

### Basic Course Information

Semester	<b>Spring 2020</b>	Instructor's Name	<b>Jill Tucker</b>
Course Title & #	<b>Intro to Athletic Training PE 219</b>	Instructor's Email	<b>Jill.tucker@imperial.edu</b>
CRN #	<b>21122</b>	Webpage (optional)	
Room	<b>700</b>	Office (PT Faculty:809)	<b>708</b>
Class Dates	<b>February 18-June 12, 2020</b>	Office Hours (n/a for PT Faculty)	<b>8:00am-9:00am MTWR</b>
Class Days	<b>MW</b>	Office Phone # (PT may use dept. number)	<b>760-355-6326</b>
Class Times	<b>4:20-5:45</b>	Who students should contact if emergency or other absence	
Units	<b>3</b>		

### 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 (AT's).

<http://www.curricunet.com/Imperial/>

### Student Learning Outcomes

- 1 Discuss the duties of an Athletic Trainer and the requirements for certification. (ILO1, ILO3, ILO4)
- 2 Identify and care for common athletic injuries. (ILO1, ILO2, ILO3)
- 3 Recognize and provide emergency first aid for serious athletic injuries. (ILO1, ILO2, ILO3, ILO4)

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### Course Objectives

#### 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.

<http://www.curricunet.com/Imperial/>

### Textbooks & Other Resources or Links

**FUNDAMENTALS OF ATHLETIC TRAINING** fourth edition

Lorin A. Cartwright Kimberly S. Peer Copyright 2019 ISBN: 978-1-4925-6149-1

Internet: [www.humankinetics.com](http://www.humankinetics.com)

### Course Requirements and Instructional Methods

**Lecture and Lab. Handouts and videos.**

### Course Grading Based on Course Objectives

The following will be used to calculate your grade:

Weekly exams and quizzes

Student presentations

Term papers

Group projects

Participation

Instructor observations/Lab

Final exam

### Attendance

- A student who fails to attend the first meeting of a class or does not complete the first mandatory activity of an online class will be dropped by the instructor as of the first official meeting of that class. Should readmission be desired, the student's status will be the same as that of any other student who desires to add a class. It is the student's responsibility to drop or officially withdraw from the class. See General Catalog for details.
- Regular attendance in all classes is expected of all students. A student whose continuous, unexcused absences exceed the number of hours the class is scheduled to meet per week may be dropped. For online courses, students who fail to complete required activities for two consecutive weeks may be considered to have excessive absences and may be dropped.
- Absences attributed to the representation of the college at officially approved events (conferences, contests, and field trips) will be counted as 'excused' absences.
- Students who miss an exam have until the next class meeting to make up the test. Email the instructor for times and days available.

### Classroom Etiquette

**Required Information --Discretionary language**

**This is where an instructor explains his/her policy on these matters. Here is some suggested language:**

- Electronic Devices: Cell phones and electronic devices must be turned off and put away during class unless otherwise directed by the instructor. **Consider**: specifics for your class/program

- Food and Drink are prohibited in all classrooms. Water bottles with lids/caps are the only exception. Additional restrictions will apply in labs. Please comply as directed.
- Disruptive Students: Students who disrupt or interfere with a class may be sent out of the room and told to meet with the Campus Disciplinary Officer before returning to continue with coursework. Disciplinary procedures will be followed as outlined in the General Catalog.
- Children in the classroom: Due to college rules and state laws, no one who is not enrolled in the class may attend, including children.

### Academic Honesty

#### Required Language

- Plagiarism is to take and present as one's own the writings or ideas of others, without citing the source. You should understand the concept of plagiarism and keep it in mind when taking exams and preparing written materials. If you do not understand how to correctly 'cite a source', you must ask for help.
- Cheating is defined as fraud, deceit, or dishonesty in an academic assignment or using or attempting to use materials, or assisting others in using materials, or assisting others in using materials, which are prohibited or inappropriate in the context of the academic assignment in question.

Anyone caught cheating or will receive a zero (0) on the exam or assignment, and the instructor may report the incident to the Campus Disciplinary Officer, who may place related documentation in a file. Repeated acts of cheating may result in an F in the course and/or disciplinary action. Please refer to the General School Catalog for more information on academic dishonesty or other misconduct. Acts of cheating include, but are not limited to the following: (a) plagiarism; (b) copying or attempting to copy from others during an examination or on an assignment ;(c) communicating test information with another person during an examination; (d) allowing others to do an assignment or portion of an assignment, (e) use of a commercial term paper service

### Additional Help – Discretionary Section and Language

**The instructor can add the information pertinent to his or her class here. Some suggested language:**

- Blackboard support center: <http://bbcrm.edusupportcenter.com/ics/support/default.asp?deptID=8543>
- Learning Labs: There are several 'labs' on campus to assist you through the use of computers, tutors, or a combination. Please consult your college map for the Math Lab, Reading & Writing Lab, and Learning Services (library). Please speak to the instructor about labs unique to your specific program
- Library Services: There is more to our library than just books. You have access to tutors in the learning center, study rooms for small groups, and online access to a wealth of resources.

### Disabled Student Programs and Services (DSPS)

**Required Language:** Any student with a documented disability who may need educational accommodations should notify the instructor or the Disabled Student Programs and Services (DSP&S) office as soon as possible. If you feel you need to be evaluated for educational accommodations, the DSP&S office is located in Building 2100, telephone 760-355-6313.

