

**Saint Louis University
Doisy College of Health Sciences
Athletic Training Program**

Course Number and Title: MAT1000 - Introduction to Athletic Training

Term: Spring 2017 **Dates:** January 18 – May 16, 2017

Meeting Room/Day/Time: 2031 AH, Monday, 1:10 pm – 2:00 pm

Credit Hours: 1

Clock Hours: 14 Lecture, 2 Field Experience

Course Description:

This course introduces students to the athletic training profession and explores the specialties and opportunities for practice. The students participate in lectures and seminars by the athletic training faculty and practitioners across practice areas, including high school, collegiate professional, private and industrial settings. The historical foundations of athletic training and the evolution of the contemporary practice of athletic training are discussed.

Course Coordinator/Instructor:

Anthony Breitbach PhD, ATC
Room 2005, Allied Health Building
314-977-8561, breitbap@slu.edu

Teaching Assistant:

Erin Fabbri
224-563-9798, fabbriee@slu.edu

Office Hours: By appointment

Description of Teaching Methods and Learning Experiences: Synchronous hybrid course utilizing lecture, field experience, online and or written assignments discussion and problem solving.

Required Texts: Readings from the following texts will be assigned, it is expected that these readings be completed before the assigned class.

- Chabner, Davi-Ellen. (2015) Medical Terminology Online for Medical Terminology: A Short Course, 7th edition (Access Code) ISBN: 9781455772650
- Winterstein, Andrew P. (2009). Athletic Training Student Primer, A Foundation for Success (2nd edition). SLACK Incorporated. ISBN: 9781556428043

Other Readings:

Instructors will identify additional readings that are important in developing an understanding of concepts. It is expected that these readings be completed before the assigned class.

Course requirements and expectations:

- In class participation and attendance:
Attendance is required at each class period. Because of the importance of classroom interaction for this course, it is imperative that students attend class. Attendance Failures will be given for students who have 3 or more absences (excused or unexcused) in the course. Students are expected to actively participate in class discussion.
- SLU AT Speakers Series:
There will be a speaker on February 20, 2017. This is a required activity and will include a worksheet to be handed in at the end of the activity.
- Readings and quizzes:
Assigned readings should be completed prior to discussions to facilitate participation in class and prepare students for weekly quizzes.
- Medical Terminology modules:
Online medical terminology modules in Blackboard are associated with this course. They all must be completed by the last day of class. Bonus points will be awarded if the modules are completed by the due date in the syllabus.
- Out-of-class activity:
There will be a field trip to Rams Park; the day/time will be announced in class.
- Final Reflection assignment:
You will complete a final reflection paper on Athletic Training and where you see your career.
- Final Examination:
This course has an online final examination which is completed during finals week.

Method of Evaluation:

The student will receive points for the Chabner medical terminology modules, a comprehensive written final exam, a reflection paper and random quizzes based on the assigned readings.

The distribution of points is as follows:

• Medical Terminology Modules	545 points
• SLU AT Speaker Series Assignment	20 points
• Final Examination	100 points
• Reflection paper	100 points
• Quizzes on Readings (10 points each)	110 points

TOTAL =	875 points

Grading Policies:

The Department grading scale will be utilized for this course.

A 93-100%	A- 91-92%	B+ 89-90%
B 84-88%	B- 81-83%	C+ 79-80%
C 75-78%	D 65-74%	F Below 65%

Statement on Academic Integrity:

Saint Louis University supports an environment of trust and integrity. Violating academic integrity is not consistent with such an environment.

Violations of academic integrity include but are not limited to cheating, plagiarism, and falsifying or fabricating facts. Professional integrity is violated by any dishonesty in meeting the responsibilities inherent in clinical practice.

Sanctions for a violation of academic or professional integrity may include but are not limited to disciplinary probation, suspension, and dismissal from the University. The Doisy College of Health Sciences Academic and Professional Integrity Policy are consistent with the University's Academic Integrity Statement.

Academic Adjustments / Accommodations:

In recognition that people learn in a variety of ways and that learning is influenced by multiple factors (e.g., prior experience, study skills, learning disability), resources to support student success are available on campus. Students who think they might benefit from these resources can find out more about:

- Course-level support (e.g., faculty member, departmental resources, etc.) by asking your course instructor.
- University-level support (e.g., tutoring/writing services, Disability Services) by visiting the Student Success Center (BSC 331) or by going to www.slu.edu/success

Students who believe that, due to a disability, they could benefit from academic accommodations are encouraged to contact Disability Services at 314-977-8885 or visit the Student Success Center. Confidentiality will be observed in all inquiries. Course instructors support student accommodation requests when an approved letter from Disability Services has been received and when students discuss these accommodations with the instructor after receipt of the approved letter.

