Course Information

Division: Health & Physical Education
Course Number: HPE 292
Title: Athletic Training Practicum I
Credits: 3
Developed by: Andrea Bagnall
Lecture/Lab Ratio: 0 Lecture/6 Lab
Transfer Status

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<td>Elective Credit—and—AT 200</td>
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Activity Course: No
CIP Code: 51.0800
Assessment Mode: Portfolio
Semester Taught: Fall and Spring
GE Category: None
Separate Lab: No
Awareness Course: No
Intensive Writing Course: No

Prerequisites
None

Educational Value
This course is designed for the Sports Medicine and Rehabilitative Therapies program. It is also designed to meet the needs of students involved in other Health and Physical Education programs, such as Sports Studies.

Description
To teach and evaluate competencies in acute care of injury and illness, assessment and evaluation, general medical conditions, health care administration, nutritional aspects of injury and illness, pharmacology, professional development and responsibilities, risk management and injury prevention, therapeutic exercise, and therapeutic modalities. Identical to HHP 292.

Supplies
None
Competencies and Performance Standards

1. Explain the Emergency Action Plan (EAP)

   Learning objectives
   What you will learn as you master the competency:
   a. demonstrate the ability to implement an EAP for an activity, setting, or event
   b. demonstrate the ability to correctly triage emergency situations

   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating the EAP Plan

   Your performance will be successful when:
   o you successfully explain the Plan
   o you successfully demonstrate the Plan

2. Explain and demonstrate the First Aid Universal Precautions with regard to Acute Care of Injury and Illness.

   Learning objectives
   What you will learn as you master the competency:
   a. demonstrate how to clean, debride, and protect an open wound
   b. demonstrate proper application of superficial skin closures
   c. demonstrate proper application and removal of gloves and disposal of biohazardous waste
   d. demonstrate proper application of ice, compression, and elevation

   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner demonstrating these applications

   Your performance will be successful when:
   o you successfully explain these applications
   o you successfully demonstrate these applications

3. Explain and demonstrate Postural Deviations and Predisposing Conditions in regard to Assessment and Evaluation

   Learning objectives
   What you will learn as you master the competency:
   a. explain and demonstrate the postural deviations of kyphosis, lordosis, and scoliosis
   b. explain and demonstrate the predisposing conditions of genu valgum, varum, and recurvatum

   Performance Standards
   You will demonstrate your competence:
   o instructor observation/evaluation of learner explaining and demonstrating these deviations and conditions

   Your performance will be successful when:
   o you successfully explain the deviations and conditions
   o you successfully demonstrate the deviations and conditions
4. Explain how to obtain a basic Medical History

Learning objectives
What you will learn as you master the competency:

a. explain the components of previous medical and surgical history
b. explain how to obtain pertinent family medical history and current medication history
c. explain how to obtain chief medical complaint

Performance Standards
You will demonstrate your competence:

- instructor observation/evaluation of learner explaining how to obtain these histories

Your performance will be successful when:

- you successfully describe the components of these histories
- you successfully explain how to obtain these histories

5. Explain and demonstrate the appropriate communication skills in regard to Health Care Administration

Learning objectives
What you will learn as you master the competency:

a. explain how to calm and reassure an injured person
b. explain how to effectively communicate with physicians and EMT’s
c. explain communications with diverse populations

Performance Standards
You will demonstrate your competence:

- instructor observation/evaluation of learner explaining and demonstrating these communication skills

Your performance will be successful when:

- you successfully explain these skills
- you successfully demonstrate these skills

6. Explain and demonstrate the Nutritional Aspects of Injury and Illness

Learning objectives
What you will learn as you master the competency:

a. explain and design a pre-participation meal plan
b. explain and demonstrate proper weight loss and gain techniques
c. explain and demonstrate proper fluid replacement

Performance Standards
You will demonstrate your competence:

- instructor observation/evaluation of learner explaining and demonstrating these plans

Your performance will be successful when:

- you successfully explain these plans
- you successfully demonstrate these plans
7. **Explain how to use Drug Reference in regard to Pharmacology**

**Learning objectives**

*What you will learn as you master the competency:*

a. explain the difference between generic and brand names
b. explain the indications, contraindications, and warnings used
c. explain the proper dosing and adverse side effects

**Performance Standards**

*You will demonstrate your competence:*

○ instructor observation/evaluation of learner explaining these indications

*Your performance will be successful when:*

○ you successfully explain these indications

8. **Explain and demonstrate how to perform Anthropometric Measurement Techniques in regard to Risk Management and Injury Prevention**

**Learning objectives**

*What you will learn as you master the competency:*

a. explain and demonstrate procedures used to screen height, weight, and body composition
b. explain and demonstrate examination of blood pressure, pulse, and vision

**Performance Standards**

*You will demonstrate your competence:*

○ instructor observation/evaluation of learner explaining and demonstrating these examinations and screenings

*Your performance will be successful when:*

○ you successfully explain these examinations
  ○ you successfully demonstrate these examinations

9. **Explain and demonstrate the Client Specific Flexibility Exercises in regard to Injury Prevention**

**Learning objectives**

*What you will learn as you master the competency:*

a. explain and demonstrate passive, active, and resistive Range of Motion (ROM) for upper extremity (cervical, shoulder, elbow, wrist, and hand)
b. explain and demonstrate passive, active, and resistive Range of Motion for lower extremity (lumbar, hip/pelvis, knee, ankle, and foot)

**Performance Standards**

*You will demonstrate your competence:*

○ instructor observation/evaluation of learner explaining and demonstrating these types of ROM

*Your performance will be successful when:*

○ you successfully explain these types of ROM
  ○ you successfully demonstrate these types of ROM
10. **Explain and demonstrate how to determine appropriate treatment in regards to Therapeutic Modalities.**

**Learning objectives**

*What you will learn as you master the competency:*

a. explain and demonstrate how to perform exam to identify current inflammatory stage

b. explain how to identify indications, contraindications, and precautions to various treatment protocols

**Performance Standards**

*You will demonstrate your competence:*

- instructor observation/evaluation of learner explaining how to identify these protocols

*Your performance will be successful when:*

- you successfully identify these protocols

**Types of Instruction**

Clinical

**Grading Information**

**Grading Rationale**

Clinical Testing 50%

Evaluations 50%

**Grading Scale**

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