



## **Course Syllabus: Introduction to Athletic Training Gunn College of Health and Human Services**

ATRN 1173 Section 101

Spring 2024

### **Contact Information**

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### **Course Description**

The purpose of this course is to provide the prospective athletic trainer with the skill and knowledge necessary to implement a risk management and preventative program for athletes and others involved in physical activity. The course assists you in developing an understanding of the profession of athletic training and the requirements for becoming a licensed athletic trainer in the state of Texas. I will use D2L for posting syllabi, course communication, course schedule, attendance, and gradebook. There will be some online office hours announced through D2L. You should regularly check D2L and the email hosted via D2L for important course information. There may be some Zoom class session, but they will be announce in advance.

### **General Course Information**

1. Prerequisites: a. None
2. Co-Prerequisite ATRN 1171 Intro to Athletic Training Lab
3. Credit: Three semester hours
4. Intended Audience: ATRN majors
5. Days, Times, Place: MWF 11-11:50, D.L. Ligon, 219
6. Texts:
  - a. Prentice, William, "Principles of Athletic Training" A guide to Evidence-Based Clinical Practice, 18<sup>th</sup> edition, McGraw Hill Education, 2023

## Course Objectives

1. Explain the principles of the body's thermoregulatory mechanisms as they relate to heat gain and heat loss. Understand and explain the principles of environmental illness prevention programs and summarize current practice guidelines related to physical activity during extreme weather conditions.
2. Obtain and interpret environmental data to make clinical decisions regarding the scheduling, type, and duration of physical activity. Assess weight loss and hydration status to determine and individual's ability to participate in physical activity and explain strategies for communicating with stakeholders regarding potentially dangerous conditions.
3. Describe the concepts and uses of injury and illness surveillance are used to create prevention strategies. Identify modifiable/non-modifiable risk factors, mechanisms, and precautions for injury, illness, and abnormalities.
4. Identify the necessary components of a pre-participation physical examination and explain its role in identifying conditions that might predispose the athlete to injury or illness, based upon the appropriate authorities' rules, guidelines, and/or recommendations
5. Identify and explain the statutes that regulate the privacy and security of medical records,
6. Implement disinfection procedures to prevent the spread of infectious diseases and to comply with OSHA and other federal regulations
7. Summarize the athletic training profession's history and development and how current athletic training practice has been influenced by its past, including the role and function of the National Athletic Trainers' Association, the Board of Certification, and the Commission on Accreditation of Athletic Training Education, and state regulatory boards.
8. Differentiate among the preparation, scopes of practice, and roles and responsibilities of healthcare providers and other professionals with whom athletic trainers interact.
9. Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies and the process of obtaining and maintaining necessary local, state, and national credentials for the practice of athletic training.
10. Summarize the general principles of health maintenance and personal hygiene and describe the for of exercise in maintaining a healthy lifestyle

11. Explain the theoretical background of psychological and emotional responses to injury, forced inactivity, and how psychosocial considerations affect clinical decision making,

12. Describe the psychological techniques that the athletic trainer can use to motivate the patient and interventions that are used to facilitate a patient's return to activity and if necessary, identify and refer clients/patients in need of mental healthcare.

