

**GEORGE MASON UNIVERSITY**  
**School of Recreation, Health and Tourism**

**ATEP 228—Introduction to Athletic Training (3)**  
**Fall 2006**

DAY/TIME:	T, R, 1:30 - 2:45 p.m.	LOCATION:	Bull Run Hall #131
PROFESSOR:	Dr. Shane Caswell	EMAIL ADDRESS:	scaswell@gmu.edu
OFFICE LOCATION:	Bull Run Hall #208D	PHONE NUMBER:	703-993-4638
OFFICE HOURS:	T, R, 11:00-12:00 p.m.	FAX NUMBER:	703-993-2025
DEPT. WEBSITE	www.rht.gmu.edu	CLASS WEBSITE:	blackboard.gmu.edu

**PREREQUISITES:** None

**COURSE DESCRIPTION**

This course presents an introduction to the profession of athletic training. Areas to be studied include the role of the athletic trainer in sports medicine, mechanisms of athletic injuries, tissue response to injury, blood-borne pathogens, introductory techniques of the assessment and evaluation of athletic injuries and emergency procedures, general illnesses common with athletes, and dermatological conditions.

**COURSE OBJECTIVES**

At the completion of this course students should be able to:

1. Identify disciplines related to sports medicine.
2. Describe responsibilities of the sports medicine team.
3. Describe certification requirements for athletic training.
4. Describe legislative concerns related to athletic training.
5. Identify components of an athletic training room.
6. Identify types of records used in athletic training.
7. Describe how various tissues of the body respond to injury.
8. Identify various mechanisms that result in athletic injuries.
9. Describe the acronym HOPS in the evaluation of athletic injuries.
10. Describe components of an emergency plan.
11. Identify blood-borne pathogens.
12. Describe the care of common illnesses that occur in an athletic program.
13. Identify dermatological conditions commonly found in an athletic program.

**REQUIRED READINGS**

1. W.E. Prentice. (2006). Arnheim's Principles of Athletic Training: A Competency Based Approach. (12th ed.). Boston: McGraw Hill.
2. George Mason University Student Athletic Training Handbook. Provided in class.

## **EVALUATION**

Students will be evaluated on content standards (knowledge gained) and performance (demonstration of the content). Content standards will be assessed via written assignments, quizzes, and exams. Performance will be assessed through completion of class participation activities.

### **Quizzes:**

12 multiple choice, true/false and/or fill in the blank quizzes will be administered online during this course. Quizzes will be administered using the Blackboard Course Website and be due by 1:00 p.m. each Tuesday. Quiz content will cover content covered in class and the reading since the prior exam or quiz.

### **Written Examinations:**

Three examinations will be administered. The format of the examinations will be multiple choice, true/false, short answer, matching, and fill in the blank type questions. Each of the examinations will test material covered during the prior class meetings. Exams will cover material in the textbook and activities completed during class sessions. Scantron forms will be required for each of the examinations and can be purchased at the book store.

### **Group Projects:**

This assignment will require you to work as team. First, you will be teamed up with other class members by the course instructor. Next, you will work with your group to identify and propose a topic you find interesting to the course instructor. The topic must be approved by the instructor and should pertain to the field of sports medicine **Topic Due Date – Thursday 10/5/06**. If you cannot determine a suitable topic one will be assigned to you. Finally, as a team, you will write a formal research paper **Due Date – Tuesday 11/21/06** (50 points) investigating the topic and present (50 points) the paper to the class. The paper must adhere to the *American Medical Associations (AMA) Manual of Style* 9<sup>th</sup> edition. More detailed information will be provided regarding this project in the near future.

### **Professional Website evaluations: Due Date – Tuesday 10/17/06**

*Students will find and review the following professional websites:*

1. National Athletic Trainers' Association
2. National Athletic Trainers' Association Board of Certification (Board of Certification for the Athletic Trainer)
3. American College of Sports Medicine
4. American Physical Therapy Association
5. National Collegiate Athletic Association
6. Student's choice of another sports medicine-related association

*Your review should include the following information:*

1. What is the specific content of each organization's website?
2. Evaluate the relationship of Athletic Training with each of these associations.
3. What general impressions do you have regarding each of these professional organizations?
4. List the professional journals that each organization publishes.
5. Other information that you found interesting.