Your liaison librarian, Mary Krieger, is available to help you find quality journal articles, access full-text, and format citations.

Mary Krieger, RN, MLIS , 314-977-8810, kriegerm@slu.edu

Blackboard:

This course will utilize Blackboard for communication, discussions, and distribution of course materials (including some assignments).

Student Responsibilities:

- Communication is a critical piece of education. Students are encouraged to meet with the course coordinator throughout the semester to discuss the course content and assignments. Important information will be relayed during class sessions. Other official course communication will be provide in writing, through e-mail and/or posted on Blackboard. Students are responsible for checking University e-mail and Blackboard on a regular and consistent basis.

- Prompt class attendance is expected. If you are unable to attend class, contact the course coordinator as soon as possible [before class is preferred, within 24 hours is required]. Students missing class should consult classmates regarding class content prior to meeting with the course coordinator to class to discuss content, assignments, and any other pertinent information concerning your absence.
- Out of respect for the class coordinator and your classmates, all mobile phones and other personal communication devices must be turned **off** during class meetings. Computer use is permitted (and may be required), however, e-mail, instant messaging, and other personal communication programs should be disabled. Students who do not comply may be asked to leave class.
- Paper style, formatting and citations in written assignments must follow the guidelines of the Journal of Athletic Training. This information is accessible at: <http://www.nata.org/journal-of-athletic-training/for-authors>
- Students are expected to be in professional dress for class presentations and any guest lecturers/presenters. Questions regarding this policy should be directed to the course coordinator.

Course Objectives:

Upon completion of this course, the student will:

1. Compare and contrast the role of certified athletic trainers with other health care professionals involved in sports medicine.
2. Describe elements of a sports medicine program.
3. Describe the academic process of becoming a certified athletic trainer.
4. Discuss resources available for athletic training students.
5. Discuss clinical experiences for athletic training students.
6. Discuss methods of maintaining emergency medical information as well as injury and rehabilitation records for athletes.
7. Understand and use appropriate medical terminology.
8. Review legal issues involved in athletic training including documentation, liability, negligence, torts, and risk management.
9. Differentiate between primary and secondary prevention, and identify sample strategies in both categories.
10. Describe the components of and reasoning behind pre-participation physicals.
11. Describe a systematic emergency medical system response protocol as well as basic knowledge about emergency situations and crisis intervention.
12. Demonstrate basic wound care management and use of universal precautions.
13. Describe environmental influences that impact sports participation and strategies to minimize injury or illness as a result of such influences.
14. Discuss the basic principles and practices associated with the immediate treatment and rehabilitation of athletic injuries.
15. Describe common injuries in athletes.

Outline of Content/Schedule:

Date	Topic	Winterstein	Chabner
1/16/2017	MLK DAY – NO CLASS		
1/23/2017	Introduction to Athletic Training	Chapter 1-2	
1/30/2017	Athletic Training Education	Chapter 3-4	Module 1
2/6/2017	Injury Terminology & Documentation	Chapter 5	
2/13/2017	Taping and Bracing	Chapter 15	Module 2
2/20/2017	SLU AT Speakers Series – 6:30 pm (CGC)		
2/27/2017	Common Conditions - Lower Extremity	Chapter 6	
3/6/2017	Common Conditions - Upper Extremity	Chapter 7	Module 3
3/13/2017	SPRING BREAK - NO CLASS		
2/20/2017	Common Conditions - Head, Face & Spine	Chapter 8	
3/27/2017	Common Conditions - General Medical	Chapter 9	Module 4
4/3/2017	Bloodborne Pathogens & Universal Precautions	Chapter 10	
4/10/2017	EASTER BREAK – NO CLASS		
4/17/2017	Emergency Planning & Injury Evaluation	Chapter 11	Module 5
4/24/2017	Environmental Concerns	Chapter 12	
5/1/2017	First Aid & Initial Injury Care	Chapter 13	
5/8/2017	Rehabilitation	Chapter 14	Module 6