### Tentative Course Schedule

Class	Topic	Readings
1/17	Syllabus, Athletic Training, Observations	Class Hnd
1/19	Blood Borne Pathogens	Chapter 14
1/22	HIPPA/FERPA, Observation Assignments	PPTS
1/24	Sports Medicine Terminology/Terminology Notebook- <b>Chapt 14 Quiz</b>	Class Hnd
1/26	Athletic Trainer as a Health Care Provider. <b>Discussion #1 Opens 1/26-closes 2/2</b>	Chapter 1
1/29	Athletic Trainer as a Health Care Provider.	Chapter 1
1/31	Athletic Trainer as a Health Care Provider	Chapter 1
2/2	Health Care Organization and Administration in Athletic Training- <b>Chapt 1 Quiz</b>	Chapter 2
2/5	Health Care Organization and Administration in Athletic Training	Chapter 2
2/7	Health Care Organization and Administration in Athletic Training	Chapter 2
2/9	Health Care Organization and Administration in Athletic Training	Chapter 2
2/12	Legal Concerns and Insurance Issues- <b>Chapt 2 Quiz</b>	Chapter 3
2/14	Legal Concerns and Insurance Issues,	Chapter 3
2/16	Legal Concerns and Insurance Issues, <b>Discussion #2 Opens 2/16 closes 2/23</b>	Chapter 3
2/19	Legal Concerns and Insurance Issues,	Chapter 3
2/21	Fitness and Conditioning Techniques,	Chapter 4
2/23	Fitness and Conditioning Techniques	Chapter 4
<b>Exam</b>	<b>Unit One Exam Chapters 1, 2, and 3 + Terminology 2/24 6AM to 2/26 11PM</b>	<b>Exam</b>
2/26	Fitness and Conditioning Techniques	Chapter 4
2/28	Fitness and Conditioning Techniques	Chapter 4
3/1	Nutrition and Supplements- <b>Chapt 4 Quiz</b>	Chapter 4
3/4	Nutrition and Supplements	Chapter 5
3/6	Nutrition and Supplements	Chapter 5
3/8	Nutrition and Supplements	Chapter 5
<b>3/11</b>	<b>NO CLASS SPRING BREAK</b>	
<b>3/13</b>	<b>NO CLASS SPRING BREAK</b>	
<b>3/15</b>	<b>NO CLASS SPRING BREAK</b>	
3/18	Nutrition and Supplements— <b>Terminology Workbook Due by 11PM</b>	Chapter 5
3/20	Environmental Considerations- <b>Chapt 5 Quiz</b>	Chapter 6

<b>Class</b>	<b>Topic</b>	<b>Readings</b>
3/22	Environmental Considerations- <b>discussion #3 Opens 3/22 Closes 4/1</b>	Chapter 6
3/25	Environmental Considerations	Chapter 6
3/27	Environmental Considerations	Chapter 6
3/29	<b>No Class Holiday Break</b>	
4/1	Protective Equipment-	Chapter 7
4/3	Protective Equipment	Chapter 7
4/5	Protective Equipment- <b>FOOD Diary Due By 11 PM</b>	Chapter 7
EXAM	<b>Unit Two Exam Chapters 4,5, and 6; 4/5 6 AM to 4/8 11PM</b>	<b>Exam</b>
4/8	Protective Equipment	Chapter 7
4/10	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma- <b>Chapt 7 Quiz</b>	Chapter 9
4/12	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma <b>Discussion #4 Opens 11/15 Closes 11/21</b>	Chapter 9
4/15	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma	Chapter 9
4/17	Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma-	Chapter 9
4/19	Tissue Response to injury- <b>Discussion #4 Opens 4/19 Closes 4/26 Chapt 9 Quiz</b>	Chapter 10
4/22	Tissue Response to injury	Chapter 10
4/26	Tissue Response to injury	Chapter 10
4/29	Off the Field Injury Evaluation— <b>Chapt 10 Quiz</b>	Chapter 13
5/1	Off the Field Injury Evaluation	Chapter 13
5/3	Off the Field Injury Evaluation- <b>Observation Journal Due 11 PM</b>	Chapter 13
<b>Final Exam</b>	<b>Unit Three Exam Chapters 7, 9, 10 and 13; and frequently missed questions from the first two, unit exams. 5/04 6AM TO 5/7 11PM</b>	

### **Course Evaluation**

1. Course Requirements:
  - a. Completion of the three Unit Exams
  - b. Completion of terminology notebook
  - c. Completion of Food Diary
  - d. Completion of final exam
  - e. Completion of discussions 4 x 25
  - f. Completion of Observations and Journal

#### 2. Grading:

Assignments	Points
Chapt. Quizzes	35-105
Unit Exams 75 pts each	150
Terminology Notebook	75

Assignments	Points
Chapt. Quizzes	35-105
Discussions, 4 x 25	100
Kahoot Discussion	10-20
Food Diary	50
Observation Hours 50 minimum	50
Observation Journal	50
Final Exam	100
Total Points	620-700

### 3. Grading Scale:

Grade	Points
A	90 to 100% of total points
B	80 to 90% of total points
C	70 to 80% of total points
D	60 to 70% of total points
F	Less than 60 % of total points

#### **Kahoot Discussion**

There will be random Kahoot discussion questions during class sessions. The questions will come from assigned readings and presented lectures and serve to enhance a student's learning and provoke discussions. Students should access the Kahoot platform either online or through the Kahoot App. Here is the link for the app: <https://kahoot.com/home/mobile-app/> Student will receive points for being present and answering the questions as well as points for correct answers.