**Course Grading Scale:**

The student's final letter grade will be earned based on the following scale

ASSESSMENT METHOD	NUMBER	POINTS EACH	POINTS TOTAL
Class Participation	28	Variable	50
On-Line Quizzes	12	10	120
Written Examinations	3	50	150
Group Paper	1	50	50
Group Presentation	1	50	50
Professional Website evaluations	1	80	80
<b>TOTAL</b>	—	—	<b>500</b>

A: 465 – 500 pts. (93%)

A-: 450 – 464 pts. (90%)

B+: 435 – 449 pts. (87%)

B: 415 – 434 pts. (83%)

B-: 400 – 414 pts. (80%)

C+: 385 – 399 pts. (77%)

C: 365 – 384 pts. (73%)

C-: 350 – 364 pts. (70%)

D: 315 – 349 pts. (63%)

F: < 315 pt

**Attendance Policy:**

Students are held to the standards of the George Mason University Honor Code. You are expected to attend all class sections, actively participate in class discussions, complete in-class exercises and fulfill all assignments. Assignments must be turned in at the beginning of class on the specified date due or **no credit will be given**. Assignments have been scheduled in advance to provide you with sufficient time to plan and complete the assignment. Only students with extreme emergencies, a documented medical excuse or university-sponsored functions discussed with the professor prior to the due date will be given consideration for exception. **It is the student's obligation to pursue any make-up work**. Please see the professor for further clarification on individual cases. It is recommended that students make copies of all written work submitted.



- ❖ All students are held to the standards of the George Mason University Honor Code [See <http://www.gmu.edu/catalog/apolicies/#Anchor12>]
- ❖ University policy states that all sound emitting devices shall be turned off during class unless otherwise authorized by the professor
- ❖ Students with disabilities who seek accommodations in a course must be registered with the Disability Resource Center (DRC) and inform the instructor, in writing, at the beginning of the semester [See [www.gmu.edu/student/drc](http://www.gmu.edu/student/drc)]
- ❖ For additional School of Recreation, Health, and Tourism information, please visit the website at <http://rht.gmu.edu>

DAY	DATE	TENTATIVE TOPIC	READING ASSIGNMENT
1	Tu/8/29	Introduction to course	
2	Th/8/31	Overview of the George Mason University Athletic Training Education Program	
3	Tu/9/5	The Athletic Trainer and the Sports Medicine Team	Chapter 1 / Notes / <b><u>Quiz # 1</u></b>
4	Th/9/7	Health Care Administration in Athletic Training	Chapter 2 / Notes
5	Tu/9/12	Prevention of Athletic Injuries	Notes / <b><u>Quiz # 2</u></b>
6	Th/9/14	Medical Terminology / Epidemiology	Notes
7	Tu/9/19	Mechanisms and Characteristics of Sports Trauma	Chapter 9 / Notes / <b><u>Quiz # 3</u></b>
8	Th/9/21	Mechanisms and Characteristics of Sports Trauma	
9	Tu/9/26	<i>EXAMINATION # 1</i>	
10	Th /9/28	Tissue Response to Injury	
11	Tu/10/3	Tissue Response to Injury	Chapter 10 / Notes / <b><u>Quiz # 4</u></b>
12	Th/10/5	Psychology of Injury <b>** Project Topic Due**</b>	Chapter 11 / Notes
☺	Tu/10/10	<i>*No Class – Your Monday classes meet on Tuesday today / <b><u>Quiz # 5</u></b></i>	
13	Th/10/12	On-the-Field Acute Care and Emergency Procedures	Chapter 12 / Notes
14	Tu/10/17	On-the-Field Acute Care and Emergency Procedures <b>**Website Evaluations Due**</b>	<b><u>Quiz # 6</u></b>
15	Th/10/19	Off-the-Field Injury Evaluation	Chapter 13 / Notes
16	Tu/10/24	Off-the-Field Injury Evaluation	<b><u>Quiz # 7</u></b>
17	Th/10/26	Blood-borne Pathogens	Chapter 14 / Notes
18	Tu/10/31	<i>EXAMINATION # 2</i>	
19	Th/11/2	Head, Face, Eyes, Ears, Nose and Throat	Chapter 26 / Notes
20	Tu/11/7	Prevention and Care for Dental Injuries	<b><u>Quiz # 8</u></b>
21	Th/11/9	Skin Disorders	Chapter 28 / Notes
22	Tu/11/14	Skin Disorders	<b><u>Quiz # 9</u></b>
23	Th/11/16	Additional General Medical Conditions	Chapter 29 / Notes
24	Tu/11/21	Additional General Medical Conditions <b>**Group Papers Due**</b>	<b><u>Quiz # 10</u></b>
☺	Th/11/22	<i>*No Class – Thanksgiving break</i>	
25	Tu/11/28	Presentations	<b><u>Quiz # 11</u></b>
26	Th/11/30	Presentations	
27	Tu/12/5	Presentations	<b><u>Quiz # 12</u></b>
28	Th/12/7	Presentations	
FINAL	Th/12/14	<i>FINAL EXAMINATION 1:30 – 4:15 p.m.</i>	

*Note: Faculty reserves the right to alter the schedule as necessary.*