

## **Introduction to Athletic Training EXRS 2100 – Spring Semester 2006**

- Instructor:** Amanda M. Langton, MEd, ATC, NREMT-I  
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Stegeman Coliseum Athletic Training Room  
#706-542-6936, office  
Office Hours: Monday & Thursday 9 -10am
- Required Text:** Prentice, William (2003), Principles of Athletic Training, 11<sup>th</sup> Ed, McGraw-Hill
- Supplemental Text:** Hoppenfeld, Stanley (1976), Physical Examination of the Spine and Extremities, Prentice Hall, Inc.
- Course Syllabus:** The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.
- Course Description:** Introduction to the prevention, evaluation, and treatment of athletic related injuries. This course will be an overview of the field of athletic training to include the evaluation of injuries, emergency medical procedures, prevention and treatment methods for musculoskeletal injuries, heat illness and nutritional problems.
- Course Objectives:**
1. To gain a basic understanding of the role and function of an athletic trainer in a comprehensive health care team.
  2. To be able to develop appropriate injury prevention programs by designing flexibility, cardiovascular and weight training programs specific to sport activities.
  3. Be able to identify emergency medical situations and be able to apply appropriate first aid measures.
  4. To understand the principles related to injury care and management for optimal recovery.
  5. Be able to identify common injuries of the lower and upper extremity, as well as spine and abdomen and perform the appropriate evaluation techniques to identify these injuries.

**Testing:** There will be 3 tests, 5 quizzes, and a comprehensive final examination to test cognitive knowledge. Quizzes will be announced at least one class prior.

**Grading:** **There is no curving of grades in this course. What you earn on your tests and quizzes will be your final grade!!**  
Grading will be based solely on points earned from all the tests and quizzes as follows: (this is a plan; any adaptations based on the course of the semester in reference to points will be handed out in writing).

Test 1	100 Points
Test 2	100 Points
Test 3	100 Points
5 Quizzes worth 20 points each	100 Points
Final – Comprehensive	200 Points
<b>Total</b>	<b>600 Points</b>

**Final Grade:**  
A = 540 points or better  
B = 480-539 points  
C = 420-479 points  
D = 360-419 points  
F = <360 points

**Attendance Policy:** I expect each student to be present and on time to class. You will be held responsible for all tests and quizzes taken in class. **Unexcused missed tests and quizzes will not be made up unless prior permission is obtained from me.** Supporting **medical documentation** will be required before any make-up is granted.

**Academic Honesty:** The University of Georgia and the Athletic Training Education program seeks to promote and ensure academic honesty and personal integrity among students and members of the University community. Academic honesty mean performing all academic work without cheating, lying, tampering, stealing, or receiving assistance from any person or using any source of information that is not common knowledge. All academic work must meet the standards contained in “A Culture of Honesty.” Each student is responsible to inform themselves about standards before performing any academic work.  
<http://www.uga.edu/ovpi/honesty/acadhon.htm>

## **Class Outline**

<u><b>Week Number</b></u>	<u><b>Tuesday</b></u>	<u><b>Thursday</b></u>
1	1/10 - First Day of Class/Syllabus	1/12 - Introduction to Athletic Training
2	1/17 – Environmental Concerns	1/19 – <b>Quiz #1</b> Psychology of Injury
3	1/24 – Conditioning Part One	1/26 – <b>Test #1</b>
4	1/31 – Conditioning Part Two/Anatomical Terms	2/2 – Injury Recognition
5	2/7 – <b>Quiz #2</b> /Injury Prevention	2/9 – Emergency Procedures – Primary Survey
6	2/14 – Emergency Procedures – Secondary Survey	2/16 – Tissue Response to Sports Trauma and Injury
7	2/21 – <b>Quiz #3</b> /Emergency Equipment	2/23 – <b>Test #2</b>
8	2/28 – Modalities – Hot/Cold	3/2 - Rehabilitation
9	3/7 – Facial & Throat Injuries	3/9 – <b>Quiz #4</b> /Lower Extremity - Foot
10	3/14 – <b>Spring Break</b>	3/16 – <b>Spring Break</b>
11	3/21 – Ankle & Lower Leg Part One	3/23 – Ankle & Lower Leg Part Two
12	3/28 - Shoulder	3/30 – <b>Test #3</b>
13	4/4 – Knee Part One	4/6 – Knee Part Two
14	4/11 – <b>Quiz #5</b> /Spine	4/13 – Abdominal & Thoracic Cavity
15	4/18 – Thigh & Hip	4/20 – Groin & Pelvis
16	4/25 – Legal Considerations/Review	4/27 - Review
17		5/4 – <b>Final Exam</b>

\*\*Drop/Add is 1/9-1/12. Mid point of Semester is March 7th, 2006. The final exam is scheduled for Thursday, May 4, 2006 from 8:00 - 11:00 am.