#### **Inclement Weather Policy**

In the event of University closure due to inclement weather classes will be held online by zoom meetings. The link for the meeting will be posted to D2L as soon as the closure is announced by the University. The Zoom classroom Policy will be in effect during these sessions

#### **Terminology Notebook**

Students will compile a terminology notebook of commonly used terminology in sports medicine and athletic training. The purpose of this is to familiarize the student with the unique set of terminology that is used in the profession of athletic training.

#### **Food Diary**

The student will complete a food diary that includes 3 consecutive day food consumption. Please see handouts for Rubric and Instructions.

### **Observation Hours**

The student will be required to complete 50 hours of observation in the MSU Texas athletic training clinic. The student's will be given the specifics and their preceptor assignments by the MSU clinical education coordinator.

### **Observation Journal**

You will keep a journal of all your athletic training experiences. The journal will be turned in at the end of the semester on D2L Dropbox. The journal should be in narrative form and include any injuries, treatments, rehabilitations, or new things you may have learned. During your observation hours, ask questions when you do not know what it going on so that you always have something to write about. Remember HIPPA privacy regulations and don't divulge personal information in the journal. Do not just tell me it was a normal day. Learn something every day. Five points will be deducted for poor spelling and grammar. Your completed journal will be submitted to a D2L drop box at the end of the semester.

### **Online Discussions**

There are no scheduled "chat" sessions. There are four discussion topics/questions that will be posted. Each is worth 25 points (possible 100 points). To earn credit for participation, you must respond to the initial post from the instructor and then **post an additional response to TWO other students stating your opinion or providing additional information that is constructive to the discussion.** The discussions allow you to engage and interact with other students. All posting must be informative and NOT disruptive, rude or contain fowl language. It is "ok" to disagree but keep your postings "**respectful and polite**". Brief statements such as "I agree", "That's what I think" etc. will not be counted as a post. Be thoughtful and thorough on your comments.

### **Chapter Quizzes**

There will be an online quiz the next class period after the completion the lectures on that chapter. Each quiz will be from 5-15 points in length. All material for the quizzes will come entirely from assigned readings. **Please note all quizzes will be given through the lock down browser in D2L. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab)**

### **Exams**

There will be two unit exams as listed on the course syllabus. These exams will be given through D2L learning platform and are timed. The exams will cover the specific material from readings, power points, and course materials related to each unit. The exams are multiple choice, true false type of questions, multiple select questions. **Please Note all exams will be given through the lock down browser in D2L, and will require the Respondus LockDown**

**Browser. Please note: Chrome books do not work with D2L. You will need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab).**

### **Final Exam**

The Final Exam (Unit three, see syllabus) will be available for the student to take 12/3 through 12/6. It will be given through the D2L online learning system.

**Please Note all quizzes will be given through the lock down browser in D2L and will require the Respondus LockDown Browser. Please note: Chrome books do not work with D2L. You will need to find an appropriate alternative to take exams. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab).**

### **Attendance Policy**

Class attendance is mandatory. More than two (2) unexcused absences from lecture/lab periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and **with the specific dates of absences noted.** All medical excuses not received on the second day after you return to class will not be allowed.

