

Department of: Health and Leisure

Course Title: HL 280 – Basic Skills in Athletic Training

Credit Hours: 1

I. Catalog Description: The study and observation of the treatment of athletic injuries under the guidance of physicians and/or National Athletic Trainers' Association certified athletic trainers.

II. Prerequisites: Health Management major or permission of instructor.

III. Course Objectives

- A. Demonstrate familiarity with Universal precautions.
- B. Demonstrate simulated basic wound cleaning in a laboratory setting.
- C. Demonstrate proper fitting of crutches and correct gait training in a laboratory setting.
- D. Demonstrate basic palpation of soft tissue and bony landmarks for the upper and lower extremity in a laboratory setting.
- E. Apply basic compression wrapping skills in a laboratory setting.
- F. Apply basic supportive wraps in a laboratory setting.
- G. Apply basic taping techniques in a laboratory setting.

IV. Expectations of the Student

- A. Each student will complete all examinations and assignments.
- B. Each student will complete 30 hours of observation under the direct supervision of a National Athletic Trainers' Association Board of Certification Athletic Trainer at Southeast Missouri State University.

V. Course Content

	<u>Hours</u>
A. Universal precautions, blood borne pathogens, and wound care lab	1
B. Crutch fitting and gait training	1
C. Blood pressure, pulse and breathing	1
D. Identification, palpation and assessment of the integrity of soft tissue and bony landmarks	1
E. Compression wraps	6
1. Ankle	
2. Knee	
3. Elbow	
4. Wrist and hand	
F. Supportive wraps	8
1. Hamstrings	
2. Quadriceps	
3. Hip flexor	
4. Hip adductor	
5. Glenohumeral	
6. Ankle cloth	
7. Knee joint	

G. Taping

12

1. Elbow epicondylitis
2. Wrist
3. Thumb spica
4. Finger splint
5. Toe splint
6. Hand contusion
7. Shin splint
8. Patellar tendon
9. Closed basket weave
10. Great toe
11. Inner longitudinal arch
12. Plantar fasciitis
13. Calcaneal tendon
14. Hyperextended elbow
15. Forearm splint

Total 30

VI. Textbook

- A. Wright K, Whitehill W. *The Comprehensive Manual of Taping and Wrapping Techniques*. 3 rd., Gardner KS: Cramer Products, Inc. 2000.

VII. Basis for Student Evaluation

	%
A. Class Participation	30
B. Practical examination (1)	30
C. Observation hours	20
D. Written examination (1)	<u>20</u>
	100