

**Health Careers Certification**

**SYLLABUS**

**FOR**

**STUDENT ATHLETIC TRAINING AIDE**

8/13

**Total Hours**

660 hours

**Student Athletic Training Aide Career Major Description**

This career major introduces the field of athletic trainer. The student will learn the history of the athletic training, the professionals associated with it, and the common employment settings.

This course is designed to prepare students to learn communication skills specific to the athletic training environment. Students will discuss licensure and certification and legal/ethical issues. This course teaches the therapy technician to assist with therapy agents and modalities and assist patients in performing therapeutic exercises. Students will practice in a clinical setting with other rehabilitative professionals. This course teaches basic skills needed to prepare a patient for treatment. Students learn the proper techniques needed for client safety and comfort. Students will learn to prepare, use and clean the facilities for optimal modality use. The student will be able to recognize, evaluate and provide care of athletic injuries.

Upon completion of this career major the student will receive school certification for Student Athletic Training Aide.

# After completing the Core Curriculum Courses including: [Health Careers Core Curriculum,](http://www.okcareertech.org/okcareerclusters/releases/2008/10/20081001/courses/d68323ef11d4296ee1667d7400ecb5ab.html) [Core Medical Terminology,](http://www.okcareertech.org/okcareerclusters/releases/2008/10/20081001/courses/18cd6a4067cf70970f66ae6745e2592b.html) [Anatomy and Physiology,](http://www.okcareertech.org/okcareerclusters/releases/2008/10/20081001/courses/f53c8ffaa5a2b4f14c69588ba5e37592.html) and [Core Healthcare Provider CPR and First Aid the course sequence is as follows:](http://www.okcareertech.org/okcareerclusters/releases/2008/10/20081001/courses/0ea269ebfc6a4123df1bf288f0f24251.html)

**Course Title**

*Introduction to Athletic Training Profession*

**Course Length**

15 Hours

**Course Description**

This course will teach the students’ knowledge of the history of the athletic training profession, administrative duties and organizational skills and basic counseling techniques.

**Knowledge and Skills**

1. The student will demonstrate knowledge that shows a basic understanding of the history of athletic training and the growth of the profession.
2. The student will be able to demonstrate knowledge of education, certification/licensure requirements and professional organization.
3. The student will be able to identify, understand, and comply with legal issues.
4. The student will be able to utilize infection control techniques following CDC and OSHA guidelines.
5. The students will gain knowledge of maintaining open lines of communication and referrals with the sports medicine team.
6. The students will demonstrate knowledge of the training room budget, supplies and their use.
7. The student will be able to perform record keeping and administrative duties.
8. The student will demonstrate knowledge of basic counseling techniques.

**Course Title**

*Basic Care & Prevention of Athletic Injuries*

**Course Length**

90 Hours

**Course Description**

This course will teach the students to recognize, evaluate and provide care to athletic injuries. Students will demonstrate skill in taping and wrapping techniques and construction and fitting of equipment to comply with safety regulations. Upon completion of this course, students will have a basic understanding of pharmacology and nutrition.

**Knowledge and Skills**

1. The student will be able to recognize, evaluate and provide care of athletic injuries:
   * + Demonstrate the ability to obtain injury information and refer as necessary.
     + Identify and describe signs of closed injuries to soft tissue.
     + Identify and describe signs of open injuries to soft tissue.
     + Define and identify different types of fractures.
     + Identify signs and symptoms of head, neck, and spinal injuries.
2. The students will be able to demonstrate a basic understanding of nutrition.
3. The students will be able to demonstrate a basic understanding of pharmacology.
4. The students will demonstrate taping and wrapping techniques:
   * + Shoulder
     + Elbow, wrist and hand
     + Knee
     + Lower leg, ankle and foot
5. The students will be able to demonstrate skill in the construction and fitting of equipment to comply with safety regulations.

**Course Title**

*Physiotherapy for Athletic Training*

**Course Length**

45 Hours

**Course Description**

This course will enable students to 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.

**Knowledge and Skills**

1. The students will be able to demonstrate understanding of therapeutic modalities and their effects on the body.
2. The students will be able to demonstrate knowledge of exercise physiology.
3. The students will be able to apply basic concepts of rehabilitation.

**Course Title**

*Exercise Physiology*

**Course Length**

45 Hours

**Course Description**

Students will learn the physiology behind fitness and exercise through kinesiology and biomechanics. Students will obtain client information, test and evaluate current fitness using body fat testing, fitness assessments, as well as strength and conditioning tests. Students will also learn the concepts of nutrition and weight control.

