

GEORGE MASON UNIVERSITY
School of Recreation, Health and Tourism

ATEP 150 — Introduction to Athletic Training and Preventative Care Techniques (3)
SPRING 2013

DAY/TIME:	T/Th 12-1:15pm	LOCATION:	Lecture: BRH 148 Lab: OB 318 or BRH 148
INSTRUCTOR:	Kimberly Yost, ATC	EMAIL ADDRESS:	kyost2@gmu.edu
OFFICE LOCATION:	N/A	PHONE NUMBER:	703-993-2026 Leave a message
OFFICE HOURS:	By appointment only	FAX NUMBER:	703-993-2025
SCHOOL WEBSITE:	rht.gmu.edu	COURSE WEBSITE:	mymasonportal.gmu.edu

PRE/COREQUISITES

None.

COURSE DESCRIPTION

Introduces the profession of athletic training and the basic principles of preventative care commonly used in the profession. Topics will include athletic training facility organization and procedures; protective sports equipment; construction of protective devices; and application of protective taping, braces, wrapping, and protective pads. Areas to be studied include the role of the athletic trainer in sports medicine, mechanisms of athletic injuries, tissue response to injury, blood-borne pathogens, introductory techniques of the assessment and evaluation of athletic injuries and emergency procedures.

COURSE OBJECTIVES

At the completion of this course students should be able to complete the following:

1. Select athletic taping, protective devices, or braces;
2. Apply prophylactic preventative athletic tape, protective devices, and braces;
3. Identify rules and requirements specific to sport or activity for athletic taping, protective devices, braces, etc.;
4. Design, fit, and apply custom protective devices;
5. Identify responsibilities of the sports medicine team and related disciplines;
6. Describe certification requirements for athletic training;
7. Describe legislative concerns related to athletic training;
8. List components of an athletic training room;
9. Demonstrate record keeping practices in athletic training;
10. Illustrate how tissues of the body respond to injury;
11. Classify basic musculoskeletal injuries and mechanisms;
12. Outline the process of injury evaluation; and
13. Identify the basic psychological components of injury.

NATURE OF DELIVERY

This didactic course will be taught in the Athletic Training Clinical Simulation Laboratory. The focus of this course is to develop the cognitive competencies necessary for the safe, effective, and evidenced-based application of preventative care techniques in a physically active patient population. Students will become familiar with the profession of athletic training.

Attendance

Students are expected to be on time (*DOOR WILL BE LOCKED AFTER CLASS STARTS*), attend all class meetings and be prepared for in class assignments and projects. Excused absences include the following: illness (must bring a receipt or note from a doctor), family death, athletic/academic event (contact instructor in advance), and others at the discretion of the instructor. For known upcoming absences, students must contact the instructor at least one week in advance to the missed class to make up work. In the case of illness or some other unforeseen absence, the student must contact the instructor via e-mail or telephone. At the next attended class meeting the student will discuss material that is to be completed. ***Students will have one week from the excused absence to complete any missed assignments.*** It is the student's obligation to pursue any make-up work.

Dress

During the laboratory section of the course, students will be asked to wear appropriate clothing to expose various body parts for the purposes of practicing the application of various emergency medical procedures. Tank tops, tee-shirts or sports bras/bathing suit tops will be required when topics focus on the upper body. Shorts will be required will be required when topics focus on the lower body. If there is a privacy issue please discuss with me individually, it is the student's responsibility to contact the instructor to make appropriate arrangements.

Special Requirements

This course requires a laboratory fee of \$120.00 payable to George Mason University. This fee is due at the beginning of class Tuesday Jan. 29th. Check or money order only, you can make your check to George Mason University and in the Memo section write in "ATEP 150 Lab Fee." A receipt will be issued to you upon payment. ***NO CASH WILL BE ACCEPTED.***

Technology Use During Class

As per GMU policy, all sound emitting technology is required to be turned off during the class meeting time. Additionally, ***NO cell phones, laptop computers, iPads, E-Tablets, Pagers, etc*** will be permitted for use during class time; the exceptions are for use during presentations/projects, and technology deemed as necessary by the Office of Disability Services. Students utilizing various technology devices during class will be asked to leave class and will not be permitted to complete course work or receive any points for assignments that day.

E-mail Correspondence

Only messages that originate from a George Mason University address will be accepted.

