



Department of Kinesiology
KIN 280L: Introduction to Athletic Training - Laboratory
Fall 2017

Section 1: M, W 8:30 am – 9:25 am

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Course Description

This course will provide an overview of skill acquisition in the techniques and procedures required of the athletic training clinician. Laboratory instruction will include various techniques of strapping, binding, and wound management as well as bony/soft tissue palpation of joints and special tests to rule out various pathologies.

Course Aim

This course aims to provide you with an overview to the basic knowledge and skills to palpate and perform special test to determine joint differential pathologies. It will also provide you with the basic knowledge on crutch/cane fitting, heat & humidity.

Students will learn how to tape, bind, palpate and perform special tests for the various areas:

- | | |
|----------------|--------------------|
| ✓ Foot & Ankle | ✓ Thigh & Hip |
| ✓ Knee | ✓ Head & Face |
| ✓ Wrist & Hand | ✓ Shoulder & Elbow |
| ✓ Back | ✓ Trunk & Thorax |

To be successful in this course, students must synthesize information presented in KIN 280 lecture and this class. This means that studying for skill assessments and practical's should involve reviewing and integrating the essential ideas contained in both the lectures, lab and the textbook. We will have study sessions to improve skill level and proficiency for the skill assessments and practical's.

Course Learning Outcomes

Upon completing this course, the student should be able to:

- Practice and develop competence in binding, wrapping and taping of various anatomic regions for a variety of types and degrees of tissue pathology, and for prevention.
- Perform and develop competence in the process of injury evaluation through the use of H.I.P.S. (History, Inspection, Palpation, and Special Tests).
- Measure the active and passive joint range of motion using commonly accepted techniques, including the use of a goniometer and inclinometer.
- Describe strength assessment using resistive range of motion, break tests, and manual muscle testing.
- Learn the basic principles associated with the use of protective equipment and will apply, wear and test various types of prophylactic braces.
- Appreciate the relative value of taping and bracing.
- Learn the principles and concepts related to the fabrication, modification, and appropriate application or use of orthotics and other dynamic and static splints.
- Learn the principles of effective heat loss and heat illness prevention programs.

Evidence Based Medicine

Evidence based medicine is the integration of the best research evidence with clinical expertise and patient values to make clinical decisions. The evidence referred to in EBM is patient centered, clinically relevant research found in the medical literature on diagnostic tests, treatment techniques, preventive programs, and prognostic markers. Evidence-based medicine focuses on research dealing with the day-to-day practice of patient care. The foremost reason for using EBM is to improve the care delivered to our patients. In this class you will be introduced to which special test would be the best ones to use based on the literature.

Textbooks

Required:

	Title	<i>Athletic Taping And Bracing; 3rd Ed.</i>
	Author	David H. Perrin
	ISBN-13:	978-1-4504-1352-7
	Publisher	Human Kinetics
	Publication Date	2012

Academic Accommodations

Academic Accommodations: All students are expected to meet the standards for this course as set by the instructor. However, students with learning disabilities who may need accommodations should discuss options with the instructor during the first two weeks of class and provide approved documentation and verification of need. The Academic Support Center is available to students for a variety of tutorial needs.

Course Requirements

Skill Assessment / Exams

Practical Exams – 500 points

Will be tested on:

1. *Adhesive Tape Application*
 - Preventive Ankle
 - Severe Ankle
 - Turf Toe
 - “Buddy” Toe Tape
 - Achilles’
 - Hyperextended Elbow
 - Preventive Wrist
 - Hyperextended/Flexed Wrist
 - Collateral Finger
 - Hyperextended/Flexed/Abducted Thumb
 - Arch – tear drop
 - “Shin Splints”
2. *Biding/Compression Applications*
 - Ankle
 - Knee
 - Thigh
 - Hip Spica
 - Groin Spica
 - Shoulder Spica
3. *H.I.P.S. matrix*
 - Ankle
 - Knee
 - Hip/Pelvis
 - Shoulder
 - Elbow
 - Wrist & Forearm
 - Spine

Taping, Binding, H.I.P.S. Final – 200 points

Comprehensive assessment of all skills learned during the semester including taping, binding, palpation and special tests.

Course Grading

Weighting of Course Requirements:

Item		Total Points
1. Practical Exams	5 @ 100 pts	500
2. Comprehensive Final	200 pts	200
3. Attendance & Participation	30	30
Total		730

Grading: Course grades will be calculated through absolute and natural break methods.