**Knowledge and Skills**

1. Define vocabulary associated with exercise physiology and optimum fitness.
2. Describe the cardiovascular system and explain cardiovascular fitness.
3. Explain the difference between aerobic and anaerobic exercise; give examples and describe benefits of each.
4. Describe and demonstrate the principals and procedures of strength training, flexibility, cardiovascular conditioning tests, and flexibility tests.
5. Identify and describe muscle fiber types and neuromuscular anatomy.
6. Describe adaptation to strength training and the general concepts of developing a strength training program.
7. Apply the principles of biomechanics and kinesiology.
8. Identify and define the four types of motion, forces of motion, physical laws affecting motion.
9. Understand the principals of center of gravity, line of gravity, and base of support.
10. Learn human motion terminology.
11. Review muscles and movements of the pelvis, torso, upper and lower extremities.
12. Describe the Food Pyramid and basic nutrients.
13. Identify the different nutrient and caloric needs for different age groups.
14. Learn the importance of fluid and hydration.
15. Discuss eating disorders and how they affect the health of the client.
16. Explore fad diets; what causes the weight loss, are they harmful, and do they work?
17. Identify health conditions and risk factors that may necessitate referral or place client at risk.
18. Identify possible contraindicated activities.
19. Assess health screening forms.
20. Identify required vs. relative evaluation components.
21. Perform cardio-respiratory testing and evaluation.
22. Conduct body composition testing and evaluation.
23. Conduct flexibility testing and evaluation.
24. Conduct strength and endurance testing and evaluation.
25. Conduct follow-up consultation and testing.

**Course Title**

*Student Athletic Training Internship*

**Course Length**

60 Hours

**Course Description**

Students will be provided a hands-on training experience with professionals in the field of athletic training. Clinical sites may include high school sporting events or practice or a clinical environment within a rehabilitative clinic. Mentors should be Certified Athletic Trainers who are licensed in the state of Oklahoma.

**Knowledge and Skills**

1. Perform record keeping and administrative duties.
2. Develop an emergency and catastrophic management plan.
3. Evaluate and obtaining injury information using SOAP notes.
4. Provide basic patient care.
5. Demonstrate rehabilitation techniques.
6. Perform routine maintenance of equipment.
7. Obtain hands-on experience using the following therapeutic modalities:
   * Thermo-Therapeutic modalities
   * Cryo-Therapeutic modalities
   * Hydro-Therapeutic modalities
   * Electrical Stimulation modalities
   * Cryo-kinetic modalities
8. Demonstrate taping and wrapping techniques in the following areas:
   * Shoulder: shoulder spica and acromioclavicular joint separation
   * Elbow, wrist and hand: elbow, wrist/hand, fingers, thumb
   * Hip and thigh:  hip spica/hip pointer, hamstring , strain/contusion, quadriceps strain/contusion
   * Ankle, lower leg and foot:  Achilles tendon strain, closed basket weave, arch
9. Perform and describe various stretching techniques.
10. Perform proper crutch fitting, gait training and fitting protective gear.
11. Demonstration proper communication in the athletic training setting.
12. Demonstrate compliance with confidentiality, OSHA regulations and HIPPA.

**Instructional Procedures**

This course consists of a self-paced curriculum using the listed curriculum resources as a guide moving sequentially through the texts. Complete and turn in chapter worksheets questions and take tests on ExamView for Athletic Trainer chapters 1 through 25. Upon completion of each text or manual student is required to practice lab skills until clinical skills are at competency level prior to progressing to the next section. The instructor will periodically counsel with the student concerning progression through the course.

**Curriculum Resources**

Sports Medicine Essentials – Core Concepts in Athletic Training & Fitness Instruction 2nd Ed., Jim Clover, Delmar Cengage Learning, 2007

Introduction to Sports Medicine and Athletic Training 2nd Ed., Frances, R.C., Delmar, 2011

**Evaluation**

For the purpose of evaluations, points will be earned in the following areas; weighted by

percentages shown:

A. Attendance/Work Ethic 25% of overall grade

B. Written assignments 15%

C. Quizzes 20%

D. Projects/presentations 15%

E. Tests 25%

**Students will be required to maintain 90% class attendance for the preceding 9 week session to be eligible for clinical assignment. In addition, 90% clinical attendance must be maintained for a passing clinical evaluation.**

Clinical skills must be completed at competency level prior to progressing to the next section.

Clinical evaluations will be entered as a test grade for each occupational area.