The following is an appropriate professional format:

Dear Professor Yost (*Beginning salutation*)

I am looking forward to your class. (*Text body*)

Regards, (*Ending Salutation*)

Kimberly Yost (*Your name*)

Academic Load

Although many students must work to meet living expenses, employment and personal responsibilities are not a consideration for missed classes, late or incomplete assignments, the course content, or the course schedule (see <http://catalog.gmu.edu>). Student employment does not take priority over academic obligations. It is recognized that many students need to work in order to meet living expenses, however, there are distinct guidelines for students in terms of the number of credit hours which should be attempted based on how many hours per week a student has outside employment. For additional information on the subject, please see the GMU Academic Catalog (<http://catalog.gmu.edu/content.php?catoid=17&navoid=1274#academicload>). Student who fail to observe these guidelines may expect no special consideration for academic problems arising from the pressure of employment.

Written Assignments

All assignments must be typed, unless otherwise indicated by the instructor. Pay close attention to spelling and grammar as these will count toward your grade on written assignments. Students are encouraged to visit the Writing Center at GMU to seek assistance with written assignments.

Accreditation Standards

Upon completion of this course, students will meet the following Commission on Accreditation of Athletic Training Education (CAATE) competencies and proficiencies:

Code	Competency
PA-C5	Describe the etiology, pathogenesis, pathomechanics, signs, symptoms, and epidemiology of common orthopedic injuries, illnesses and diseases to the body's systems.
PD-C1	Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies including (1) basic legislative processes for the implementation of practice acts, (2) rationale for state regulations that govern the practice of athletic training, and (3) consequences of violating federal and state regulatory acts.
PD-C2	Describe the process of attaining and maintaining national and state athletic training professional credentials.
PD-C3	Describe the current professional development requirements for the continuing education of athletic trainers and how to locate available, approved continuing education opportunities.
PD-C4	Describe the role and function of the governing structures of the National Athletic Trainers' Association.
PD-C5	Differentiate the essential documents of the national governing, certifying, and accrediting bodies, including, but not limited to, the Athletic Training Educational Competencies, Standards of Practice, Code of Ethics, Role Delineation Study, and the Standards for the Accreditation of Entry-Level Athletic Training Education Programs.
PD-C6	Summarize the position statements regarding the practice of athletic training.
PD-C7	Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.
PD-C8	Summarize the current requirements for the professional preparation of the athletic trainer.

PD-C9	Identify the objectives, scope of practice and professional activities of other health and medical organizations and professions and the roles and responsibilities of these professionals in providing services to patients.
PD-C11	Identify and access available educational materials and programs in health-related subject matter areas (audiovisual aids, pamphlets, newsletters, computers, software, workshops, and seminars).
PD-C16	Summarize the history and development of the athletic training profession.
RM-C3	Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.
RM-C4	Identify and explain the recommended or required components of a preparticipation examination based on appropriate authorities' rules, guidelines, and/or recommendations.
RM-C10	Interpret data obtained from a wet bulb globe temperature (WBGT) or other similar device that measures heat and humidity to determine the scheduling, type, and duration of activity.
RM-C12	Explain the components and purpose of periodization within a physical conditioning program
RM-C20	Recognize the clinical signs and symptoms of environmental stress.
RM-C16	Explain the basic principles associated with the use of protective equipment, including standards for the design, construction, fit, maintenance and reconditioning of protective equipment; and rules and regulations established by the associations that govern the use of protective equipment; and material composition.
RM-C17	Explain the principles and concepts related to prophylactic taping, wrapping, bracing, and protective pad fabrication
RM-C18	Explain the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints. This includes, but is not limited to, evaluating or identifying the need, selecting the appropriate manufacturing material, manufacturing the orthosis or splint, and fitting the orthosis or splint.
RM-P4	Select and fit appropriate standard protective equipment on the patient for safe participation in sport and/or physical activity. This includes but is not limited to:
RM-P4.1	Shoulder Pads
RM-P4.2	Helmet/Headgear
RM-P4.3	Footwear
RM-P4.4	Mouthguard
RM-P4.5	Prophylactic Knee Brace
RM-P4.6	Prophylactic Ankle Brace
RM-P4.7	Other Equipment (as appropriate)
RM-P5	Select, fabricate, and apply appropriate preventive taping and wrapping procedures, splints, braces, and other special protective devices. Procedures and devices should be consistent with sound anatomical and biomechanical principles.

REQUIRED READINGS

1. Prentice, W.E. (2010). Arnheim's Principles of Athletic Training: A Competency-based Approach, 14th Edition. McGraw Hill Publishers.
2. Beam, J. (2012). Orthopedic Tapping, Wrapping, Bracing and Padding; Second Edition. F.A. Davis Publishers.

