Techniques of Athletic Training Lab  
Exercise & Nutritional Sciences (ENS) 265L  
Fall 2015  
Monday 6-8:45pm/Wednesday 6-8:45pm

INSTRUCTOR: Amy Larrabee, MA, ATC  

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E-MAIL: alarrabee@mail.sdsu.edu  

OFFICE HOURS: TBA  


PREREQUISITES: Enrolled in ENS 265 lecture and credit or concurrent enrollment in BIO 212 recommended.  

COURSE DESCRIPTION AND OBJECTIVES:  
The purpose of this course is to outline the theory and practice of athletic training techniques. It is geared towards future athletic trainers, coaches, physical education teachers, and other health care professionals. Students will become proficient in emergency procedures, athletic injury management and first aid. Students will learn to identify and palpate muscles, tendons, ligaments, bones, and bony landmarks. Students will gain introductory knowledge regarding athletic injury prevention and treatment, and will become proficient in the application of taping techniques, wrapping, and splinting.  

TEACHING METHODS AND LEARNING EXPERIENCES:  
Lecture, discussion, demonstration, slides, video, and practical laboratory instruction are used in this class. Class participation as both a listener and contributor are expected. The course website can be accessed through Blackboard at https://blackboard.sdsu.edu/. This will be the primary area to review your assignments and receive announcements pertaining to this class. Lectures will be used to present basic information on the topics prior to demonstration and practice. Although students will have an opportunity to practice the skills taught during the laboratory, additional time outside of the classroom will be necessary for students to gain proficiency.  

COURSE POLICIES & REQUIREMENTS:  
• The lab and lecture sessions are graded independently.  
• Proof of payment of lab fees are due within two weeks of start date; payable to SDSU Cashiers Office.  
• You must obtain certification in CPR/AED from the American Red Cross or American Heart Association. A current certification card must be presented to the instructor no later than December 2, 2015. Failure to provide proof will result in an incomplete (I) grade for the course.  

Dress Requirements:  
• Lab clothing is required during the laboratory portions of the course where palpation and/or observation of body parts are necessary. Students should come prepared in the appropriate attire so as to expose the area of the body that is being studied. Inability to participate due to inappropriate attire will result in the forfeiture of participation points for that day.  
• Appropriate lab clothing for men includes shorts and T-shirts, for women shorts, T-shirts, tank tops, and sports bras.
Attendance/Participation:
- Regular attendance is expected and considered essential to master the skills taught in this course. It is expected that all reading assignments will be completed prior to the start of class to facilitate discussion and comprehension of the material being presented.
- Participation is required for the lab in order to learn the techniques presented. All students are expected to practice hands-on techniques.
- All lecture and laboratory sessions will start promptly at the designated time. As a courtesy to fellow students and the instructors, if delayed in getting to class on time please enter quietly and find seat in the back of the classroom. Once in class, plan on staying until a formal break is announced – leaving the classroom during a lecture is disruptive to both the professor and fellow students.
- If absence from a class session is unavoidable, it is recommended that the student notify the instructor at the earliest possible time. University policies deem that the only conditions under which absences may be considered excused are 1) illnesses for which documentation is provided by a medical professional, and 2) death in the family or family emergencies.
- Attendance is mandatory and will compute into your grade as follows:
  - 100% attendance = 10/10 pts.
  - 1 unexcused absence= 5/10 pts.*
  - >1 unexcused absence= 0/10 pts.
  - *Excused absences are allowed for extenuating circumstances only and as outlined above. Written documentation is required within one week of the absence. Granting an excused absence is at the discretion of the Instructor. TARDIES: If you are more than 10 minutes late to class, it will be counted as an UNEXCUSED absence.
- Each student is encouraged to make any physical limitations known to instructors and student partners. Failure to disclose limitations indicates consent, acknowledgement of and acceptance of any inherent risks. Every student has the right to refuse to serve as a subject for demonstration due to a disclosed injury.

Written and Practical Examinations and Assignments:
- All work must be completed on the day specified unless prior arrangements have been made with the instructor. No make-up examinations will be given.
- If a student is unable to attend an exam/practical due to sickness or other unavoidable circumstances, they must contact the instructor by the start of class. Failure to do so may result in a deduction of 10% of their grade per each 24 hour period.
- All work must be turned in/completed by the specified date or be subject to a 10% penalty per twenty-four hour period that the work is late unless prior arrangements are made.

