

WHO ARE YOU?

Welcome to
INTRODUCTION TO ATHLETIC TRAINING!



How do you LEARN?

"As we start a new school year, Mr. Smith, I just want you to know that I'm an Abstract-Sequential learner and trust that you'll conduct yourself accordingly!"

Blaumling

NOTECARDS

FRONT SIDE

- NAME
- HOME PHONE NUMBER
- PARENT/ GUARDIAN
NAME
- FAVORITE SUBJECT
- LEARNING STYLE

BACK SIDE

- Await further
instruction.

Class Rules...

It is EXPECTED that you...

- Be on time
- Be prepared for class.
- Respect the “learner.”
- Follow school rules
- Participate in class everyday!
- Follow class established class rules.



What is an Athletic Trainer?

Mrs. Hudson, M.A.; A.T.C.



Helping Professionals





What can we assume about a person wearing a uniform?

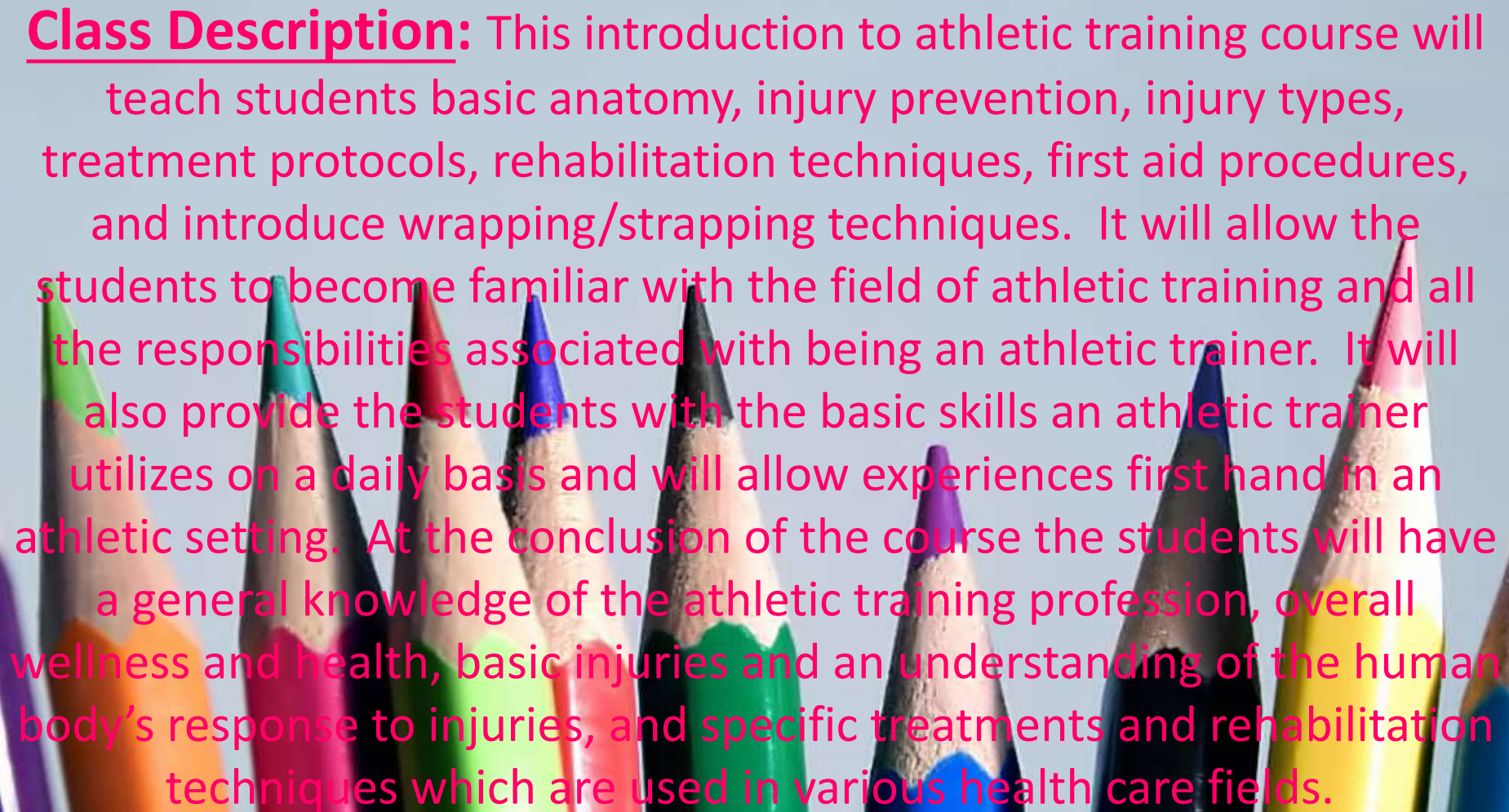




Why is professionalism important in helping professions?

What are the qualities you think a Certified Athletic Trainer must possess?



