**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Student Athletic Training Aide**

**Related unit of instruction:**

Introduction to Athletic Training Profession

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to help the students’ knowledge of the history of the athletic training profession, administrative duties and organizational skills and basic counseling techniques.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 1, 2, 3, 4, and 11 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the tests for the chapters

**Learning Objective:**

Careers in Sports Medicine Chapter 1

1. Define and correctly spell each of the key terms.
2. Discuss the educational paths and employment opportunities for:
   1. Athletic trainers.
   2. Physical therapists.
   3. Strength and conditioning specialists.
   4. Business opportunities in health care.
   5. Other fields related to sports medicine and training.
3. Understand the personal characteristics, time involved and education required for careers in sports medicine.
4. Describe the outcomes needed in each of these careers to be successful.

Athletic Training Chapter 2

1. Define and correctly spell each of the key terms.
2. List the members of the sports medicine team and describe their duties.
3. Describe the duties of an athletic training student, athletic training student aide and a certified athletic trainer.
4. List the legal responsibilities of an athletic trainer.
5. Describe the record-keeping requirements involved in athletic training.

Strength and Conditioning Specialist Chapter 3

1. Define and correctly spell each of the key terms.
2. Describe the duties of a strength and conditioning specialist.
3. List the characteristics required of a strength and conditioning specialist.
4. List the educational requirements for a strength and conditioning specialist.
5. Describe effective methods of working with clients to establish an effective working relationship.
6. Explain the difference between “subjective” and “objective” evaluations.
7. List the factors to consider when developing a fitness program.
8. Discuss ways of motivating clients in their pursuit of fitness and well-being.

Ethical and Legal Considerations Chapter 4

1. Describe team ethics as they apply to different members of the sports medicine team.
2. Discuss the appropriate response to failure to uphold ethical conduct ad regulatory codes.
3. Understand the legal responsibilities associated with athletic training and fitness instruction.
4. List the elements of the Patient’s Bill of Rights and explain their importance in sports medicine.
5. Discuss risk management in an athletic setting.
6. Establish a safety committee to protect the best interests of both the athlete and the team.

Infection Control Chapter 11

1. Define and correctly spell each of the key terms.
2. Describe the six components of the infection cycle and methods of interrupting the cycle.
3. List the precautions for preventing puncture wounds from needles and other sharp objects.
4. Explain and demonstrate the proper procedure for putting on and taking off sterile gloves.
5. Name two serious illnesses clinical health personnel may contract from patients and explain how to prevent this from happening.
6. Demonstrate the procedure for proper handwashing.
7. Identify body secretions for which Universal Precautions must be used.