### **ZOOM Classroom Policy**

Class attendance during zoom streaming sessions is mandatory. When participating in a Zoom class a student must have their webcam on and point towards themselves (not at the ceiling, floor, dog etc. Zoom class are conducted just as if you were in a classroom. You are not in your pajamas, you pets are not an issue, you are in an isolated, quiet setting so you can participate in class. No hats, sunglasses or other distracting materials. All Zoom class sessions will be conducted during normally scheduled class times. More than two (2) unexcused absences from lecture/lab periods will serve to lower a student's grade one letter. Attendance at written examinations is mandatory. Absence without prior approval will result in a grade of zero being recorded for the exam. Medical excuses for illness are allowed. However, all medical excuses for missed class must be written, dated, and signed by the attending MD on the appropriate stationary or Rx pad. The medical excuse must state that you were not to attend class and **with the specific dates of absences noted.** All medical excuses not received on the second day after you return to class will not be allowed.

### **Classroom Etiquette**

Student & professor agree that class time will be dedicated to mutual respect and focus. For example, to avoid distraction cell/mobile phones will be on 'vibrate'

mode and placed away (e.g., in backpack) so students and professor can focus on class activities/instruction. (This applies to all electronic devices).

**What I expect from you:**

- Attend every class meeting
- Come to each class prepared, having done the assigned reading
- Participate in class
- Respect your fellow students and their role in this course

**Covid19 Procedures:**

- As per Governor Abbott, we cannot require facemasks. However, facemasks are strongly encouraged, vaccinated or unvaccinated. The mask must cover both your mouth and nose (it is not a chin strap)
- Wash your hands before entering and immediately after leaving the classroom.
- The instructor has a seating chart that is designed to promote social distancing and contact tracing. Attendance will be taken from the seating chart.
- If you are sick **DO NOT COME TO CLASS.** Email your instructor and if you have COVID19 symptoms contact your family physician or Vincent Health Service immediately

**Academic Honesty/Dishonesty**

Midwestern State University is built upon a strong foundation of integrity, respect, and trust, All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent nay of your efforts on any academic task for which you will receive a grade.

**Student Honor Creed**

***"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."***

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.



## **DEFINITIONS.**

A. **ACADEMIC DISHONESTY.** An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

- i. Plagiarism: presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor
- ii. Cheating: using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.
- iii. Fraud: altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.
- iv. Violation of Standards: violations against ethical and professional standards required by individual University programs, academic courses, and clinical programs that may result in qualification for entry into a profession that maintains standards of conduct.
- v. Multiple Submissions: submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.
- vi. Interference/Obstruction: interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.
- vii. Complicity: assisting another person in any act of academic dishonesty as defined above.

B. **ACADEMIC ENDEAVOR.** Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

- i. Course assignments (written/oral, projects, research, exhibitions of work)
- ii. Exams (written/oral, quizzes)
- iii. Clinical assignments (internships, rotations, practica)
- iv. Presentations (on and off campus)
- v. Publications
- vi. Independent study coursework

- vii. Plan B papers/projects, theses, dissertations
- viii. Student media associated with academic credit

**Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.**

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. **FURTHERMORE, THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERISTY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION**

### **Students with Disabilities**

Midwestern State University is committed to providing equal access for qualified students with disabilities to all university courses and programs, and by law all students with disabilities are guaranteed a learning environment that provides reasonable accommodation of their disability. This guarantee is provided through Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. The ADA reads: "No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subject to discrimination by any such entity." The Director of Disability Support Services serves as the ADA Coordinator and may be contacted at (940) 397.4140, TDD (940) 397.4515, or 3410 Taft Blvd., Clark Student Center 168.

### **Desire-to-Learn (D2L)**

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor. If you have problems while taking an exam, text me immediately. If it is during normal hours I can fix it quickly or if it is in the evening it may be the next day.

## **Emergency Exit Procedures**

In the event of an emergency please evacuate the room in an orderly fashion through the nearest exit. The nearest exit is either through either set of doors at the front of the room. Follow the exit signs to the nearest available exit.

Once exiting the building, please meet your instructor at: across the street from D. L. Ligon in front of the tennis courts.

The fire extinguisher is located immediately outside of the classroom by the door to the left of the podium

### **MSU Alert**

All students are encouraged to participate in the University's emergency warning system "MSU ALERT". Because of this your cell phone should be set to vibrate. If all of our phones go off at the same time we should take the appropriate action. If your cell phone vibrates by itself please ignore it and continue with class. .

## **College Policies**

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.