

INTRODUCTION TO ATHLETIC TRAINING LAB
ATRN 1171 101
FALL 2022

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Office Hours: By Appointment Only

GENERAL COURSE INFORMATION

1. Prerequisites:
 - a. Co-Prerequisite ATRN 1173
2. Credit: 1cr hour
3. Intended Audience: Athletic Training Majors
4. Days, Times, Place: Wednesday 11:00 AM-12:20 PM, D.L. Ligon Coliseum Rm 220
5. **Recommended Text:**
 - a. Beam JW (2006) Orthopedic Taping, Wrapping, Bracing and Padding-FA Davis

COURSE PURPOSE AND GOALS

The purpose of this course is to provide the prospective athletic trainer with the knowledge and skill necessary to use therapeutic modalities for the health care of the physically active.

Upon completion of this course, the student will be able to:

- Fit standard protective equipment following manufactures guidelines (PHP-22)
- Apply preventative taping and wrapping procedures, splints, braces, and other special protective devices (PHP-23)
- Summarize the basic principles associated with the design, construction, fit , maintenance and reconditioning of protective equipment (PHP-20)
- Summarize the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics,dynamic and static splints (PHP-21)

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/be dressed properly for the days activity.
- Respect your fellow students and their role in this course

Covid19 Procedures:

- Facemasks must be worn at all times. 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
- Seating is 1 person per table, maintain 6ft social distancing as much as possible
- Make sure you perform the MSU covid19 safety check before coming to class. You must show the instructor your green check mark upon entering, starting the class each day.
- If you are sick **DO NOT COME TO CLASS**. Email your instructor and if you have COVID19 symptoms contact your family physician or Vinson Health Service immediately

COURSE SCHEDULE

Week or Module	Topic	Chapters	Activity/next class
Week 1 8/22 –8/28	Introduction, Syllabus, Tips for taping, Preparing for taping/wrapping	1	Practice tearing tape, Ankle taping
Week 2 8/29 – 9/4	Ankle taping	4	Ankle taping
Week 3 9/5 – 9/11	Ankle Taping/Arch taping	4, 3	Ankle, Arch taping
Week 4 9/12 – 9/18	Big toe taping/ Achilles taping	3	Big toe, Achilles taping
Week 5 9/19 – 9/25	Elastic wraps (ankle, knee, thigh, hip spica)	4, 6, 7	Elastic Wraps
Week 6 9/26 – 10/2	First Practical	9	ALL Lower extremity taping
Week 7 10/3 – 10/9	Elbow	9	Elbow
Week 8 10/10 – 10/16	Hand wrist thumb taping	10, 11	Hand, Wrist, Thumb
Week 9 10/17 – 10/23	Elastic Wraps (wrist, elbow, shoulder spica)	8, 9, 10	Elastic Wraps
Week 10 10/24 – 10/30	Equipment fitting/Foam padding/Orthoplast)	13	Equipment
Week 11 10/31 – 11/6	Review for practical	13	Review
Week 12 11/7 – 11/13	Practical 2		Practical
Week 13 11/14 – 11/20	Thanksgiving Break		ALL upper extremity taping
Week 14 11/21 – 11/27	Practice for Final Exam (sign up for final practical)		
Week 15 11/28 – 12/4	Final Practical		Comprehensive

COURSE EVALUATION

1. Course Requirements:

- a. Completion oral practical examinations covering material presented in the textbook, lectures, and references materials.
- b. Completion Online quizzes
- c. Completion of Written Assignments.
- d. Completion of Observation Hours

2. Grading:

	<u>Points</u>	
Lower Extremity Practical		100 Pts
Upper Extremity Practical		100 Pts
Final Practical		150 Pts
<u>Attendance 5pts/week</u>		<u>75 Pts</u>
Total Points	425 Pts	

3. Grading Scale:

90-100% of total points	= A
80-89% of total points	= B
70-79% of total points	= C
60-69% of total points	= D
Below 60% of total points	= F

LEARNING EXPERIENCES

1. Each student is required to complete one **50 hours of observation at MSU Athletic Training Facility**
2. **Oral Practical Exam**—students will be demonstrate skills in the application of wrapping and taping techniques

ATTENDANCE POLICY

Class attendance is mandatory. One (1) unexcused absences from lecture/lab periods will serve to **lower a student's grade one letter**. Absence without prior approval for an exam will result in a grade of zero. All medical excuses must have a written, dated, and signed note by the attending physician 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**. Medical excused notes not received by the second day, after returning to class, will not be accepted. Do not let

tardiness become a habit. Two days of being late will be equal to one absence. Plan to be on time for class.

CLASSROOM ETIQUETTE

Student & professor agree that class time is 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
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- Participate in class
- Respect your fellow students and their role in this course

COVID-19

In this era of uncertainty, please understand that MSU Texas has your safety in mind. Although masks are not mandatory this year, they are highly encouraged. If you are feeling sick, please do not come to class. Reach out to me via e-mail to let me know that you will not be attending class. I will schedule a time to meet with you at a later date to go over what was missed. This class will not be recorded at this time. Understand the symptoms of Covid-19 (cough, sore throat, and nasal congestion, new loss of taste or smell, difficulty breathing, shortness of breath, diarrhea, headache, and muscle soreness) and monitor yourself at home. Hand washing will be taking place at the beginning of every class and hand-sanitizer will be available for the duration of class. This is a “hands-on” class, so if you are uncomfortable being close to fellow students, please come speak with me and we will find an alternative.

STUDENTS WITH DISABILITIES

Midwestern State University does not discriminate based on an individual’s disability and complies with Section 504 of the Americans with Disabilities Act (ADA). If you have a physical, learning, sensory or psychological disability and require accommodations, please let your instructor know as soon as possible. You will need to register with, and provide documentation of your disability to the Counseling and Disability Office at 940-397-4618 or in Clark Student Center, Room 108.

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 is not tolerated.

Plagiarism is strictly forbidden in any course and on any course assignment, this includes class notes and fellow student's work! All, work, besides your own, should be cited with 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.

Written and adopted by the 2002-2003 MSU Student Senate.

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, practical)
- 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 (including self and 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

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 through the door at the front of the room. Follow the exit signs to the nearest available exit.

Once exiting the building, please meet your instructor across the street from D. L. Ligon in front of the tennis courts. The fire extinguisher is located immediately outside of the room 223 classroom, next to the door nearest the stair case exit.

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.