

Eastern Illinois University
Athletic Training Education Program
KSS 3180 – General Medical Conditions in the Athlete

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Course Description: A study of general medical conditions and disabilities, wound care and management techniques and environmental related conditions found in athletes.

Prerequisites: KSS 2130, KSS 2135, KSS 2136

Required Texts: Cuppert, M. & Walsh, K.M. (2012). *General Medical Conditions in the Athlete*, 2nd ed. Ancillary Text: Prentice, W. (2015). *Principles of Athletic Training*, 15th ed.

Course Objectives: Upon successful completion of this course the student will be able to:

1. Develop an understanding of the body's immune system and how athletic activity can affect this system as demonstrated by satisfactory performance on written examinations.
2. Demonstrate the ability to identify and assess illnesses and general medical conditions as demonstrated by satisfactory performance on written examinations and completion of case studies.
3. Comprehend the environmental conditions involved with certain athletic activities and be able to identify medical conditions associated, with a focus on the heat, as measured by satisfactory performance on written examinations.
4. Exhibit proficiency in the safe, effective management of various wounds and the proper use of common general medical equipment, as measured by satisfactory performance on written examinations and satisfactory demonstration on the practical laboratory skill assessments.
5. Exhibit the ability to critically analyze an injury scenario and identify possible medical conditions involved as demonstrated through the completion of case studies.

Attendance Policy: Each of you is responsible for the materials covered in class. To assist you in focusing on the objectives, you are required to attend all classes unless previously excused by the instructor. You must be present on the day of the examinations or prior arrangements must be made with the instructor.

Teaching Methods: The reading of the text and additional materials will be mandated and students will be prepared for lecture and discussion instruction.

Grading: Your final grade will be determined by the following utilizing total points and a traditional grading scale (see below)

| | <u>Grading Scale:</u> |
|------------------------------------|-----------------------|
| Mid-term Examination 100 pts | A 90-100% |
| Final Exam (comprehensive) 100 pts | B 80-89% |
| Weekly Quizzes 140 pts | C 70-79% |
| Reading Quizzes 140 pts | D 60-69% |
| Written exams (point total varies) | F < 60% |

Approximate Course Outline:

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| Week 1 | Introduction to General Medical Conditions/Medical Evaluation Techniques (skill: complete a comprehensive medical evaluation) |
| Week 2 | Diagnostic Imaging (skill: recognize various imaging studies) |
| Week 3 | Systemic Disorders (skill: use of glucometer) |
| Week 4 | Infectious Diseases |
| Week 5 | Special Populations |
| Week 6 | Environmental Illness (skills: rapid cooling, core temperature, identification of position statements, prevention programs, sling psychrometer, assess hydration status/refractometer/urinalysis) |
| Week 7 | Protective Equipment (skill: proper fitting & selection of equipment) |
| Week 8 | Respiratory Conditions (skills: use of stethoscope, identification of abnormal breath sounds, use of inhaler, use of nebulizer, use of pulse oximeter, use of airway management devices, use of oxygen, use of peak flow meter) |
| Week 9 | Cardiovascular Conditions (skills: use of stethoscope, identification of abnormal cardiac sounds, healthcare provider cpr) |
| Week 10 | Gastrointestinal Conditions (skill: identify abnormal bowel sounds) |
| Week 11 | Neurological Conditions (skills: cranial nerves, myotomes, dermatomes, reflexes) |
| Week 12 | Urogenital/Gynecological Conditions (skill: urinalysis, use of refractometer) |
| Week 13 | Eye & Dental Conditions (skills: removal of foreign body/contacts, ophthalmoscope, fracture/avulsed tooth, mouthguard) |
| Week 14 | Ear, Nose, Throat Conditions (skill: otoscope) |
| Week 15 | Dermatology (skills: identification of fungal, bacterial conditions; open wounds, sutures, dermabond, other skin conditions) |

***Instructor reserves the right to change course outline depending upon course needs.

Student Success Center:

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (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/~disabltty) at 217-581-6583).