

ATR 220 Basic Athletic Training (2 Credits)
Spring 2016

Lecture:

All Sections: Monday 8:00-8:50 a.m Hoover 1312 (O'Mara)

Lab Sections:

Section 1: Wednesday 8:00 – 9:40 a.m. Jacobson Athletic Training Room (Drenth)
Section 2: Thursday 8:00-9:40 a.m. Jacobson Athletic Training Room (O'Mara)
Section 3: Tuesday 8:00- 9:40 a.m. Jacobson Athletic Training room (Drenth)

Instructor: Denise O'Mara MS, ATC, LAT, NASM PES

e-mail = dharklau@iastate.edu

Office Location: Jacobson Athletic Building – FAHCC Office Phone = 515-294-8389

Office Hours = M, W, F 10:00 – Noon Tues, Thurs: By appointment.

Afternoon by appointment only. It is best to e-mail or call before appointments as my job does require out of town travel at times. We can meet briefly before or after scheduled class times as well.

LAB Instructor: (Tuesday, Wednesday)

Jessica Drenth ATC, LAT, M.Ed.

email = jrilling@iastate.edu

Office phone = 515-294-5146

Office Location = Beyer Hall Athletic Training Room

Required Text: Arnheim, D., & Prentice, W. Essentials of Athletic Injury Management (9th Edition).

Course Objectives:

This course is intended to provide students with a general overview of the prevention and care of athletic injuries: It is designed for those beginning careers in coaching, physical education, and health and fitness professions. The basic knowledge and skills are as follows:

- *Basic management of injuries and emergency situations when an athletic trainer or physician is not present.
- *Understand the roles of the sports medicine team including the domains of athletic training.
- *Organization and administration of practice, event and facility coverage.
- *Preventative techniques including taping and bandaging, sports padding and equipment, Conditioning and periodization, analyzation of physical and environmental risk factors associated with physical and sport activity.
- * Understanding the basic concepts of injury rehabilitation and return to participation.
- * Recognition and management of specific injuries and conditions for each body part (listed on daily course outline)
- *Psychomotor skills will include basic first aid procedures, taping and bandaging techniques

Lab Requirements:

Please wear shorts and a short sleeve t-shirt to labs as we will be taping and bracing upper and lower extremities. You must complete all lab activities to get credit for each lab session.

*Jacobson Athletic Training Room. The building is located north of the football field. Please park in the East Lot. Parking during the day does not require a parking permit. You may also park in the commuter lot and catch the bus if you have class at 10 after lab.

Attendance is required. 5 points will be deducted from your point total for missing lab classes.

Lab Test: This will be performed at the end of the semester. The testing requirements and grading scale are posted on blackboard and will be reviewed extensively during lab classes.

Disability Policy:

Iowa State University complies with the American with Disabilities Act and Section 504 of the Rehabilitation Act. Any student who may require an accommodation under such provisions should contact me as soon as possible and no later than the end of the first week of class or as soon as you become aware. No retroactive accommodations will be provided in this class.

*Academic misconduct such as cheating, plagiarism, counterfeit work, etc. will not be tolerated. Violations of the university policy regarding academic misconduct will be reported and dealt with according to the Iowa State University policy.

Assessment: / Grading

Three written examinations @ 100 each	300 points
Quizzes:(lecture, lab, on-line,)Points may vary slightly	100 points
Warm up/ flexibility routine	20 points
Injury Assignment	30 points
Lab Testing/checklist	100 points
Equipment/facility/	20 points
Hydration /heat illness plan	10 points

EXTRA CREDIT

ACL Prevention Assignment	10 points
Concussion: Current Literature /Video Review	10 points

Total 580 points

MANDATORY: State Of Iowa Concussion Certification Pass/Fail

This certificate must be completed and **submitted to the instructor to Pass this Class.**

This is required by the state of Iowa.

Assignments are detailed on Blackboard. They must be turned in on Blackboard.