EVALUATION

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities and competency testing.

Quizzes

As indicated on the Course Calendar, a quiz will be given at the beginning of class for the required reading. This will be a brief multiple choice and true-false assessment of your knowledge from the reading. ***You are required to bring a Scantron to each examination.*** If you are late to class, you cannot make up the quiz at the end of class.

Lecture Examinations

Four written examinations will be administered. The format of the examinations will be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test material covered during the prior class meetings and previous reading assignments. Exams will also cover material in the textbook and activities completed during class sessions. ***You are required to bring a Scantron to each examination.***

Laboratory Assessment

Four assessments of various taping related psychomotor skills will be administered throughout the semester. The skills practiced in class will be assessed in a live practical examination format. This is a real time examination that will require the student to demonstrate various taping techniques. Students will be randomly scheduled for testing.

Assignments

Description	Due Date	Points
History Page	1-31	10
Prince William/Laboratory Scavenger Hunt	2-5	20
NATA Website Review	2-7	15
BOC Assignment	2-21	15
Guest Speaker Review and Questions	2-14	15
Healing Process Project	4-4	25

GRADING

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Assignments	6	varies	100
Professional Phase Student Interview	1	30	30
Quizzes	18	5	90
Laboratory Assessments	4	75	300
Lecture Examinations	3	75	225
TOTAL	—	—	745

Course Grading Scale

The student's final letter grade will be earned based on the following scale:

A: 692.8 – 745pts. (93%)	C+: 573.6– 595.99 pts. (77%)
A-: 670.5 – 692.79 pts (90%)	C: 543.8 – 573.59 pts. (73%)
B+: 648.1 – 670.49 pts. (87%)	C-: 521.5 – 543.79 pts. (70%)
B: 618.3 – 648.09 pts. (83%)	D: 469.3 – 521.49 pts. (63%)
B-: 596 – 618.29 pts. (80%)	F: < 469.29 pts.

EXTRA CREDIT

You can get 10 points by joining MATS and attending 2 meetings during the semester. Meeting attendance will be checked with MATS officers.

You can earn 10 points by attending and participating in the Kyle Wilson Memorial Walk for Fitness on Saturday April 28th.

MAKE UP WORK

Students who are absent or who arrive late without an official university or a medical doctor's excuse will not be permitted to participate in the class activities for credit the day of the absence or tardy event. There will be no make-up quizzes or exams unless an excused absence has been warranted. Students who miss an examination, quiz or other class activity because of an excused absence must complete the assignment ***within a week of the excused absence.*** It is the student's obligation to pursue any make-up work.

LATE ASSIGNMENTS

All work is due at the beginning of class time on the indicated day. **NO LATE WORK WILL BE ACCEPTED!**

ATEP 150 Calendar **Subject to change***

DAY	DATE	TENTATIVE TOPIC	ASSIGNMENT
1	1-22	LECTURE: Introduction to Athletic Training	<i>Friend Quiz</i>
2	1-24	LECTURE: Taping, wrapping and bracing introduction	Pren. pg 207-208, 215-218 Beam pg 1-26 (stop @ Braces), 14-26 Quiz
3	1-29	Intro to Prince William and Labs	
4	1-31	LECTURE: History of Athletic Training and Education	Pren. pg 3-5 (stop @ International Federation of Sports Medicine) pg 27-298 (stop at Other Health Care Org. Accrediting Agencies) Quiz
5	2-5	LAB: Arch taping/strapping	Beam pg 39-53 Quiz
6	2-7	LECTURE: Roles, Responsibilities and Professional Behaviors of the ATC	Pren. pg 13 -24 (stop @ Referring the Patient) Quiz
7	2-12	LAB: Toe taping/strapping	Beam pg 54-65, 75-82 Quiz
8	2-14	Guest Speaker	Assigned Reading
9	2-19	LAB: ASSESSMENT # 1	
10	2-21	LECTURE: Athletic Training Employment and Education Requirements	Pren. pg 7-13 (stop @ Roles & Responsib), 29-32, pg 47 (start w/Potential AT Duties) - 50 Quiz
11	2-26	LAB: Ankle Taping, Achilles Tendon-lower leg /Strapping/bracing	Beam pg 84-93, 99-103, 118-121 Quiz
12	2-28	LECTURE: Protective Equipment	Pren. pg 176-198 Quiz
13	3-5	LAB: Achilles Tendon-lower leg /Strapping/bracing	Beam pg 126-133,136-138 (Wrapping Techniques) Quiz
14	3-7	LECTURE: EXAMINATION # 1	
		3-11 to 3-17 SPRING BREAK	
15	3-19	LAB: Achilles Tendon-lower leg /Strapping/bracing	
16	3-21	LECTURE: Mechanisms/Characteristics of Trauma	Pren. pg 239-256 Quiz
17	3-26	LAB: ASSESSMENT #2	

