

**Athletic Training Practicum  
EXRS 2470**

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Office Hours: By Appointment

**Text:**

Arnhiem, D. and Prentice W. (2002). Principles of Athletic Training, 11<sup>h</sup> Edition, Mosby-Year Book Inc.

**Course Description**

Introduction to the field of athletic training through the direct observation of certified athletic trainers and athletic training students. This course is designed to expose you to the role and function of an athletic trainer. It provides each student with the opportunity to acquire the basic knowledge and skills to work as an athletic training student in the UGA program.

**Course Objectives**

1. To understand the role and function of an athletic trainers and the medical health care team
2. To learn the general indications and contraindication of treatment and rehabilitation programs used in athletic training
3. To learn basic emergency care procedures
4. To understand the day to day operation of an athletic training facility and the role of an athletic training student.
5. To perform the basic protective taping and wrapping techniques of the lower and upper extremity.
6. To gain a basic understanding of pharmacological considerations in athletics
7. To learn about the record keeping procedures used at UGA

## Student Requirements

1. Completion of 45 hours of observation per academic hour of credit. These hours must be recorded on attached sheet. Failure to obtain 45 hours (or more if you have more credit hours in this class) of observation will result in a grade of “U”.
2. Completion of clinical competencies. You will be taught clinical skills and proficiencies in scheduled class sessions. You will be expected to perfect these skills and pass competency testing during the semester.
3. Completion of the proficiency evaluation, a comprehensive practical test covering multiple sections of the course. Students must demonstrate proficient psychomotor skills required by athletic training students.

**Grading:** This is an S/U class. If the student meets the requirements of the class as stated above, the student will receive a grade of “S”.

**Attendance Policy and Dress:** Each student will be required to attend their scheduled times for athletic training observation. If you are unable to attend a scheduled session, please contact a member of the athletic training staff to let them know about your absence beforehand. **You are expected to dress professionally** for all of your assigned times (no jeans, ripped or torn t-shirts, etc.). You will be given a UGA Sports Medicine t-shirt to wear with khaki pants. You will also be given a name tag which must be worn during your observation hours.

**Conduct policy:** It is expected that each individual handle themselves in the utmost professional manner. You will be in the company of high-caliber and high profile athletes of a major university athletic department. **Patient confidentiality will be maintained.** As individuals, you will be expected to comply with Athletic Association policy and procedures. Failure to comply or any embarrassment to the Athletic Association or Athletic Training Curriculum will result in dismissal from the course and a “U” grade.

**Liability Note:** The students of EXRS 2470 **are not** covered by the malpractice insurance. You are not allowed to perform the same functions as the athletic training students in the curriculum program.

## Course Outline

Date	Topic
8/22/06	Observation Schedule UGA Record Keeping Procedures Introduction
8/29/06	Emergency Procedures- UGA Emergency Action Plans, CPR, AED, Poison Control, Bag valve mask
9/5/06	Cryotherapy/Thermotherapy
9/12/06	Body Composition: HT, WT, BP, Pulse, Limb girth, Limb length, vision (Snellen chart)
9/19/06	Conditioning Tests: Flexibility, Strength, Speed and Agility
9/26/06	Environmental Conditions, Wet Bulb Globe Temperature and Treatment for Exertional Heat Illness
10/3/06	Protective Equipment: mouth guard, rib brace, guard, knee braces, ankle braces and protective devices/ padding
10/10/06	Wound Care
10/17/06	Wrapping: Ankle, knee, hip and shoulder
10/24/06	Taping: arch, Achilles, and ankle
10/31/06	Taping: elbow, wrist, thumb and fingers
11/7/06	Injury Evaluation Techniques: History, Observation, Palpation
11/14/06	Injury Evaluation Techniques: ROM, Strength, Functional Assessment
11/21/06	Injury Evaluation Techniques: Ankle and Elbow
11/28/06	Proficiency Evaluation
12/5/06	Proficiency Evaluation



### Directions to UGA Facilities

**Butt-Mehre** – Rutherford Street to end of block, turn right and enter Butt-Mehre double doors and walk to end of hallway, last door on right will say NO ADMITTANCE, enter, turn left then enter double doors on right. Ask for Lenny Navitskis or Eric Gunderson.

**Coliseum** – Smith Street, past doors to enter the Coliseum you will see a single door with a red awning, enter door go down ½ flight of stairs and turn left. Walk past the entrance to the basketball floor and you should be on carpeting. Half-way down the hall on left will be the athletic training room. Ask for Steve Bryant or Mandy Langton or Shannon Becker.

**Foley Field** – Rutherford Street to baseball stadium on left. Enter the stadium and turn right. Walk to the end of the concourse and you see a door on left, go down flight of stairs, turn left and enter next door to athletic training room. Ask for Mike Dillon

**Ramsey Center** – Go to Gymnastics room and room to the right is the athletic training room. Ask for Anna Randa.

**Natatorium** – walk past the gymnastic room and enter first upper level door to the Natatorium, walk down to pool deck, turn left and athletic training room will be on the left. Ask for Lindsey Dame.