



IMPERIAL VALLEY COLLEGE

EXERCISE SCIENCE, WELLNESS & SPORTS

COURSE SYLLABUS: PE 219 INTRO TO ATHLETIC TRAINING

(Drop with W APRIL 13th)

CONTACT Information: Jill Tucker Office: 708 Phone: 760 355-6326
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CONTACT HOURS: 3 hours of instruction per week

REQUIRED TEXT:

Cartwright, L., and W. Pitney. 2011. *Fundamentals of Athletic Training*. 3rd ed. Champaign, IL: Human Kinetics

COURSE DESCRIPTION:

This course includes the basic concepts of anatomy, mechanism of injury, and administration of athletic training. Students should be able to demonstrate a basic mastery of athletic injuries of all body parts. Students should also display knowledge of the NATA code of ethics and standards of practice for athletic trainers (ATs).

Course Objectives:

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

- Know the fundamental principles of lifetime health.
- Understand local, state, and federal health care standards, including sanitation, health care delivery systems, safety of therapeutic modalities, and design and efficient use of training rooms.
- Understand basic anatomy and physiology of the human body.
- Develop a working knowledge of basic first aid and the treatment of athletic injuries, diseases and conditions.
- Understand the basic assessment procedures used by the AT.
- Demonstrate knowledge of nutrition and weight control.
- Know the basic techniques of taping and bandaging as related to athletic participation.
- Understand and demonstrate the principles of athletic conditioning.
- Have knowledge of various drugs, drug abuse, and aids for athletic participation.
- Understand life-threatening conditions and shock.
- Understand the use of rehabilitation and reconditioning techniques.
- Comprehend the use of therapeutic modalities in the care of athletic injuries
- Understand basic sport psychology.

Grading System:

Chapter Exams (29)	40%
Term Papers (2)	30%
Participation (14 class mtgs)	20%
Presentations (2)	10%

A = 100% - 90%
B = 89% - 80%
C = 79% - 70%
D = 69% - 60%
F = 59% -

Materials:

- Textbook
- Notebook
- 3 ring binder
- Index cards



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Recommended Websites:

- www.bocafc.org
- www.nata.org
- www.meddean.luc.edu/lumen/MedEd/GrossAnatomy/dissector/mml/mmlregn.htm
- www.innerbody.com/htm/body.html
- www.instantanatomy.net/anatomy.html
- www.biausa.org

Attendance Policy:

Students are expected to attend all class sessions and to actively participate while in attendance. Class begins at 6:30pm, you are considered absent if you are not in a desk at that time. Each absence will result in a 5% drop in participation points for the semester, after 5 you will be dropped from the class.

Dress and Equipment:

Once we begin the lab portion of the class please dress comfortably, appropriate clothes include shorts, T-shirts, tennis shoes or reasonable extensions of the above clothes (i.e. sweat pants, sweat shirts, etc.).

Semester Calendar Spring 2013

Subject to change without notice.

January	14	Introduction to class, procedures and expectations				Chapters 1 & 2			
	21	Campus Holiday No Class							
	28	Select Presentations and Term paper topics				Chapters 3 & 4			
February	4					Chapters 5, 6, 7, 8 & 9			
	11					Chapters 10, 11, & 12			
	18	Campus Holiday No Class							
	25					Chapters 13, 14 & 15			
March	4	Midterm		Presentations and Mid term					
	11					Chapters 16, 17 & 18			
	18					Chapters 19, 20, 21 & 22			
	25	First Term Paper due/Training room visit							
April	1-7	SPRING BREAK							
	8					Chapters 25, 26, 27, 28 & 29			
	15					Chapter 23 & 24			
	22	Second Term Paper due				review lab & final			
	29	Lab Finals							
May	6	Written Final exam							

REVISION DATE: 01/13