

TECHNIQUES OF ATHLETIC TRAINING

01:377:215, 3 credits, Section 01

Semester: Fall, 2022

Department of Kinesiology and Health
Rutgers University

Course information

Pre/co-requisites: 01:377:215 TECHNIQUES OF ATHLETIC TRAINING

Online learning site: Canvas <https://canvas.rutgers.edu/>

Schedule: Mondays and Thursdays 8:30a – 9:50a EST

Class lectures provided using: Class lectures conducted in-person with supplements lectures (if needed) via WebEx, YouTube, and Zoom

Technology requirements for this course:

- Internet access
- Web camera (Just in case)
- Ability to utilize WebEx /Zoom (Just in case)

Instructor information

Instructor: Chris D'Andrea

Email: cdandrea@scarletknights.com

Virtual office hours: Tuesday/Wednesdays 10a-12n/ Post-Class

Canvas email will be used for all information/communication related to this course.

Required Course Materials

Prentice, W., Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice 16th edition. McGraw Hill. 2014. ISBN 978-1-259-82400-5

- **BOOK IS RECOMMENDED – NOT REQUIRED!!!**
- eBook, loose-leaf, paperback, or older versions of the textbook are acceptable
- Additional required readings will be posted as PDF files on Canvas under the additional resources tab/module

Course Description

Techniques of Athletic Training provides an introduction to the profession of athletic training and the duties and responsibilities of a certified athletic trainer. This course discusses the prevention, evaluation, treatment, and management of common athletic injuries. This course also is a prerequisite for the Advanced Athletic Techniques course taught during the spring semester.

Course Learning Objectives

By the conclusion of this course, student-learners will

1. Develop an appreciation and understanding of the athletic training profession.
2. Develop a practical knowledge of anatomy, etiology, mechanisms of injury, prevention, evaluation, symptoms, and management of the most common injuries to the physically active.
3. Develop an understanding of the roles of the athletic trainer, physician, and coach as members of the sports medicine team.
4. Develop an understanding of the value and importance of therapeutic exercise in the prevention and rehabilitation of injuries of the physically active.
5. Develop an appreciation of other allied health professionals and their roles as sports medicine team members.

6. Develop a practical knowledge of allied health content areas and their influence on injury prevention, treatment, and rehabilitation.
7. Develop basic skills involving care and prevention of athletic-related injuries

Online Learning

This class will rely on a significant commitment from the student. The information will come from your book, lectures, and during our live lectures. The quizzes, article reviews, and projects will reinforce the topics for discussion that week. Some projects will require you to work remotely within a group, while others will allow you to work at your own pace until the deadline. I will make every attempt to present this class from an interactive standpoint.

Grading Policy

- This class uses a points-based system to calculate grades. The description of each assignment includes how many points it is worth. The total number of points for this class is **670 points**. Unless otherwise noted, assignments are due by 11:59 PM on the due dates listed below.
- Assignments turned in late will receive 0 points unless the student communicates with the instructor BEFORE the due date and receives written/email approval of an extension.
- Bring any concerns about a graded assignment to the instructor within seven days of receiving your grade. Assignment grades are finalized after these seven days.
- Grades on Canvas are updated regularly; if you notice any discrepancies or have questions, please do not wait until the end of the semester – let your instructor know immediately.

Letter Grade	Percent	Points Needed
A	90-100	603-670
B+	85-89.9	602-570
B	80-84.9	569- 536
C+	75-79.9	535-529
C	70-74.9	528-469
D	60-69.9	468-402
F	0-59.9	0-401

Assignments

Tests (100/125 points/exam)

There will be two tests based on assigned readings and in-class discussions. Tests are always at the end of a chapter or section and are designed to build upon your learning experience. The examination format will combine true or false, multiple choice, and matching questions.

End of Chapter Projects (20 points)

There will be six end-of-chapter projects, each worth 20 points. This assignment aims to apply the class information to a scenario or specific injury. You will receive a series of questions to answer according to the assigned article. All submitted article reviews should use 12 pt—Times New Roman font. Projects should be submitted using Canvas Assignments and are due by 11:59 PM EST on the assigned due date. For the assignment, save the file as "Lastname_AssignmentName" (e.g., Smith_W Article Review1.docx). Submit in Microsoft Word format (.doc or .docx).

In-class labs (25 points)

There will be nine in-class lab projects, each worth 25 points. Projects usually take the information from a couple of chapters and combine that information to create an educational learning opportunity.

These projects can take place in and out of class and are usually accomplished through a group effort. Projects will allow you to work within your class cohort and allow for collaboration within the group. All submitted projects should use 12 pt—Times New Roman font. Projects should be submitted using Canvas Assignments and are due by 11:59 PM EST on the assigned due date. For the assignment, save the file as "Lastname_Project # Name" (e.g., Smith_W Project #.docx). Submit in Microsoft Word/PowerPoint format (.doc or .docx or ppt. pptx). You may work in a group for a project, but each student will submit a separate project—no group projects are accepted unless directed by the instructor.

