ATHLETIC TRAINING PRACTICUM II

Course Design
2014-2015

Course Information
Division Health & Physical Education
Course Number HPE 293
Title Athletic Training Practicum II
Credits 3
Developed by Andrea Bagnall
Lecture/Lab Ratio 0 Lecture/6 Lab
Transfer Status

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<tr>
<th>ASU</th>
<th>NAU</th>
<th>UA</th>
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<td>EXW Department Elective</td>
<td>Elective Credit—and—AT 200</td>
<td>Non Transferable</td>
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Activity Course No
CIP Code 13.1314
Assessment Mode Portfolio
Semester Taught Upon Request
GE Category None
Separate Lab No
Awareness Course No
Intensive Writing Course No

Prerequisites
None

Educational Value
It is designed to eventually meet the needs of students involved in 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 293.

Supplies
None
Competencies and Performance Standards

1. Explain Immobilization Devices with regard to Acute Care of Injury and Illness

   **Learning objectives**
   What you will learn as you master the competency:
   a. select an appropriate splint for a sprain, fracture, and dislocation
   b. apply an appropriate splint for a sprain, fracture, and dislocation

   **Performance Standards**
   You will demonstrate your competence:
   - instructor observation/evaluation of learner explaining and demonstrating immobilization devices
   Your performance will be successful when:
   - you successfully select an appropriate splint
   - you successfully apply an appropriate splint

2. Explain Management of Environmental Conditions with regard to Acute Care of Injury and Illness.

   **Learning objectives**
   What you will learn as you master the competency:
   a. explain and describe Heat Exhaustion and Heat Syncope
   b. explain and describe Heat Stroke
   c. explain and describe Hypothermia

   **Performance Standards**
   You will demonstrate your competence:
   - instructor observation/evaluation of learner explaining and describing heat exhaustion, heat syncope, heat stroke, and hypothermia
   Your performance will be successful when:
   - you successfully explain heat exhaustion, heat syncope, heat stroke, and hypothermia

3. Explain Injury History in regard to Assessment and Evaluation

   **Learning objectives**
   What you will learn as you master the competency:
   a. explain the mechanism of injury (where, when, what, and how)
   b. locate the body part injured for visual and manual inspection

   **Performance Standards**
   You will demonstrate your competence:
   - instructor observation/evaluation of learner explaining Injury History
   Your performance will be successful when:
   - you successfully explain the mechanism of injury
   - you successfully locate the injured body part
4. **Explain and demonstrate Body Temperature in regard to General Medical Conditions**

*Learning objectives*

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

a. explain how to ascertain body temperature via oral, axillary, and tympanic temperature
b. demonstrate how to ascertain body temperature via oral, axillary, and tympanic temperature

*Performance Standards*

*You will demonstrate your competence:*

- instructor observation/evaluation of learner explaining and demonstrating how to assess body temperature

*Your performance will be successful when:*

- you successfully explain how to assess body temperatures
- you successfully demonstrate how to assess body temperatures

5. **Select and organize Record Keeping methods in regard to Health Care Administration**

*Learning objectives*

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

a. explain how to organize patient files
b. demonstrate how to organize patient files to allow systematic storage and retrieval

*Performance Standards*

*You will demonstrate your competence:*

- instructor observation/evaluation of learner explaining and demonstrating record keeping methods

*Your performance will be successful when:*

- you successfully explain these record keeping methods
- you successfully demonstrate these record keeping methods

6. **Explain and demonstrate the Food Pyramid in regard to Nutritional Aspects of Injury and Illness**

*Learning objectives*

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

a. explain how to design general nutrition programs using the food pyramid
b. design a general nutrition program using the food pyramid

*Performance Standards*

*You will demonstrate your competence:*

- instructor observation/evaluation of learner explaining and demonstrating a nutritional program using the food pyramid

*Your performance will be successful when:*

- you successfully explain general nutritional programs using the food pyramid
- you successfully design a general nutritional program using the food pyramid
7. Explain and demonstrate how to document in regard to Pharmacology

**Learning objectives**

What you will learn as you master the competency:

a. explain how to document the following information about medication: name, amount, dosage, and expiration date

b. demonstrate how to document medical information

**Performance Standards**

You will demonstrate your competence:

- instructor observation/evaluation of learner explaining and demonstrating this documentation

Your performance will be successful when:

- you successfully explain this documentation
- you successfully demonstrate this documentation

8. Perform and interpret Fitness Tests in regard to Risk Management and Injury Prevention

**Learning objectives**

What you will learn as you master the competency:

a. perform fitness tests for flexibility, strength, agility and speed

b. record and interpret the data for flexibility, strength, agility, and speed

**Performance Standards**

You will demonstrate your competence:

- instructor observation/evaluation of learner explaining and performing fitness tests

Your performance will be successful when:

- you successfully explain these fitness tests
- you successfully perform and interpret these fitness tests

9. Explain and demonstrate upper and lower extremity strengthening exercises in regard to Therapeutic Exercise

**Learning objectives**

What you will learn as you master the competency:

a. explain and demonstrate strengthening exercise for the upper extremity (cervical, shoulder, elbow, wrist, and hand)

b. explain and demonstrate strengthening exercises for the 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 exercises for the upper extremity

- instructor observation/evaluation of learner explaining and demonstrating these exercises for the lower extremity

Your performance will be successful when:

- you successfully explain and demonstrate these exercises for the upper extremity
- you successfully explain and demonstrate these exercises for the lower extremity
Types of Instruction
Clinical

Grading Information
Grading Rationale
Clinical Testing 50%
Evaluations 50%

Grading Information
Grading Scale
A 90% or above
B 80-89%
C 70-79%
D 60-69%
F 59% or below