

**Athletic Training Practicum
KINS 2470
Spring 2009**

Instructor: Dr. Bud Cooper, ATC, CSCS Office: Ramsey 101J
Phone: 706-542-6463 cooperb@uga.edu

Office Hours: By Appointment Course Time: Wed 1:25-2:15 PM
Course Location: Ramsey 205 or Athletic Training Lab Ramsey 110

Text:

Arnhem's Principles of Athletic Training by William Prentice; 13th Edition, McGraw Hill

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 of 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 during the semester.

3. **Completion of the proficiency evaluation**, a comprehensive practical test will be administered at the end of the semester, covering multiple sections of the course. Students must demonstrate proficient psychomotor skills required by athletic training students.
4. Attendance is required for class sessions. Excused absences must be pre-arranged with the instructor. Failure to pre-arrange an absence will result in an unexcused absence. More than 2 unexcused absences over the course of the semester will result in a grade of "U."

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. You must wear this t-shirt every time you observe, to gain entry into the facility.** Khaki pants or shorts, along with appropriate outerwear as necessary and closed toed shoes are the only acceptable clothing options. 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 association. **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
Jan 7	Observation Schedule UGA Record Keeping Procedures Introduction <u>Drop/Add ends Jan 13</u>
Jan 14	Emergency Procedures- UGA Emergency Action Plans, CPR, AED, Poison Control, Bag valve mask
Jan 21	Wrapping: Ankle, knee, hip and shoulder
Jan 28	Body Composition: HT, WT, BP, Pulse, Limb girth, Limb length, vision (Snellen chart)
Feb 4	Conditioning Tests: Flexibility, Strength, Speed and Agility
Feb 11	Taping: elbow, wrist, thumb and fingers
Feb 18	Protective Equipment: mouth guard, rib brace, guard, knee braces, ankle braces and protective devices/ padding
Feb 25	Wound Care
Mar 4	Environmental Conditions, Wet Bulb Globe Temperature and Treatment for Exertional Heat Illness
Mar 18	Taping: arch, Achilles, and ankle
Mar 25	Cryotherapy/Thermotherapy
Apr 1	Injury Evaluation Techniques: History, Observation, Palpation
Apr 8	Injury Evaluation Techniques: ROM, Strength, Functional Assessment
Apr 15	Injury Evaluation Techniques: Ankle and Elbow
Apr 22	Review - taping
Apr 29	Review for Proficiency Evaluation Sign up for Proficiency Evaluation Test Time
May	FINAL EXAM Proficiency Evaluation – Group test in specified time slot



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 Dean Crowell 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, Mandy Langton, Shannon Becker, Colby Pohlmann, Anna Randa, or Dan Graham.

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

Ramsey Center – Use your UGA MyID card to pass through the turnstiles. Turn left and proceed past the pool turning right at the end of the hall. Volleyball practice facilities are located in the next gym opposite the pool bleachers. Ask for Tammy Collins.

Natatorium – Use your UGA MyID card to pass through the turnstiles. Turn left and proceed past the pool turning right at the end of the hall. Enter the double doors above the pool's bleachers, walk down to pool deck, turn left and athletic training room will be on the left. Ask for Lindsey Dame.

Soccer/Softball Complex – Head south on Milledge Rd away from campus. Travel underneath the Athens Perimeter Highway (10-Loop), pass Will Hunter Rd and take the next available right. Parking is available in any lot. The athletic training rooms are located inside the respective buildings. For soccer, ask for Mandy Langton. For softball, ask for Kyle Scharer.

Equestrian Complex – Head south on Milledge Rd away from campus. Travel underneath the Athens Perimeter Highway (10-Loop), pass the soccer/softball complex, and take a right at the entrance labeled Equestrian Center. This is the right turn prior to East Whitehall Rd. Ask for Tracy Ramos.