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CURRICULUM PROPOSAL COVER SHEET
University-Wide Undergraduate Curriculum Committee

I. CONTACT

Contact Person Jose' E. Rivera/ Ron Trenney Phone 357-5507/ 357-6918
Department Health and Physical Education

II. PROPOSAL TYPE (Check All Appropriate Lines)

COURSE Ath. Train. Lab
Suggested 20 character title

New Course * _____
Course Number and Full Title

Course Revision HP 346 Athletic Training Lab
Course Number and Full Title

Liberal Studies Approval + _____
for new or existing course Course Number and Full Title

Course Deletion _____
Course Number and Full Title

Number and/or Title Change _____
Old Number and/or Full Old Title

New Number and/or Full New Title

Course or Catalog Description Change _____
Course Number and Full Title

PROGRAM: Major Minor Track

New Program * _____
Program Name

Program Revision * _____
Program Name

Program Deletion * _____
Program Name

Title Change _____
Old Program Name

New Program Name

III. Approvals (signatures and date)

Madel P. Bogg 11-12-98
Department Curriculum Committee

Mary E. Swank 12/17/98
College Curriculum Committee

Jose E. Rivera
Department Chair

David E. Wingard
College Dean

+ Director of Liberal Studies (where applicable)

* Provost (where applicable)

II. DESCRIPTION OF THE CURRICULUM CHANGE

1. PROPOSED NEW CATALOG DESCRIPTION:

HP 346 Athletic Training Lab
Corequisite: HP 345

0c-21-1sh

This course is designed to develop basic athletic training skills for the beginning and intermediate athletic training student. Emphasis will be directed towards athletic taping and wrapping, contemporary immobilization and ambulation devices, protective sports equipment, and transportation and transfer of the injured athlete.

NEW SYLLABUS OF RECORD

I. Catalog Description	1 credit 0 lecture hrs. 2 laboratory hrs.
HP 346 Athletic Training Lab Corequisite: HP 345	0c-2l-1sh

This course is designed to develop basic athletic training skills for the beginning and intermediate athletic training student. Emphasis will be directed towards athletic taping and wrapping, contemporary immobilization and ambulation devices, protective sports equipment, and transportation and transfer of the injured athlete.

II. Course Objectives

At the completion of this course the student will be able to:

1. Apply athletic taping and wrapping for a variety of musculoskeletal conditions.
2. Apply contemporary immobilization devices.
3. Apply and provide instruction in the use of ambulatory aids.
4. Transport and transfer the acutely injured athlete utilizing standardized protocols.
5. Apply protective sports equipment.

III. Course Outline

A. Athletic Taping and Wrapping	10 hours
1. Lower leg, foot, and ankle	
2. Knee and thigh	
3. Hip and pelvis	
4. Torso	
5. Shoulder and upper arm	
6. Elbow and forearm	
7. Wrist, hand and fingers	
B. Immobilization Devices	3 hours
1. Upper extremity	
2. Lower extremity	
3. Spine board	
C. Ambulatory Aids	2 hours
1. Crutches	
2. Canes	
D. Transportation and Transfer	3 hours
1. Spine boarding	
2. Lifts/manual carries	
3. Stretchers	
E. Application of Protective Sports Equipment	3 hours
1. Factory/Standard equipment fitting and maintenance	
2. Custom made protective devices	
F. Anatomical Landmarks Identification	3 hours
G. Oral/Practical Examinations (4)	4 hours

IV. Evaluation Methods

- A. Oral/Practical Examinations.....60% of grade
- B. Written Assignments/Reports (3)*.....15% of grade
- C. Participation (1-3 points per laboratory)**.....25% of grade
- D. Grading Scale:
 - 90-100.....A
 - 80-99.....B
 - 70-79.....C
 - 60-69.....D
 - < 60F

* Clinical observation report, case study report and lab presentation

** Attendance=1pt., proper lab attire=1pt., active involvement in the practice of skills = 1pt. Maximum 3 points per lab session.

V. Required Textbook:

Perrin, D.H. (1995). Athletic Taping and Bracing. Champaign, IL: Human Kinetics.

VI. Special Resource Requirements

None required.

VII. Bibliography

American Red Cross (1993). Emergency Response. St. Louis, MO: Mosby-Year Book, Inc.

