**High Plains Technology Center**

**Health Careers**

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

**Related unit of instruction:**

Physiotherapy for Athletic Training

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to help the student understand the physiological effects, indications/contraindications of the use of modalities. The student will be able to provide basic patient care; understand various types of exercises and their functions in patient education; the use of range of motion; strengthening and proprioceptive exercises for major areas of the body.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheet for Chapter 22 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the test for the chapter

**Learning Objective:**

Return to Play Chapter 22

1. Define and correctly spell each of the key terms.
2. Explain when is appropriate to restrict participation and when to refer an athlete to a physician.
3. Recognize the five psychological stages of recovery.
4. Identify methods for assessing return-to-play potential for athletes with upper-extremity injuries.
5. Identify methods for assessing return-to-play potential for athletes with lower-extremity injuries.
6. Identify methods for assessing return-to-play potential for athletes with back and trunk injuries.
7. Describe the athletic trainer’s responsibility in responding to abnormal behaviors on or off the field of play.

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**Learning Objective:**

Therapeutic Modalities Chapter 23

1. Define and correctly spell each of the key terms.
2. Discuss the purpose of therapeutic modalities.
3. Explain the legal implications associated with the use of therapeutic modalities.
4. List the different types of modalities discussed in this chapter and explain how they are used.
5. Discuss several safety considerations involved with the use of therapeutic modalities.

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**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheet for Chapter 24 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the test for the chapter

**Learning Objective:**

Physical Rehabilitation Chapter 24

1. Define and correctly spell each of the key terms.
2. Compare different phases of the rehabilitation process.
3. Describe at least five ways to make rehabilitation an enjoyable and productive experience.
4. Explain what “SOAP notes” are and how they are used.
5. Discuss the effects of proper and improper posture as they relate to physical therapy.
6. Demonstrate how to use a goniometer to measure range of motion.