Final Project (100 points)

In place of a final exam, there will be a final project encompassing the learning objectives and expanding upon previous projects and assignments. This final Project will be discussed later in the semester and will be due on the day of our scheduled final via Canvas.

THE TOTAL POINTS FOR THE CLASS ARE 670.

Final Exam Period:

There is no accumulated final exam for this class, but a final project will be worth 100 points.

Course Policies and Procedures

Academic Integrity

Students are responsible for becoming familiar with the definitions, procedures, and sanctions outlined in Rutgers University Academic Integrity Policy before submitting any assignment or exam. The policy can be found at: <http://academicintegrity.rutgers.edu/academic-integrity-policy/>.

All students should conduct themselves with the highest standards of academic honesty. Examples of academic dishonesty include: copying others' written work, not citing sources, and submitting the same assignments/papers multiple times in different courses. All incidences of questionable academic integrity are a serious matter and may result in a no grade (0.0) for the assignment or course. Academic dishonesty will not be tolerated and will be treated in accordance with Rutgers University Academic Integrity Policy.

By enrolling in this course, you are indicating implicitly that you have read, understood, and accepted Rutgers University's policies and procedures regarding academic integrity and dishonesty. Plagiarism and cheating will not be tolerated and all University policies apply. Specifically, if plagiarism or cheating is suspected, the student(s) will be asked to meet with the instructor. If the instructor concludes that an instance of plagiarism or cheating has occurred, the student(s) will be subject to an appropriate sanction or penalty outlined in Rutgers University Academic Integrity Policy.

Please note that plagiarism is using the ideas or writings of another as one's own. It varies in degree and severity. The most severe is the use of another's entire paper word-for-word. Less severe is the use of another's sentence, paragraph, or ideas without giving credit to that individual (i.e., without providing a reference).

Expectations

- Engage with all class material and discussions
- Complete all assigned readings and assignments on time
- Actively participate in all class activities, including class discussions.
- Follow the honor code when completing all quizzes and exams

- Ask questions to enhance your understanding of the material or ask any questions you might have
- Communicate with the instructor if you have questions about the material or the course
- Check your email and Canvas announcements regularly to stay informed about class updates

Email Etiquette

When emailing your instructor, please use your Rutgers email address and identify yourself by full name and course number. Students are expected to place the course number, followed by the subject, in the subject line, use appropriate email etiquette, and maintain reasonable expectations for instructor responses. The instructor will respond to student emails within 1-2 business days.

Make-up Policy

No make-ups or extensions will be offered for missed assignments except in one of the following situations, provided that the instructor is notified in advance:

- Athletic or other Rutgers-sponsored trips: Travel dates and times accompanied by a signed memo from the group's advisor/coach must be presented to the instructor before travel dates.
- Religious observances.
- COVID related issues
- Extenuating circumstances: This includes (but is not limited to) family emergencies, severe illnesses, accidents, etc. It will be up to the instructor's prerogative whether the student will be allowed to take the make-up or receive an extension.

Diversity & Inclusion

The Department of Kinesiology and Health supports an inclusive learning environment wherein diversity and authenticity are valued. We are committed to creating a culture of equality that respects the diverse voices of our students, faculty, and staff. We will continuously strive to create a curriculum and academic environment to reflect the community we serve and drive innovation, social responsibility, and excellence. Our diversity in thought, skill, and academic discipline is a resource and strength that benefits the whole and positively contribute to University and global reach.

COVID Instructions

To protect the health and well-being of all University community members, all persons must wear masks on campus when in buildings in non-private enclosed settings (e.g., shared workspaces, workstations, meeting rooms, classrooms, etc.). Masks must be worn during class meetings; any student not wearing a mask will be asked to put their mask on. Masks should conform to CDC guidelines and should completely cover the nose and mouth: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-facecoverings.html>

UNIVERSITY SERVICES

Service	Description	Contact Information
Report a Bias Incident	If you experience or witness an act of bias or hate, report it to someone in authority. You may file a report online, and you will be contacted within 24 hours.	https://studentaffairs.rutgers.edu/bias-incident-reporting
Student Accommodations	If you are a student in need of accommodations, please register with the Office of Disability Services in order to initiate the accommodations process. Please present your letter of accommodation to your instructor during the first week of the semester. Please note that accommodations are not retroactive.	(848) 445-6800 Lucy Stone Hall, Suite A 145, Livingston Campus, 54 Joyce Kilmer Avenue, Piscataway, NJ 08854 https://ods.rutgers.edu/
Crisis Intervention	Access helpful mental health information and resources for yourself or a friend in a mental health crisis on your smartphone or tablet and easily contact CAPS or RUPD.	Share a concern: http://health.rutgers.edu/do-something-to-help/ http://health.rutgers.edu/medical-counseling-services/counseling/crisis-intervention/ Just In Case Web App http://codu.co/cee05e
Counseling, ADAP & Psychiatric Services (CAPS)	CAPS is a University mental health support service that includes counseling, alcohol and other drug assistance, and psychiatric services staffed by a team of professional within Rutgers Health services to support students' efforts to succeed at Rutgers University. CAPS offers a variety of services that include: individual therapy, group therapy, and workshops, crisis intervention, referral to specialists in the community, and consultation and collaboration with campus partners.	(848) 932-7884 17 Senior Street, New Brunswick, NJ 08901 www.rhscaps.rutgers.edu/ Medical Services: http://health.rutgers.edu/medical-counseling-services/medical/ Counseling Services: http://health.rutgers.edu/medical-counseling-services/counseling/
Violence Prevention & Victim Assistance (VPVA)	The Office for Violence Prevention and Victim Assistance provides confidential crisis intervention, counseling, and advocacy for victims of sexual and relationship violence and stalking to students, staff, and faculty. To reach staff during office hours when the University is open or to reach an advocate after hours, call 848-932-1181.	(848) 932-1181 3 Bartlett Street New Brunswick, NJ 08901 www.vpva.rutgers.edu/