18	3-28	LECTURE: Tissue Response to Injury/Pain Control Mechanisms	Pren. pg 260-275 Quiz
19	4-2	LAB: Knee- Knee Thigh, Hip-Pelvis Strapping/Wrapping	Beam pg 148-157, 161-163, 167, 174-176, 194-196, 200-201, 203-212 Quiz
20	4-4	LECTURE: Tissue Response to Injury/Pain Control Mechanisms Project Presentation	
21	4-9	LAB: Shoulder-Upper Arm Taping/Wrapping Strapping	Beam pg 227-231, 233-236, 238-242, Quiz
22	4-11	LECTURE: On/Off-the-Field Evaluation	Pren. pg 301-306 (stop @ Overview of Emergency), 316-319, 337-344 (stop @ Move. Assess), 351-353 Quiz
23	4-16	LAB: Elbow-Forearm Taping/Wrapping/Strapping	Beam pg 262-271, 269, 274-279 Quiz
24	4-18	LAB: Wrist -Hand-Finger-Thumb Tapping/Wrapping/Strapping	Beam 301-303, 305-309, 313-316, 321-324, 336-341, 344-,347, Quiz
25	4-23	LECTURE: EXAMINATION #2	
26	4-25	LAB: ASSESSMENT #3	
27	4-30	LECTURE: Psychology of Injury	Pren. pg 281-297 Quiz
28	5-2	LAB: Comprehensive Review	
29	5-7	Examination #3 COMPREHENSIVE FINAL EXAMINATION 10:30am-1:15pm LAB: ASSESSMENT #4 COMPREHENSIVE	

COLLEGE OF EDUCATION AND HUMAN DEVELOPMENT

Student Expectations

- Students must adhere to the guidelines of the George Mason University Honor Code [See <http://academicintegrity.gmu.edu/honorcode/>].
- Students with disabilities who seek accommodations in a course must be registered with the George Mason University Office of Disability Services (ODS) and inform their instructor, in writing, at the beginning of the semester [See <http://ods.gmu.edu/>].
- Students must follow the university policy for Responsible Use of Computing [See <http://universitypolicy.gmu.edu/1301gen.html>].
- Students are responsible for the content of university communications sent to their George Mason University email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students must follow the university policy stating that all sound emitting devices shall be turned off during class unless otherwise authorized by the instructor.
- Students are expected to exhibit professional behaviors and dispositions at all times.

Campus Resources

- The George Mason University Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance [See <http://caps.gmu.edu/>].
- The George Mason University Writing Center staff provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing [See <http://writingcenter.gmu.edu/>].
- For additional information on the College of Education and Human Development, School of Recreation, Health, and Tourism, please visit our website [See <http://rht.gmu.edu>].

CORE VALUES COMMITMENT: The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles.

Student Acknowledgement of Syllabus

I, _____, by signing below, attest to the following:
(Print First and Last Name)

*I have read the course syllabus for ATEP 150 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 150 between me and the instructor.

*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.

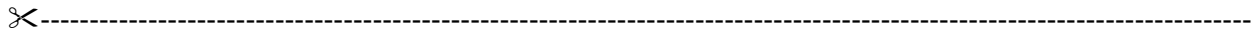
*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.

*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.

*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access Blackboard e-mail for announcements and assignments.

(Signature) (Date)

(Student Copy: This copy should remain attached to your syllabus)



Student Acknowledgement of Syllabus

I, _____, by signing below, attest to the following:
(Print First and Last Name)

*I have read the course syllabus for ATEP 150 in its entirety, and I understand the policies contained therein. This syllabus serves as an agreement for ATEP 150 between me and the instructor.

*I have a clear understanding of the due dates for assignments and examinations, and I accept responsibility for the material.

*I am aware that failure to submit assignments by the dates assigned will result in no points awarded as late work will not be accepted.

*I understand the instructor reserves the right to alter the provided schedules as necessary and I am responsible for the assignments and examination dates for the most current version of the syllabus schedule.

*I accept responsibility for reading announcements that are sent to me via e-mail through Blackboard; it is my responsibility to access my Blackboard e-mail for announcements and assignments.

(Signature) (Date)

(Instructor Copy: Submit to the instructor at the end of the first class meeting)