Course Rules/Guidelines

A. Class Attendance and Participation.

- Class experiences contain information that you will need in order to do well in this course. A pattern of missing classes will cause your grade to be lowered or you may be “de-enrolled” (**Six misses, total from all sections, will qualify you for de-enrollment**). Each student is required to be in every class meeting without fail. Responsible attendance and promptness are essential to gain the maximum benefits from this class. There are no allowed or excused absences. (Exceptions: When necessitated by certain college-sponsored activities and are approved in writing by the Academic Dean.)
- Participation requires that students are wearing proper clothing for activity. Appropriate clothing may include: athletic shorts, T-shirt or tank top, sweats etc.
- Each student is expected to participate with a genuine effort to learn and improve skills in taping, binding and evaluation of joints and special tests.
- **Inform the instructor in advance if you will not be able to attend a particular class session and be prepared to make up the absence.**
- **Final exams may not be taken early.** (Please make travel plans accordingly.)

B. Academic Honesty

- The Point Loma Nazarene University community holds the highest standards of honesty and integrity in all aspects of university life. Academic honesty and integrity are strong values among faculty and students alike. Any violation of the university’s commitment is a serious affront to the very nature of Point Loma’s mission and purpose. If a situation involving academic dishonesty has been detected the professor may assign a failing grade for a) that particular assignment or examination, and/or b) the course.

C. Acceptable behavior:

- Make sure cell phones are turned off and put away (no texting or making/receiving calls during class).
- Even if you don’t always agree, you will have respect for each others’ opinions as to what is being discussed in class.
- Everyone learns skills at a different rate; at no time should you make other’s feel inadequate.

D. Adding/Dropping:

It is the student’s responsibility to maintain his/her class schedule. Should the need arise to drop this course (personal emergencies, poor performance, etc.), the student has the responsibility to

follow through (provided the drop date meets the stated calendar deadline established by the university), not the instructor. Simply ceasing to attend this course or failing to follow through to arrange for a change of registration (drop/add) may easily result in a grade of F on the official transcript.

E. Important Dates:

- 8/29/17: Classes Begin
- 9/4/17: Labor Day - No Class
- 9/8/17: Last day to add semester class
- 10/22/17: Fall Break – No Class
- 11/3/17: Last day to drop semester class
- 11/22-24/17: Thanksgiving Break – No Class
- 12/8/17: Classes End
- 12/11-15/17: Finals Week

Tentative Introduction to Athletic Training Lab Outline ****Subject to Change****

Date	Topic	Assignments Due	Required Reading
8-29-17 (T)	Introduction; Tearing Tape,		Perrin Ch. 1
8-30-17 (W)	Helmet/Shoulder pad fitting; splinting & padding		Helmet/shoulder pad handout (on Canvas)
9-4-17 (M)	NO CLASS – Labor Day		
9-6-17 (W)	Environmental factors (temp, humidity, lightening); wound management		Heat Injuries; wound care (on Canvas)
9-11-17 (M)	Crutch and cane fitting; manual conveyance; Review for Exam		Crutch/Cane Fitting (on Canvas)
9-13-17 (W)	Practical Exam #1		
9-18-17 (M)	Ankle and Cruris H.I.P.S.		Ankle pdf on Canvas
9-20-17 (W)	Ankle Compression Wrap; Preventive Ankle		Perrin Ch. 2
9-25-17 (M)	Severe Ankle, "Buddy" Toe, Turf Toe, Heel Contusions		
9-27-17 (W)	Achilles'; "Shin Splints"		
10-2-17 (M)	Arches of the Foot		
10-4-17 (W)	Practical Exam #2		
10-9-17 (M)	Knee H.I.P.S.		Knee pdf on Canvas
10-11-17 (W)	Knee Compression Wrap; Knee Braces; Collateral Knee Taping		Perrin Ch. 3
10-16-17 (M)	Thigh, Hip, Pelvis H.I.P.S.		Thigh/Hip pdf on Canvas
10-18-17 (W)	Thigh Compressions; Hip/Groin Spica		Perrin Ch. 4
10-23-17 (M)	Practical Exam #3		
10-25-17 (W)	Shoulder H.I.P.S.		Shoulder pdf on Canvas
10-30-17 (M)	Review Shoulder; Shoulder Spica		Perrin Ch. 5
11-1-17 (W)	Elbow H.I.P.S.		Elbow pdf on Canvas
11-6-17 (M)	Elbow taping – hyperextension and collaterals		Perrin Ch. 6
11-8-17 (W)	Forearm, Wrist and Hand H.I.P.S.		Wrist & Hand pdf
11-13-17 (M)	Preventive Wrist, Wrist Hyperextension/flexion, Collateral Finger, Buddy Finger		Perrin Ch. 7
11-15-17 (W)	Practical Exam #4		
11-20-17 (M)	Spine H.I.P.S.		Spine pdf on Canvas
11-22 – 24	THANKSGIVING!!!		
11-27-17 (M)	Abdomen; Thorax H.I.P.S.		Thorax & Abdomen pdf
11-29-17 (W)	Head/Face – Concussion		Head & Face pdf
12-4-17 (M)	Practical Exam # 5		
12-6-17 (W)	Mass Review – Taping, Binding, Palpations & Special Tests		
Finals	FINAL EXAMINATION: 12-13-17 (W)		Comprehensive

