

Athletic Training Program  
Department of Kinesiology & Sports Studies  
KSS 2136 – Athletic Training as a Profession

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Textbook: Principles of Athletic Training, 15th edition. W. Prentice – McGraw Hill.

Course Description: This course is designed to gain the basic knowledge that is essential for success in the Athletic Training Education Program. This course will be taken concurrently with KSS 2137.

Objectives: At the end of the course the student will be able to:

- Demonstrate an understanding of the history of the profession of athletic training
- Demonstrate an understand of the scope and standards of practice for athletic trainers
- Demonstrate an understanding of the knowledge presented and proficiently perform basic skills associated with the following areas:
  - Risk management and Injury Prevention
  - Pathology of Injuries and Illness
  - Assessment and evaluation
  - Acute Care of injury and Illness
  - Pharmacology
  - Therapeutic Modalities
  - Therapeutic Exercise
  - General Medical Conditions and Disabilities
  - Nutritional Aspects of Injury and Illness
  - Psychosocial Intervention and Referral
  - Health Care Administration
  - Professional Development and Responsibilities

### Requirements:

- Written Exams: Students will be required to prove his/her mastery of the course content by passing written and practical exams.
- Skills: There are many basic skills that have to be mastered in KSS – 2136. A clinical skill assessment packet covering a broad scale of skills will be provided to you. Lab times will be utilized to learn and evaluate these basic skills. **YOU MUST SUCCESSFULLY COMPLETE ALL SKILL REQUIREMENTS PRIOR TO APPLYING THOSE SKILLS IN THE CLINICAL SETTING.**
- Clinical: Student must attain *approximately 20 hours of clinical experience per week in the EIU on campus clinical sites*. **You are not to provide any treatment or rehabilitation until you have successfully completed the appropriate skill requirements and have permission of a staff preceptor. You are not to evaluate, treat or provide advice to any EIU athletes outside of the athletic training room.** Refer to clinical skill packet I and the syllabus for KSS 2137 for additional information regarding your clinical experience.
- Quizzes: Each student should attend class and be ready to participate. Quizzes may be given at any time to check student comprehension. Quizzes can only be made up if the absence from class is reported to the instructor prior to the beginning of class.
- Attendance: Class provides opportunities to receive formal instruction, guidance and feedback. Attendance is necessary for successful completion of this course.

### Evaluations Method

Mid-term Examination 100 pts  
Final Exam (comprehensive) 100 pt  
Quizzes (up to 100 pts)  
Oral Practical Exams 100 pts

### Scale

A 90-100%  
B 80-89%  
C 70-79%  
D 60-69%  
F < 60%

### Course Schedule:

- 1/10 Introduction to ATEP at EIU/History of AT
- 1/12 Application of Therapeutic Modalities
- 1/17 Application of Therapeutic Modalities
- 1/19 Application of Therapeutic Modalities
- 1/24 Application of Therapeutic Exercise Techniques (UE)
- 1/26 Application of Therapeutic Exercise Techniques (LE)

**1/31 TEST**

- 2/02 Taping
- 2/07 Taping
- 2/09 Pathology of Injury
- 2/14 Basic Evaluation Skills
- 2/16 Basic Evaluation Skills
- 2/21 Basic Evaluation Skills
- 2/23 Basic Evaluation Skills

- 2/28 Review

**3/02 TEST**

**3/07 PRACTICAL EXAM**

**3/09 Clinical Skills**

**3/13-3/17 SPRING BREAK!!!**

- 3/21 Common Injuries to the Upper Extremity
- 3/23 Common Injuries to the Upper Extremity
- 3/28 Common Injuries to the Lower Extremity
- 3/30 Common Injuries to the Lower Extremity

**4/04 TEST**

- 4/06 Protective Equipment
- 4/11 Protective Equipment
- 4/13 Environmental Conditions
- 4/18 Emergency Planning
- 4/20 General Medical
- 4/25 General Medical
- 4/27 Review for Practical

### Student Success Center:

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center ([www.eiu.edu/~success](http://www.eiu.edu/~success)) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call 217-581-6696, or go to 9th Street Hall, Room 1302.

Academic Integrity:

Students are expected to maintain principles of academic integrity and conduct as defined in EIU's Code of Conduct (<http://www.eiu.edu/judicial/studentconductcode.php>) Violations will be reported to the Office of Student Standards.

Disability Services:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services ([www.eiu.edu/~disablty](http://www.eiu.edu/~disablty)) at 217-581-6583).