Academic Support	School of Arts and Sciences Academic Advising for personal, career, and educational goals. Department of Kinesiology & Health Academic Advising for questions about Exercise Science or Sport Management major/minor requirements.	SAS: https://sasundergrad.rutgers.edu/ Dept. of Kinesiology & Health: Daria Gonzalez Loree Gym, Room 110 Email: Daria.Gonzalez@rutgers.edu https://kines.rutgers.edu/academics/academic-advising
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COURSE OVERVIEW

Week	Day/ Date	Topic	Reading	Assignment Due
1	Thursday, Sept 8, 2022	Class Introduction CH 1 Athletic Trainer as a Health Care Provider	Pgs. 2-38	
2	Monday, Sept 12, 2022	CH 2 Health Care Organization and Administration in Athletic Training	Pgs. 42- 71	
	Thursday Sept 15 ,2022	CH 3 Legal Concerns and Insurance Issues	Pgs. 75-86	
3	Monday, Sept 19, 2022	CH 4 Fitness and Conditioning Techniques	Pgs. 89-124	
	Thursday, Sept 22, 2022	CH 6 Environmental Considerations	Pgs. 158-179	TEST 1
4	Monday, Sept 26, 2022	CH 7 Protective Equipment	Pgs. 184-210	Hands-on practice in class
	Thursday, Sept 29, 2022	CH 8 Wrapping and Taping	Pgs.214-242	Hands-on practice in class
5	Monday, Oct 3, 2022	CH 11 Psychosocial Intervention for Sports Injuries and Illnesses	Pgs. 286-301	
	Thursday, Oct 6, 2022	CH 12 On-the-field Acute Care and Emergency Procedures	Pgs. 305-340	
6	Monday, Oct 10, 2022	CH 13 Off-the-Field Injury Evaluation	Pgs. 344-378	
	Thursday, Oct 13, 2022	CH 13 Off-the-Field Injury Evaluation		In-class lab
7	Monday, Oct 17, 2022	CH 18 The Foot	Pgs. 506-542	
	Thursday, Oct 20, 2022	CH 18 The Foot		In-class lab
8	Monday, Oct 24, 2022	CH 19 The Ankle and Lower Leg	Pgs. 545-577	
	Thursday, Oct 27, 2022	CH 19 The Ankle and Lower Leg		In-class lab
9	Monday, Oct 31, 2022	CH 20 The Knee and Related Structures	Pgs. 581-626	
	Thursday, Nov 3, 2022	CH 20 The Knee and Related Structures		In-class lab
10	Monday, Nov 7, 2022	CH 21 The Thigh, Hip, Groin, and Pelvis	Pgs. 631-665	
	Thursday, Nov 10, 2022	CH 21 The Thigh, Hip, Groin, and Pelvis		In-class lab
	Monday, Nov 14, 2022	CH 22 The Shoulder Complex	Pgs. 668-706	

11	Thursday Nov17, 2022	CH 22 The Shoulder Complex		In-class lab
12	Monday, Nov 21, 2022	CH 23 The Elbow CH 24 Forearm, Wrist, and Hand	Pgs. 711-7-31 Pgs. 734-764	
	Tuesday, Nov 22, 2022 THURSDAY CLASSES	CH 23 The Elbow CH 24 Forearm, Wrist, and Hand		In-class lab
	Thursday, Nov 25	THANKSGIVING		THANKSGIVING BREAK NOV 24-27TH
	Monday, Nov 28, 2022	CH 25 The Spine	Pgs. 767- 817	
14	Thursday, Dec 2	CH 27 The Thorax and Abdomen	Pgs. 860-890	
	Monday, Dec 6	CH 27 The Thorax and Abdomen		In-class lab
15	Thursday, Dec 9	CH 28 Skin Disorders	Pgs. 893-923	TEST 2
	Monday, Dec 13	CH 29 General Medical Conditions LAST CLASS!!!!!!!!!!!!!!	Pgs. 926-945	In-class lab
		Reading days Tues Dec 14/Wed Dec 15 EXAM WEEK DEC 16-23 GOOD LUCK		
		NO FINAL EXAM FOR THIS CLASS FINAL PROJECT DUE DURING OUR SCHEDULED EXAM TIME via CANVAS		