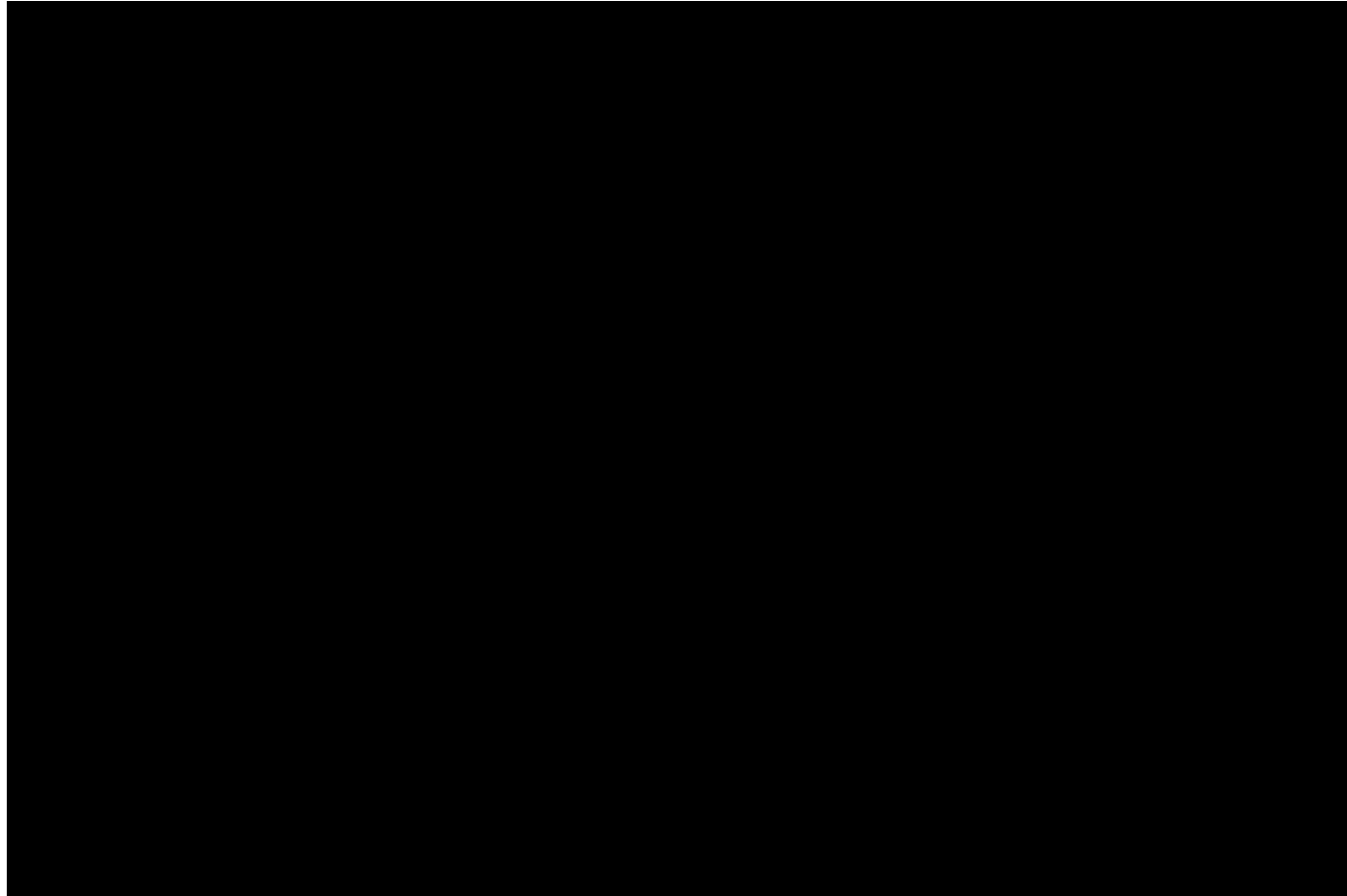


Class Description: This introduction to athletic training course will teach students basic anatomy, injury prevention, injury types, treatment protocols, rehabilitation techniques, first aid procedures, and introduce wrapping/strapping techniques. It will allow the students to become familiar with the field of athletic training and all the responsibilities associated with being an athletic trainer. It will also provide the students with the basic skills an athletic trainer utilizes on a daily basis and will allow experiences first hand in an athletic setting. At the conclusion of the course the students will have a general knowledge of the athletic training profession, overall wellness and health, basic injuries and an understanding of the human body's response to injuries, and specific treatments and rehabilitation techniques which are used in various health care fields.

Duration of Lesson: Period 9

Materials: Binder, notebook, color pencils, sketch book and your thinking cap!

About athletic training from the collegiate perspective...



<http://www.youtube.com/watch?v=iFF5jn87ZNo>

Interview at the University of Central Florida

Athletic Training –The Profession

Aspects of Administration & Prof Development

Introduction to Anatomy

Basics of Tissue Injury

Head Injuries

Facial Injuries

Thorax and Throat

Abdominal Injuries

Spinal Injuries

Shoulder Injuries

Elbow Injuries

Wrist and Hand Injuries

Hip, Pelvis and Thigh Injuries

Knee Injuries

Foot, Ankle and Lower Leg Injuries

Patient Assessment and Treatment Methods

Reconditioning Programs

Psychology and Athletic Training

Planning for Emergencies