Arnheim, D.D. and Prentice, W.E. (1997). Principles of Athletic Training (9th Ed.) New York: Mc Graw-Hill.

Anderson, M.K. and Hall, S.J. (1995). Sports Injury Management. Baltimore: Williams and Wilkins.

Irvin, R., Iversen, D., Steven, R. (1998) Sports Medicine (2nd Ed.) Needham Heights, MA: Allyn & Bacon.

2. SUMMARY OF PROPOSED REVISIONS

The proposed changes for this course are:

A. Course Description:

From: HP 346 Athletic Training Lab **2c-01-1sh**
Should be taken concurrently with HP345

Provides sufficient opportunity for each student to develop proficient skills and techniques in the areas of evaluation, assessment, taping, and rehabilitation procedures.

To: HP 346 Athletic Training Lab **0c-21-2sh**
Corequisite: HP345

This course is designed to develop basic athletic training skills for the beginning and intermediate athletic training student. Emphasis will be directed towards athletic taping and wrapping, contemporary immobilization and ambulation devices, protective sports' equipment, and transportation and transfer of the injured athlete.

B. Course Objectives:

From: The student will gain a basic understanding of the skill involved with athletic training.

To: At the completion of this course the student will be able to:

1. Apply and provide instruction in the use of ambulatory aids.
2. Apply athletic taping and wrapping for a variety of musculoskeletal conditions.
3. Apply contemporary immobilization devices.
4. Transport and transfer the acutely injured athlete utilizing standardized protocols.
5. Apply protective sports equipment.

3. JUSTIFICATION/RATIONALE:

The change to 0c-21-1sh is justified by the fact that this course has and will continue to be a laboratory only course. The current 2c-01-1sh designation is probably a typographical error.

The course description change is reflective of the track restructuring needed to qualify for National accreditation. This course has been revised to allow adequate opportunity to instruct students on performing the tasks listed in the document "Competencies in Athletic Training". The delineation, instruction, and evaluation of these tasks are an essential for accreditation.

The reason this lab. Course must be taken concurrently with HP345 is because knowledge of the didactic material presented in HP345 is essential in the understanding of the application of the psychomotor skills presented in this course. Non-athletic training track students may take HP345 without taking HP346, but enrollment in HP346 will require concurrent enrollment in HP345. The reason these courses are offered separately is precisely to allow students from other tracks or programs who have an interest in learning about musculoskeletal injury pathology to do so, without being required to master the skills needed of future athletic training professionals.

Syllabus of Record
(past)

HP 346-1 ATHLETIC TRAINING LAB
SPRING 1989
MONDAY - WEDNESDAY 11:45-12:45

GENERAL COURSE OBJECTIVES:

I. PSYCHOMOTOR

- A. REQUIRED PRACTICAL TAPING & WRAPPING
- | | |
|----------------------|------------------------|
| 1. ANKLE WRAP | 5. HYPEREXTENDED ELBOW |
| 2. ANKLE TAPE | 6. SHOULDER SPICA |
| 3. KNEE TAPING | 7. HIP SPICA |
| 4. LONG ARCH SUPPORT | 8. HAND & WRIST TAPING |
- B. ANTHROPOMETRIC ESTIMATION OF BODY COMPOSITION
1. SKIN FOLDS
 2. HYDROSTATIC UNDERWATER WEIGHING
- C. CRISIS PROCEDURES
1. TRANSPORTATION

II. COGNITIVE - PSYCHOMOTOR

- A. ASSESSING FLEXIBILITY - GONIOMETER
- B. CARDIOVASCULAR FITNESS
1. HEART RATE
 2. HAVARD STEP TEST
- C. PRINCIPLES & TECHNIQUES OF PMF
- D. MASSAGE & MOBILIZATION
- E. EVALUATION PROCEDURES
1. CHAPTERS 16-25
- F. MODALITIES
- | | |
|------------------------|---------------------|
| 1. CRYOTHERAPY | 6. INFRA RED |
| 2. HYDROTHERAPY | 7. ULTRAVIOLET |
| 3. CONTRAST BATHS | 8. DIATHERMY |
| 4. PARAFFIN | 9. ULTRA SOUND |
| 5. HYPEREXTENDED ELBOW | 10. ELECTRICAL STIM |
| | a. TENS |
| | b. RUSSIAN STIM |

