

**OAKLAND UNIVERSITY  
SCHOOL OF HEALTH SCIENCES  
PROGRAM IN EXERCISE SCIENCE**

**BASIC ATHLETIC TRAINING  
WINTER 2018  
EXS 521 / PT 421 / EXS 421 - 2 CREDIT HOURS**

**INSTRUCTOR** - Thomas A. Ford M.S., AT, ATC, CSCS, NASM-CES  
Oakland University Athletic Trainer  
- Sydney A. Zwart M.S., AT, ATC  
Oakland University Athletic Trainer

**OFFICE:** 248-370-3787 / [szwart@oakland.edu](mailto:szwart@oakland.edu)

**CLASS:** Lecture: Monday 6:30pm - 9:30pm  
Lab: Monday 8:30pm – 9:30pm

**ROOM:** Lecture: **5036 Human Health Building**  
Lab: **5036 Human Health Building**

**COURSE DESCRIPTION:** This course will provide the student with an understanding of how the Athletic Trainer serves the patient and the athlete as part of the sports medicine team. This course will provide the student with a thorough basic understanding of:

- All an Athletic Trainer does and their role in the health field;
- Types of injuries and how sustained;
- Evaluation, diagnostic testing and immediate care of the injured athlete;
- Prevention of injury;
- Prophylactic taping and bracing;

**BOOK:** Required: **Essentials of Athletic Injury Management**, 10<sup>th</sup> Edition, Prentice & Arnheim.  
Recommended: **Arnheim's Principles of Athletic Training**, 16<sup>th</sup> Edition, William E. Prentice

**PREREQUISITES:** BIO 205 (Human Anatomy), BIO 207 (Human Physiology), EXS 350 (Human Motion Analysis) or PT 300 (Kinesiology).

**PURPOSE:** A basic course for those students that are interested in coaching, physical education, fitness, or other areas related to exercise and sport science. These students will gain knowledge and understanding of the many aspects of healthcare for both recreational and competitive athletes that is essential for them to effectively perform the associated responsibilities of their jobs. This course could also be for the student who may be interested in pursuing a career in sports medicine.

**INSTRUCTIONAL METHODS:**

1. Lecture - 90% of formal class time
2. Laboratory - 10% of formal class time

**GRADE DETERMINATION:**

Total Points – 500

\*Graduate Students - 600

|   |       |
|---|-------|
| 3 Mid-Semester Exams - 100 points each        | = 300 |
| Final Exam                                    | = 100 |
| Athletic Trainer Interview Paper              | = 100 |
| Extra Credit – Taping, Worksheets, Phone Call | = 50  |
| *Injury Research Presentation                 | = 100 |

## WEEKLY SYLLABUS

1. **(01/08/2017)** The Athletic Trainer as a Health Care Provider, Health Care Organization and Administration in Athletic Training, Legal Concerns, Conditioning Techniques. Chapters 1, 2, 3, 4.
2. **(01/15/2017) MARTIN LUTHER KING JR DAY**
3. **(01/22/2017)** Nutrition and Supplements, Environmental Considerations, Protective Equipment, Bandaging and Taping. Chapters 5, 6, 7, 8.
4. **(01/29/2017)** Mechanisms and Characteristics of Musculoskeletal and Nerve Trauma, Tissue Response to Injury. Chapters 9, 10. **EXAM 1: Chapters 1, 2, 3, 4, 5, 6, 7, 8.**
5. **(02/05/2017)** On the Field Acute Care and Emergency Procedures, Off the Field Injury Evaluation, Using Therapeutic Modalities, Using Therapeutic Exercise in Rehabilitation. Chapters 12, 13, 15, 16.
6. **(02/12/2017)** Infectious Disease, Blood Borne Pathogens, and Universal Precautions, Pharmacology, Drugs, and Sports, Psychosocial Intervention for Sports Injuries and Illnesses. Chapters 14, 17, 11.
7. **(02/19/2017) SPRING BREAK**
8. **(02/26/2017) EXAM 2: Chapters 9, 10, 11, 12, 13, 14, 15, 16, 17**
9. **(03/05/2017)** The Foot, The Ankle and Lower Leg. Chapters 18, 19.
10. **(03/12/2017)** The Knee and Related Structures, The Thigh, Hip, Groin, and Pelvis. Chapters 20, 21. **Athletic Trainer Interview Paper Due**
11. **(03/19/2107)** The Shoulder Complex. Chapter 22.
12. **(03/26/2017)** The Elbow, The Forearm, Wrist, Hand, and Fingers. Chapters 23, 24.
13. **(04/02/2017)** The Spine, The Head, Face, Eyes, Ears, Nose, and Throat, The Thorax and Abdomen. Chapter 25, 26, 27. **Injury Research Presentation Due**
14. **(04/09/2017) EXAM 3: Chapters 18, 19, 20, 21, 22, 23, 24, 25, 26, 27**
15. **(04/16/2017)** Skin Disorders, Additional General Medical Conditions. Chapter 28, 29. Final Exam Review and Questions
16. **(04/23/2017) Final Exam: Cumulative**