Final grades will be assigned on the following scale:

90-100%=A Incomplete=I

80-89%=B No Grade=NG

70-79%=C Withdraw Passing=W/P

60-69%=D Withdraw Failing=W/F

Students will be kept informed of their grades and notified when examinations are scheduled. Quizzes will be unannounced. Students are encouraged to make an appointment with the instructor (before or after class, during break times and/or during lunch break) if he/she does not understand or disagrees with the grade earned. The rationale for scheduling an appointment is so the student and instructor may have a one-on-one discussion without unnecessary interruptions. The instructor will critique tests and student assignments in a classroom setting.

**ATHLETIC TRAINING SKILLS STANDARDS**

A.01 Identify basic structures and describe functions of the skeletal system

A.02 Identify basic structures and describe functions of the muscular system

A.03 Identify basic structures and describe functions of the integumentary system

A.04 Identify basic structures and describe functions of the digestive system

A.05 Identify basic structures and describe functions of the circulatory system

A.06 Identify basic structures and describe functions of the respiratory system

A.07 Identify basic structures and describe functions of the urinary system

A.08 Identify basic structures and describe functions of the central nervous system

A.09 Identify basic structures and describe functions of the peripheral nervous system

A.10 Identify basic structures and describe functions of the endocrine system

A.11 Identify basic structures and describe functions of the reproductive system

A.12 Identify basic structures and describe functions of the immune system

A.13 Utilize a good working knowledge of medical terminology

B.02 Perform and describe proper warm-up and cool-down techniques

B.03 Demonstrate understanding of the body’s response to exercise

B.04 Perform proper techniques for determining body fat percentages

B.05 Perform and understand vital signs

C.01 Identify and explain the use of thermo-therapeutic modalities

C.02 Identify and explain the use of cryo-therapeutic modalities

C.03 Identify and explain the use of hydro-therapeutic modalities

C.04 Identify and explain the use of electrical stimulation modalities

C.05 Identify and explain the use of cryo-kinetic modalities

D.01 Demonstrate the ability to obtain injury information and refer as necessary

D.02 Identify and describe signs of closed injuries to soft tissue

D.03 Identify and describe signs of open injuries to soft tissue

D.04 Define and identify different types of fractures

D.05 Identify signs and symptoms of infection

D.06 Identify signs and symptoms of head, neck, and spinal injuries

E.01 Demonstrate a working knowledge of the goals of rehabilitation

E.02 Demonstrate knowledge of rehabilitation techniques and their use

F.01 Understand and perform DPR, rescue breathing, and choking skills

F.02 Recognize signs and demonstrate skill to control bleeding and care for wounds using universal precautions

F.03 Demonstrate understanding and treatment of heat and cold illness

F.04 Demonstrate understanding of immobilization techniques and equipment

F.05 Identify signs and symptoms of illness

F.06 Demonstrate understanding and treatment of illness

F.07 Recognize signs and symptoms for ear, nose, throat, and eye injuries and illnesses

G.01 Provide appropriate documentation

G.02 Keep accurate and organized files on each athlete

G.03 Organize pre-participation physicals

G.04 Maintain open lines of communication and referral with sports medicine team members

G.05 Comply with all OSHA regulations

G.06 Demonstrate knowledge of emergency/catastrophic management plan

G.08 Utilize safety and sanitation procedures in the athletic training room

G.09 Demonstrate knowledge of certification and licensure requirements and professional organizations

G.10 Identify, understand, and comply with legal issues

H.01 Demonstrate knowledge of the basics of human nutrition

H.02 Recognize the special nutritional needs of the athlete

H.04 Demonstrate understanding of proper hydration techniques

H.05 Demonstrate understanding of eating disorders

H.06 Understand proper weight-loss or weight-gain methods

I.01 Define anti-pyretic and identify its effect on the body

I.02 Define anti-inflammatory and identify its effect on the body

I.03 Define analgesic and identify its effect on the body

I.04 Understand the role of medications

I.05 Understand legal regulations of medication

J.01 Understand when to refer athlete

J.02 Utilize basic understanding of interpersonal skills

J.03 Maintain confidentiality

K.01 Identify and understand the use of taping and wrapping supplies

K.02 Demonstrate taping and wrapping techniques of the shoulder

K.03 Demonstrate taping and wrapping techniques of the elbow, wrist, and hand

K.04 Demonstrate taping and wrapping techniques of the hip and thigh

K.05 Demonstrate taping and wrapping techniques of the knee

K.06 Demonstrate taping and wrapping techniques of the lower leg, ankle, and foot

L.01 Demonstrate proper fitting of football helmet I.C.K4

L.02 Demonstrate proper fit for protective gear I.C.K4