Primary and Secondary Procedures

Environmental Situations and Injuries

Stabilization and Transportation of Injured Athletes

Conditions and Illnesses

Communicable Diseases

Common Drugs used in Athletics

Nutrition and Weight Control



The Listening Part...

- **5 Domains of athletic training**

- Prevention
- Recognition, evaluation, and care of injuries
- Rehabilitation and reconditioning of injuries
- Health care administration
- Professional development and responsibility

Roles and responsibilities that differ by settings

- High School
- Collegiate
- Professional Sports
- Clinic
- Industry
- Armed Forces
- Performing Arts

Liabilities that are specific to varied settings

- Minors
- Title IX
- NCAA Compliance
- NJSIAA Compliance
- HIPPA: Health Insurance Portability and Accountability Act

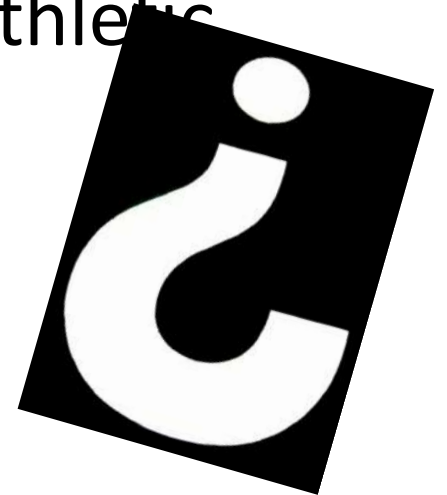
The Doing Part...

- *ACTIVITY*: Break into small groups of 3-4 to theorize what the sports medicine team is and who is a part of it.
- *BRAINSTORM*: with classmates the qualities of the members of their anticipated sports medicine team
- *DO*: Draw a web diagram outlining the members and relationships within the sports medicine team

Classwork #1

Write this in your notebook

- What is a Certified Athletic Trainer?
- What traits do members of the sports medicine team have?
- What are the domains (areas) of athletic training?
- What are some of the differences in the varied settings of AT?



Homework #1

1. Write 10 interview questions that you will ask an individual in a “helping profession.”
2. Interview an individual in a “helping profession” using your 10 questions
3. Write down his/her responses for class TOMORROW.