## GRADING

1. Late assignments are accepted at the discretion of the instructor. If accepted, there will be a minimum of a 10% point deduction for each day the assignment is late. Assignments will not be accepted more than 7 days after the original due date (by the next class or not at all).
2. Make-up exams are granted at the discretion of the instructor. The student must make prior notification. Make-up exams will be more difficult (True/false, essay formats, etc.) and taken before the next class.

## GRADING SCALE

|   |      |     |   |     |     |   |      |     |
|---|------|-----|---|-----|-----|---|------|-----|
| A | 100% | 4.0 |   | 84% | 3.6 |   | 69%  | 2.3 |
|   | 99%  | 4.0 | B | 83% | 3.5 |   | 68%  | 2.2 |
|   | 98%  | 4.0 |   | 82% | 3.5 |   | 67%  | 2.1 |
|   | 97%  | 4.0 |   | 81% | 3.4 |   | 66%  | 2.0 |
|   | 96%  | 4.0 |   | 80% | 3.4 | D | 65%  | 1.9 |
|   | 95%  | 4.0 |   | 79% | 3.3 |   | 64%  | 1.8 |
|   | 94%  | 4.0 |   | 78% | 3.2 |   | 63%  | 1.7 |
|   | 93%  | 4.0 |   | 77% | 3.1 |   | 62%  | 1.6 |
|   | 92%  | 4.0 |   | 76% | 3.0 |   | 61%  | 1.5 |
|   | 91%  | 3.9 |   |     |     |   | 60%  | 1.4 |
|   | 90%  | 3.9 | C | 75% | 2.9 |   | 59%  | 1.3 |
|   | 89%  | 3.8 |   | 74% | 2.8 |   | 58%  | 1.2 |
|   | 88%  | 3.8 |   | 73% | 2.7 |   | 57%  | 1.1 |
|   | 87%  | 3.7 |   | 72% | 2.6 |   | 56%  | 1.0 |
|   | 86%  | 3.7 |   | 71% | 2.5 |   |      |     |
|   | 85%  | 3.6 |   | 70% | 2.4 | F | <56% | 0   |

## **ATHLETIC TRAINER INTERVIEW RESEARCH PAPER**

Certified Athletic Trainers work in a number of different settings (secondary schools, school districts, colleges and universities, professional sports, sports medicine clinics and industrial settings). You will be interviewing an athletic trainer via email about their career and work setting. This interview should give you a better understanding of the scope of athletic training.

Depending on the work setting of the athletic trainer that you interview, you will then find research surrounding that work setting and the athletic trainers involved to compare and contrast to your interview.

After you interview the Certified Athletic Trainer, you will then write a 5-10 page typed paper covering your experience; at least 3 research articles, APA format, Times New Roman, size 12 font, double spaced.

Please include the following information:

- Name of Athletic Trainer
- Title and Work Setting of Athletic Trainer
- Email of Athletic Trainer

\*For extra credit, you may call and interview your athletic trainer over the phone. If this is done, please have the athletic trainer email me to confirm the phone interview.

The following are questions and points that should be included in the interview and paper:

1. History and education of the athletic trainer.
2. What led them to become an athletic trainer?
3. Why did they choose to work as an athletic trainer in that work setting?
4. How would they describe that type of setting to those not familiar with the profession?
5. Describe the most common type of patients and how common patient interaction occurs
6. How are evaluations done?
7. How are evaluations documented?
8. What type of modalities are most commonly used? Have them describe one and how it is beneficial for the patient?
9. Does the athletic trainer have any special training or extra certifications? What are those? How are they beneficial to both the athletic trainer and their patients?
10. How do they complete their continuing education units? Do they use their CEUs to benefit themselves and their patients?
11. What are some of the challenges they have encountered, as an athletic trainer, in their work?
12. What are some memorable moments? One positive and one negative?
13. Do either of these memorable moments occur often for them?
14. What are the reasons they wake up and go to work every morning? What makes them want to go to work?
15. What is a piece of advice they would give to those interested in athletic training as a career?