### Student Counseling and Health Services

**Required Language:** Students have counseling and health services available, provided by the pre-paid Student Health Fee. We now also have a fulltime mental health counselor. For information see <http://www.imperial.edu/students/student-health-center/>. The IVC Student Health Center is located in the Health Science building in Room 2109, telephone 760-355-6310.

### Student Rights and Responsibilities

Students have the right to experience a positive learning environment and due process. For further information regarding student rights and responsibilities please refer to the IVC General Catalog available online at [http://www.imperial.edu/index.php?option=com\\_docman&task=doc\\_download&gid=4516&Itemid=762](http://www.imperial.edu/index.php?option=com_docman&task=doc_download&gid=4516&Itemid=762)

**Information Literacy**

**Required Language:** Imperial Valley College is dedicated to help students skillfully discover, evaluate, and use information from all sources. Students can access tutorials at <http://www.imperial.edu/courses-and-programs/divisions/arts-and-letters/library-department/info-lit-tutorials/>

**Anticipated Class Schedule / Calendar**

**Required Information –Discretionary Language and Formatting:** The instructor will provide a tentative, provisional overview of the reading, assignments, tests, or other activity for the duration of the course. The faculty may find a table format useful for this purpose.

Wednesday, February 19, 2020

classroom activity	homework
Introductions	
class procedures	Muscle groups
hand out presentation topic	muscles of the body
hand out term paper topics	Buy book
demo ankle tape	read chapter 1-6

Monday, February 24, 2020

Classroom Activity	homework
Quiz muscle groups	
complete Study guides chp 1-6	student chapter worksheet packet
powerpoint chapt 1-6	Study chapters 1-6

Wednesday, February 26, 2020

classroom activity	homework
Exam chp 1-6	
study guides chapter 7 & 8	study chapters 7 & 8
lecture 7 & 8	skeletal bones hand out

Monday Mar. 2, 2020

classroom activity	homework
exam chapter 7 & 8	study guides chapters 9-11
skeletal bones quiz	

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Wednesday Mar. 4, 2020

classroom activity	homework
Lecture 9-11	study chp 9-11
Hand out taping kits	Study skeletal muscles hand out
demo Ankle	
Practice ankle taping	

Monday, March 9, 2020

classroom activity	homework
Exam 9-11	First term paper due in 2 weeks
skeletal muscles quiz	Study guides chp. 12 & 13
Practice Ankle taping	

Wednesday, March 11, 2020

classroom activity	homework
Lecture chp. 12 & 13	study chapters 12 & 13
Demo achilles heel and arch tape	

Monday, March 16, 2020

classroom activity	homework
Exam chapters 12 & 13	study guides chapters 14, 15 & 16
practice ankle taping	

Wednesday, March 18, 2020

classroom activity	homework
Lecture chp. 14, 15 & 16	Organize group projects
choose 4 students in a group	
Unit IX chp 30, 31, 33 & 34	1st term paper due next week

Monday, March 23, 2020

Classroom Activity	homework
Exam chapters 14, 15 & 16	Work on group presentations

Wednesday, March 25, 2020

classroom activity	homework
turn in 1st term paper	Work on group presentations
lecture chp 32	

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Monday, March 30, 2020

classroom activity	homework
Group Presentations	
**write up questions	
make quiz	

Wednesday, April 1, 2020

classroom activity	homework
Group Presentations	
**write up questions	
make quiz	

Monday, April 6, 2020

classroom activity	homework
Group Presentations	
**write up questions	
make quiz	

Wednesday, April 8, 2020

classroom activity	homework
Group Presentations	Study guides chp 17, 18 & 19
**write up questions	
make quiz	

Monday, April 20, 2020

classroom activity	homework
lecture 17, 18 & 19	study chp 17, 18 & 19

Wednesday, April 22, 2020

classroom activity	homework
Exam chapters 17, 18 & 19	prepare for individual Presentation
practice ankle taping	

Monday, April 27, 2020

Classroom Activity	homework
Individual Presentations	
**write up questions	
make a quiz	

Wednesday, April 29, 2020

classroom activity	homework
Individual Presentations	
**write up questions	
make a quiz	

Monday, May 4, 2020

classroom activity	homework
Individual Presentations	
**write up questions	
make quiz	

Wednesday, May 6, 2020

classroom activity	homework
Individual Presentations	
**write up questions	
make quiz	

Monday, May 11, 2020

classroom activity	homework
Individual Presentations	
**write up questions	
make quiz	

Wednesday, May 13, 2020

classroom activity	homework
Individual Presentations	Term paper due in 2 weeks
**write up questions	
make quiz	

Monday, May 18, 2020

classroom activity	homework
practical exam	Term paper due Wednesday

Wednesday, May 20, 2020

classroom activity	homework
practical exam	Turn in 2nd term paper

Wednesday, May 27, 2020

Classroom Activity	homework
practical exam	

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Monday June 1, 2020

classroom activity		homework
practical exam		

Wednesday, June 3, 2020

classroom activity		homework
make up practical exam		

Monday, June 8, 2020

classroom activity		homework
Final exam part 1		

Wednesday, June 10, 2020

classroom activity		homework
Final exam part 2		