A 93-100 %	B 83-86 %	C 73-76%	D 63-66%
A- 90-92%	B- 80-82%	C- 70-72%	D – 60-62%
B+ 87-89%	C+ 77-79%	D+ 67-69%	F 59% and below

ATR 220: Daily Course Outline - 2016

Mon. January 11th	Lecture Lec/lab	Intro – Chapter 1 Chapter 2 and 3: class activity Terminology: Worksheet Pre-participation exams Legal Liability – examples and how to avoid	Hoover 1312 Jacobson
Mon. January 18th	OFF Lecture/Lab	celebrate MLK Day Chapter 4 –Fitness training Review Terms and principles Develop a full year Sport Plan: in class Discuss Warm up and Flexibility assignment	Jacobson
Mon. January 25th	Lecture Lab #1	Chapter 7 and 9 Chap. 8 Emergency Assessment Splinting and Transport /Situations <u>On-line QUIZ #1 over 7,8,9 (Due by Mon. Feb 1st)</u>	Hoover 1312 Jacobson
Mon. Feb. 1st	Lecture Lab #2 Lab PRICE	Chapter 11,12 Chpt. 10 Intro to taping/RTP Compression wraps / PRICE/Quiz <u>Warm up Flexibility Routine : DUE Friday Feb.5th on Blackboard</u>	Hoover 1312 Jacobson
Mon. Feb. 8th	Lecture Lec/Lab	TEST # 1 over chapters 1,2,3, 7,8,9 Chapter 13 – Short lab activity Injury Classification (PPT)	Hoover 1312 Jacobson
Mon. Feb. 15th	Lecture Lab	Chpt 14 – Foot Foot :Taping / Bandaging/shoe/blisters Foot worksheet / Quiz	Hoover 1312 Jacobson
Mon. Feb. 22nd	Lecture Lab	Chpt 15 – Ankle and lower leg ankle/ lower leg taping /bracing Ankle worksheet - Questions <u>On-line Quiz – chpt 14,15 Due Monday Feb. 29th</u>	Hoover 1312 Jacobson
Mon.Feb. 29 th	Lecture Lab	Chpt 16 – The knee (worksheet) Taping / Bracing knee Eval <u>Knee Worksheet (Due by Friday March 4th)</u>	Hoover 1312 Jacobson
Mon. March 7th	Lecture Lab	<u>TEST #2 over chps 13,14,15,16</u> Hip/Thigh Ace Wrapping Muscle anatomy and stretching /strengthening exercises	Hoover 1312 Jacobson

Hip worksheet.

Equipment / Facility /DUE by Friday March 11th)

SPRING BREAK (14-18)

POST SPRING BREAK

Mon. March 21st	Lecture	Chpt 17 –Turn in Hip worksheet Review. Chpt 18 - Shoulder	Hoover 1312
	Lec/Lab	Chpt 18 – shoulder &lab activity Anatomy / Injuries/Worksheet <u>On-line Quiz- Shoulder : Due Monday March 28th</u>	Jacobson

Mon. March 28th	Lecture Lab	Chpt 19 – Elbow, Wrist, Hand Elbow , Wrist, Hand taping/bracing	Hoover 1312 Jacobson
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Mon. April 4 th	Lecture Lab	Chpt. 20 – The spine Spine Board Video / lab	Hoover 1312 Jacobson
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Injury Assignment DUE by Monday April

11th

Mon. April 11 th	Lecture Lecture/lab	Chpt 21 – thorax, Abdomen Concussion Management -chpt22 Video, Terminology SAC, SCAT 2, BESS lab testing assignment <u>Concussion – QUIZ (everyone must take and pass)</u>	Hoover 1312 Jacobson
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Mon. April 18 th	Lecture Lab	Chapt 22 – Head, Face, ENT <u>Lab Review and Testing</u> <u>On-line Quiz: chpt 22,23 Due Monday April 25th</u>	Hoover 1312 Jacobson
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Mon. April 25 th	Lecture Lab	Chapter 23 – Medical Conditions <u>Lab Review and Testing</u>	Hoover 1312 Jacobson
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FINAL = Tues May 3rd @ 7:30-9:30 a.m. TEST # 3 (Not comprehensive)