

## **Athletic Training Practicum EXRS 2470**

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Office Hours: Other Times by Appointment

Text:

Arnhem, D. and Prentice W. (1993). Principles of Athletic Training, 8<sup>th</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 is to provide each student with the opportunity to acquire the basic knowledge and skills to work as a student athletic trainer in the UGA program.

### Course Objectives

1. To gain an understanding of the role and function of an athletic trainers and the medical health care team
2. To learn about the general indications and contraindication of treatment and rehabilitation programs used in athletic training
3. To learn the basic emergency care procedures
4. To gain an understanding of the day to day operation of an athletic training facility and the role of a student athletic trainer.
5. To learn 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 "I" or "F".
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 be competency tested during the semester.

**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. 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 to handle themselves in a 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. You as individuals 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 EXSCI 2470 are not covered by the malpractice insurance. You are not allowed to do the same things as the curriculum student athletic trainers.

## Course Outline

Date	Topic
8/31	Observation Schedule UGA Record Keeping Procedures Cryotherapy, Thermotherapy
9/7	Environmental Conditions, Wet Bulb Globe Temperature and Treatment for Exertional Heat Injuries
9/14	Body Composition: HT, WT, BP, Pulse, limb girth, limb length, vision (Snellen Chart)
9/21	Conditioning Tests: Flexibility, Strength, Speed and Agility
9/28	Emergency Procedures- UGA Emergency Action Plans, CPR, AED, Bag value mask and poison control
10/5	Wound Care
10/12	Protective Equipment: mouth guard, rib brace/guard, knee braces, ankle braces and protective devices/padding
10/19	Wrapping: ankle, knee, hip, shoulder
10/26	Taping: ankle and crutch fitting and gait
11/2	Taping: arch, Achilles and ankle
11/9	Taping: elbow, wrist, thumb, fingers
11/16	Injury evaluation Techniques: History, Observation, Palpation
11/23	Injury Evaluation Techniques: ROM, Strength, Functional Assessment
11/30	Proficiency Evaluation
12/7	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 Harris Patel or Lenny Navitskis

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 Mike Clanton.

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 Jenn Capuzzo or Anna Thames.

Natorium – 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 Matt Sartorio.