: participation in an activity appearing on the university’s authorized activity list; death or major illness of a student’s immediate family, religious observance; and, personal sickness that is too severe or contagious for the student to attend class as determined by the Student Health Center or off-campus physician. A written excuse with proper documentation must be submitted to the instructor prior to the next scheduled lab meeting.

Late Assignments: Failure to complete an assignment on time will result in a zero for the assignment.

Assessment of Laboratory Experiences:

The final laboratory score is 400 of the final grade for KI 3273, and is determined by 1.) quizzes; 2.) attendance/participation; 3.) student project; and 4.) final lab exam score.

Lab Grade:	Quizzes (10)	100 pts.
	Attendance / Participation	50 pts.
	Project	150 pts.
	Final	<u>100 pts.</u>
	Total	400 pts.

Attendance: Attendance at all lab sessions is expected. Five points will be deducted from the laboratory attendance and participation grade for each lab session missed.

Quizzes: Most weeks a quiz will be given at the beginning of the laboratory session which covers the previous week's material. Ten quizzes will be given during the semester, worth 10 points each, for a total of 100 points of the lab grade.

Final Lab Exam: There will be a lab final during the 15th week of the semester. The written portion of the exam can include multiple choice, fill-in-the-blank, short answer, and essay. There will also be a practical portion of the lab final where the student will perform given functional assessment tests or taping. The final lab exam is worth 100 of the final lab grade

Grading Scale:

A = 90 - 100%, B = 80 - 89%, C = 70 - 79%, D = 60 - 69%, F = 0 - 59%.

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