



# IMPERIAL VALLEY COLLEGE

## EXERCISE SCIENCE, WELLNESS & SPORTS

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### COURSE SYLLABUS: PE 219 INTRO TO ATHLETIC TRAINING

(Drop with W APRIL 12th)

**CONTACT Information:** Jill Tucker Office: 708 Phone: 760 355-6326

E-mail: [jill.tucker@imperial.edu](mailto:jill.tucker@imperial.edu)

**CONTACT HOURS:** 3 hours of instruction per week

#### REQUIRED TEXT:

Cartwright, L., and W. Pitney. 2011. *Fundamentals of Athletic Training*. 3<sup>rd</sup> 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](http://www.bocafc.org)  
[www.nata.org](http://www.nata.org)  
[www.meddean.luc.edu/lumen/MedEd/GrossAnatomy/dissector/mml/mmlregn.htm](http://www.meddean.luc.edu/lumen/MedEd/GrossAnatomy/dissector/mml/mmlregn.htm)  
[www.innerbody.com/htm/body.html](http://www.innerbody.com/htm/body.html)  
[www.instantanatomy.net/anatomy.html](http://www.instantanatomy.net/anatomy.html)  
[www.biausa.org](http://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 2014

Subject to change without notice.

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



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#### **Disabled Student Programs and Services (DSPS)**

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. The DSP&S office is located in Building 2100, telephone 760-355-6313 if you feel you need to be evaluated for educational accommodations.

#### **Student Counseling and Health Services**

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**

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/>