Possible Paper Outline:

1. Introduction to Athletic Training
2. Introduction to the work setting of the athletic trainer being interviewed
3. Research of the work setting and the athletic trainers involved
4. Interview of the athletic trainer
5. Comparison of the research and the interview of the athletic trainer
6. Conclusion

## ATHLETIC TRAINERS

Please choose one of the following athletic trainers to interview for your paper, in the work setting of your interest. Then email me in order to receive their contact information. If the athletic trainer of your choice has already been taken I will give you the contact information for another athletic trainer in that setting. If there are no more athletic trainers in that setting to be interviewed, you will have to choose one from a different setting.

**\*These athletic trainers have volunteered their time to be interviewed. If they are disrespected in any way and notify me about it, you will receive a zero on this assignment.**

### Secondary School

Collins, Kaisey  
Ely, Karianne  
Ford, Brittany  
Hopkins, Ashley  
Ivens, Josh  
Korotic, Autum  
Reichow, Gretchen  
Rourke, Meghan  
Solari, Anne  
Stamper, Melissa  
Potter, Jesse

### College/University

Cameron, Alison  
Dannenber, Thomas  
Denison, Rachel  
Dhargahi, Ciara  
Johnson, Sam  
Kleinhesselink, Paden  
Leech, Stephanie  
Maday, Kris  
Moore, Carrie  
Morey, David  
Nestor, Courtney  
Ostrowski, Evan  
Sharp, Meg  
Stoll, Andrew  
Sulavik, Andrea  
Wickerham, Blake  
Wilson, Mike

### Professional Sports

Cronin, Baker  
Potter, Brock  
Robinson, Joe

### PT/Clinic

Braid, Mike  
Corelli, Wendi  
Dilbeck, Lindsay  
Evans, Laurel  
Ferguson, Brianna  
Groenewood, Riley  
Hovde, Michael  
McIntyre, Lauren  
Ryan, Nancy  
Schillaci, Marcus  
Spickler, Natalie  
VanSetten, Alissa  
Walker, Tricia

### Industrial

Harmsen, Jeff  
Holsinger, Rebecca  
Nayback, Ethan  
Peltier, Corinne  
Purol, Matt  
Svec, Madi  
Vintevoghel, Victoria

### 30+ Years

Coleman, Lizy  
Woods, Doc

## GRADUATE RESEARCH TOPICS

Certified Athletic Trainers have to be able to identify many different types of injuries, as well as differentiate them for other similar injuries. You must create a power point presentation about the injury topic you choose. No specific length, as long as the following topics have been thoroughly covered. Please site all of the research sources in APA format; at least 5 research articles.

For each topic include the following sections:

1. The etiology of the problem
2. Tissue response to injury
3. Assessment and emergency procedures
4. Environmental considerations
5. The use of therapeutic modalities
6. Exercise rehabilitation
7. Injury prevention techniques
8. Differential diagnosis

### TOPICS

1. Sprains
2. Strains
3. Fractures
4. Tendinitis
5. Bursitis
6. Subluxations and Dislocations
7. Plantar Fasciitis
8. Stress Fractures
9. Medial Tibial Syndrome
10. Acute Achilles Tendon Injuries
11. Patella-femoral Joint Dysfunction
12. Compartment Compression Syndrome
13. Pes Planus and Pes Cavus Related Problems
14. Knee Meniscus Injury
15. The “Unhappy Triad” in Knee Injury
16. Patella Tracking Injury
17. Low Back Pain in Athletics
18. Cervical Spine Injuries
19. Intracranial Head Injuries
20. Facial, Dental Ear, Eye, and Nasal Injuries
21. Glenohumeral Dislocation
22. Rotator Cuff Injuries
23. Thoracic Outlet Compression Syndrome
24. Carpal Tunnel Syndrome
25. Tennis Elbow
26. Intervertebral Disk Herniation
27. Contusions
28. Avulsion Fractures
29. Inversion Ankle Sprain
30. Another topic, approved in advance

