KIN 251 Foundations of Athletic Training
Fall 2017

College: College of Health Professions
School: School of Health and Sports Science
Department: Kinesiology (KIN)
Faculty: Lori DeLong, PhD, ATC
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TR 8:30-11 & 1:30-2, R 11-12
Course: KIN 251 Foundations of Athletic Training
Credit: 3 Semester Hours

DEFINITION OF CREDIT HOUR:
One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of
student reading and work on other assignments in addition to class time. Online classes involve
equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery
of concepts through assessments, which are appropriately mapped to course learning outcomes.

COURSE DESCRIPTION:
This course introduces students to athletic training medical and legal parameters, basic terminology of
the field, and academic requirements to become certified athletic trainers, physical therapist or other
medical or allied medical professionals.

OBJECTIVES:
Upon successful completion of this course, each student will be expected to demonstrate knowledge
and understanding of the competencies that are attached at the end of the syllabus.

TEXTBOOK(S) AND OTHER MATERIALS:
ISBN 9781259846533 (paperback) 9781259846496 (connect)
You can also purchase Connect access directly from the Connect website at net cost when registering for
your course section: http://connect.mheducation.com/class/l-delong-fall-2017 (Links to an external
site.)Links to an external site.
Connect Only:
• Price: $95 for 12 month access
  o Directly from the site, they can add on loose-leaf for $25
• ISBN: 9781259846496
If you choose to purchase Connect via the website, a print-upgrade option will be made available to
you. This print-upgrade will allow you to purchase the full color binder-ready version of the text and
have it mailed directly to you for an additional $25.00 (including shipping and handling). Please note that Connect works best on Google Chrome or Firefox.

Please see your instructor for instructions on how to register. Register for the Connect system by buying access code from McGraw Hill (there is a complimentary 2 week trial). If you have any technical issues or questions, please contact McGraw-Hill’s Customer Experience Group at 1-800-331-5094.

** Access to Connect system
** Access to umportal.umobile.edu
** Access to ramsmail

REQUIRED ACTIVITIES:
1. Each student will demonstrate knowledge of the foundations of athletic training and the acceptance requirements for the UM athletic training program.
2. Each student is required to attend ALL classes as this will constitute a percentage of your overall grade.
3. Each student is required to take exams when scheduled. Make-up exams may be given if the occasion requires special consideration of the test time. The absence MUST BE EXCUSED and the professor should be notified PRIOR to the exam.
4. Each student will turn in quiz answers before each exam of the chapters that are covered per exam. These quizzes will be posted on MyUM.
5. Each student will be required to attend lab sessions as this will constitute a percentage of your grade.
6. Each student will turn in the key terms that can be found at the beginning of each chapter. These terms will be due the day of the exam. They must be in your own handwriting.

EVALUATION:
Type of Evaluation Points
Exams 450
Quizzes 150
Class Attendance 25
Labs 25
Terms 50
Total 700

Grading:
- A = 90 - 100% 627-700
- B = 80 - 89% 557-626
- C = 70 - 79% 487-556
- D = 60 - 69% 417-486
- F = < 60% < 416

Course Outline:
A tentative course outline can be found on MyUM under Syllabus.

Drop Date:
Tuesday, November 7, 2017. Registrar’s Office is open from 8:00 am to 4:30 pm.
ADA STATEMENT:
It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Student Support Services Coordinator, Mrs. Julia Lucy (442-2284), coordinates services for students with disabilities and is an accommodation resource for faculty and administration.

ONLINE COURSE SITE:
A course site for this section can be found in MyUM on the Academic tab, either under My Courses or in Canvas. These measures may require additional fees. In order to comply with the Higher Education Act, which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.

Tutoring and Writing Assistance:
Tutoring in a variety of areas and writing assistance are available free of charge to UM students through UM’s Student Success (located behind Weaver Hall). Utilize the link below to schedule an appointment with a tutor online or call Student Success at 251-442-2377. Walk-Ins will be served if tutors are available. [https://umportal.umobile.edu/ICS/Campus_Life/Tutoring/](https://umportal.umobile.edu/ICS/Campus_Life/Tutoring/) (Links to an external site.) Tutor.com (online tutoring service) is available to students enrolled in online sections within the online course sites.

FINAL EXAM SCHEDULING: Students are expected to take the final exam on the scheduled exam date. Students enrolled in face-to-face classes need to make all travel arrangements to accommodate the date of the final exam. The final exam should not be given early.

OTHER:
“Students will be required to adhere to the academic integrity policy and the dress code, which can be found in the Student Handbook. Please practice common courtesy by silencing and storing away cell phones during class periods.”

EBP-1 Define evidence-based practice as it relates to athletic training clinical practice.

EBP-2 Explain the role of evidence in the clinical decision-making process.

EBP-3 Describe and differentiate the types of quantitative and qualitative research, research components, and levels of research evidence.

HA-1 Describe the role of the athletic trainer and the delivery of athletic training services within the context of the broader healthcare system.

HA-18 Describe the basic legal principles that apply to an athletic trainer's responsibilities.

HA-21 Develop comprehensive, venue-specific emergency action plans for the care of acutely injured or ill individuals.

HA-23 Identify and explain the recommended or required components of a pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations.
Summarize the athletic training profession's history and development and how current athletic training practice has been influenced by its past.

Describe the role and function of the National Athletic Trainers' Association and its influence on the profession.

Describe the role and function of the Board of Certification, the Commission on Accreditation of Athletic Training Education, and state regulatory boards.

Explain the role and function of state athletic training practice acts and registration, licensure, and certification agencies including (1) basic legislative processes for the implementation of practice acts, (2) rationale for state regulations that govern the practice of athletic training, and (3) consequences of violating federal and state regulatory acts.

Access, analyze, and differentiate between the essential documents of the national governing, credentialing and regulatory bodies, including, but not limited to, the NATA Athletic Training Educational Competencies, the BOC Standards of Professional Practice, the NATA Code of Ethics, and the BOC Role Delineation Study/Practice Analysis.

Explain the process of obtaining and maintaining necessary local, state, and national credentials for the practice of athletic training.

Perform a self-assessment of professional competence and create a professional development plan to maintain necessary credentials and promote life-long learning strategies.

Differentiate among the preparation, scopes of practice, and roles and responsibilities of healthcare providers and other professionals with whom athletic trainers interact.

Implement disinfectant procedures to prevent the spread of infectious diseases and to comply with Occupational Safety and Health Administration (OSHA) and other federal regulations.

Identify the necessary components to include in a preparticipation physical examination as recommended by contemporary guidelines (eg, American Heart Association, American Academy of Pediatrics Council on Sports Medicine & Fitness).

Explain the role of the preparticipation physical exam in identifying conditions that might predispose the athlete to injury or illness.

Explain the principles of the body's thermoregulatory mechanisms as they relate to heat gain and heat loss.

Explain the principles of environmental illness prevention programs to include acclimation and conditioning, fluid and electrolyte replacement requirements, proper practice and competition attire, hydration status, and environmental assessment (eg, sling psychrometer, wet bulb globe temperatures [WBGT], heat index guidelines).

Summarize current practice guidelines related to physical activity during extreme weather conditions (eg, heat, cold, lightning, wind).

Describe the role of nutrition in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.