III. REQUIRED ATHLETIC CONTESTS

- A. THREE DIFFERENT CONTESTS DURING SPRING SEMESTER
- B. FORMAL WRITTEN REPORT

IV. COMPETENCY VALUES (GRADE)

- A. BASED ON
1. ACCURACY
 2. SPEED
 3. NEATNESS
- B. WRITTEN EXAM
- C. EXTRA POINTS
1. CPR UPDATED 5 POINTS

ATHLETIC TRAINING LAB I
HP 346

Vic Liscinsky
Zink 238
Phone: 357-4029

Course Description: The students will learn the basic application of athletic training.

Course Objectives: The student will gain a basic understanding of the skills involved with athletic training.

LAB CONTENT:

1. Assessing Flexibility in the Physical Examination
2. Scientific Bases for Conditioning and Training
 - A. Heart Rate Changes as a Reflection of Training
 - B. Step Test
3. Physical Conditioning for the Prevention of Sports Injuries
 - A. Evaluating Flexibility
 - B. Evaluating Strength
4. The Influence of Ingesta and Other Aids on Sports Performance
 - A. Estimating Body Fat: Anthropometric Estimation of Body Composition by Skinfold Measurements
 - B. Weight Control and the Energy Requirements of Sports
5. Psychogenic Factors in Sports
6. Training for Girls and Women
 - A. The Effects of Landing Shock and/or Torque
 - B. Female Athletic Injuries
 - C. The Relationship of Incidence to Type of Injury
 - D. Comparison of the Sexes in Respect to Sports
 - E. Anatomical-Physiological Comparison of the Sexes
7. Crises Procedures
 - A. Emergency Techniques and Procedures
 - B. Transportation
 - C. Evaluating the Injured Athlete
 - D. Cardiopulmonary Resuscitation (CPR)
 - E. CPR Evaluation

8. Selected Physical Therapy Modalities
 - A. Massage and Passive Mobilization
9. Taping, Wound Dressing, Bandaging, Padding, and Orthotics
 - A. Basic Taping Skills
 - B. Elastic Wrap Techniques
10. The Foot, Ankle, and Leg
 - A. Figure-of-Eight Longitudinal Arch Taping
 - B. Heel Bruise Taping
 - C. Cloth Wrap Technique
 - D. GHme Ankle Taping
 - E. Basketweave Ankle Taping
 - F. THpe Heel Lock
 - G. Achilles Tendon Taping
 - H. Shin Splint Taping
11. The Knee
 - A. Knee Collateral Ligament Taping
12. The Thigh, Hip, Buttocks, and Groin
 - A. Crisscross Taping Technique
13. The Elbow, Forearm, Wrist, and Hand
 - A. Sprained Wrist Taping
 - B. Sprained Thumb
 - C. Elbow Hyperextension Taping
14. Special Sports Problems
 - A. Constructing a Goniometer
 - B. Step for Harvard Step Test
 - C. Spine Board
 - D. Flexibility Tester
 - E. Sources of Materials and Equipment

EVALUATION

Laboratory skill grades are determined by a percentage method:

Skill Grade:

1. All skills are graded as follows:

- A. First skill attempt = 20 points
- B. Second skill attempt = 10 points

NOTE: Only two attempts are allowed for each skill; however, any two skills can be made up at the end of

the semester with a value of 5 points each.

2. At the end of the semester, all laboratory points are added up and percentage of the total possible taken.
3. An "A" laboratory grade can be earned by 90% or more of all possible skills.
4. A "B" grade can be earned by collecting 80 to 89% of all possible points.
5. A "C" grade can be earned by collecting between 70 and 79% of all possible points.
6. A "D" grade is earned by having collected 60 to 69% of all possible points.
7. The student must be appraised that all skills are graded on an "all or none" basis by the instructor according to the evaluation criteria established for each skill

TEXTS:

Arn Heim, Daniel D. Athletic Training: A Study and Laboratory Guide, St. Louis: C. V. Mosby and Company, 1985.

Hoppenfeld, Stanley, M.D. Physical Examination of Spine and Extremities, New York: Appleton-Century-Crofts, 1976.