CLASSROOM BEHAVIOR:
I maintain the expectation of mutual respect in my class. Our interactions will be based on respect, courtesy and professionalism; in return you should demonstrate those behaviors to me and your fellow students. It is understood that you will avoid the following distracting behaviors: arriving late for class, talking during lectures, reading newspapers, listening to i-pods, surfing the internet, etc. You are required to turn off all cell phones before entering class. Computers are allowed for taking notes ONLY. Should you engage in any of these distracting behaviors, you will be asked to leave for the remainder of that class. If the distracting behaviors become repetitive, a discipline referral form will be filed with the Center for Students Rights and Responsibilities. For more information on expectations of Student Conduct, visit: http://www.sa.sdsu.edu/srr/conduct1.html
COURSE ASSIGNMENTS:
Practical Exam 1 100 points
Practical Exam 2 100 points
Attendance/Participation 10 points
HW/Quizzes TBA
TOTAL POINTS: points

COURSE GRADING: Grades are assigned as a percentage of the total class points.
93 – 100% A
90 – 92.9% A-
87 – 89.9% B+
83 – 86.9% B
80 – 82.0% B-
77 – 79.9% C+
73 – 76.9% C
70 – 72.9% C-
68 – 69.9% D+
65 – 67.9% D
60 – 64.9% D-

PLEASE NOTE: If you are planning on applying to the Athletic Training Professional Program, you must obtain AT LEAST a B or better in this course in order to be eligible for application.

STATEMENT ON CHEATING AND PLAGIARISM:
Cheating is the actual or attempted practice of fraudulent or deceptive acts for the purpose of improving one’s grade or obtaining course credit; such acts also include assisting another student to do so. Typically, such acts occur in relation to examinations. However, it is the intent of this definition that the term ‘cheating’ not be limited to examination situations only, but that it include any and all actions by a student that are intended to gain an unearned academic advantage by fraudulent or deceptive means. Plagiarism is a specific form of cheating which consists of the misuse of the published and/or unpublished works of others by misrepresenting the material (i.e., their intellectual property) so used as one’s own work. Penalties for cheating and plagiarism range from a 0 or F on a particular assignment, through an F for the course, to expulsion from the University. For more information on the University’s policy regarding cheating and plagiarism, refer to the General Catalogue or the Graduate Bulletin section 41304.

STUDENTS WITH DISABILITIES:
If you are a student with a disability and believe you will need accommodations for this class, it is your responsibility to contact Student Disability Services at (619) 594-6473. To avoid any delay in the receipt of your accommodations, you should contact Student Disability Services as soon as possible. Please note that accommodations are not retroactive, and that I cannot provide accommodations based upon disability until I have received an accommodation letter from Student Disability Services. Your cooperation is appreciated.
This syllabus and schedule are subject to change in the event of extenuating circumstances.

<table>
<thead>
<tr>
<th>ENS 265L Class Schedule Fall 2015</th>
<th>Day / Date</th>
<th>Lecture &amp; Lab Topic</th>
<th>Reading/Assignment</th>
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<td><strong>Week 1</strong></td>
<td>Mon. 8/24, Wed. 8/26</td>
<td>Welcome Lab Introduction</td>
<td>Ch. 1</td>
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<td>NATA Website Due:</td>
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<td><strong>Week 2</strong></td>
<td>Mon. 8/31, Wed 9/2</td>
<td>On-the-Field Acute Care &amp; Emergency Procedures</td>
<td>Ch. 12 Emergency Action Plan Due:</td>
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<td><strong>Week 3</strong></td>
<td>Mon. 9/7</td>
<td><strong>Labor Day</strong></td>
<td>Ch. 12, 14</td>
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<td>Wed 9/9</td>
<td>Universal Precautions, Vitals</td>
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<td><strong>Week 4</strong></td>
<td>Mon. 9/14, Wed 9/16</td>
<td>Online: Anatomical &amp; Medical Terminology, Off-the-field Injury Evaluation, HOPS, P.R.I.C.E,</td>
<td>Ch. 13</td>
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<td><strong>Week 5</strong></td>
<td>Mon. 9/21, Wed 9/23</td>
<td>Protective Equipment SAM Splints Crutches</td>
<td>Ch. 7</td>
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<td><strong>Week 6</strong></td>
<td>Mon. 9/28, Wed 9/30</td>
<td>Injury Evaluation Foot, Ankle, Lower Leg Anatomy and Injuries, Wrapping &amp; Taping</td>
<td>Ch. 13, 8, 18, 19</td>
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<td><strong>Week 7</strong></td>
<td>Mon. 10/5, Wed 10/7</td>
<td>Foot, Ankle &amp; Lower Leg Anatomy and Injuries, Wrapping &amp; Taping</td>
<td>Ch. 8, 18, 19</td>
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<td><strong>Week 8</strong></td>
<td>Mon. 10/12, Wed 10/14</td>
<td>Review and Practice</td>
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<td><strong>Week 9</strong></td>
<td>Mon. 10/19, Wed 10/21</td>
<td>Practical Exam 1</td>
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<td><strong>Week 10</strong></td>
<td>Mon. 10/26, Wed 10/28</td>
<td>Knee Anatomy &amp; Injuries, Taping &amp; Wrapping</td>
<td>Ch. 8,20</td>
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<td>Date</td>
<td>Topic</td>
<td>Chapters</td>
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<td>11</td>
<td>Mon. 11/2, Wed. 11/4</td>
<td>Groin/Hip/Thigh Anatomy &amp; Injuries, Wrapping</td>
<td>Ch. 8, 21</td>
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<td>12</td>
<td>Mon. 11/9, Wed. 11/11</td>
<td>Shoulder Anatomy &amp; Injuries, Wrapping</td>
<td>Ch. 8, 22</td>
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<td>13</td>
<td>Mon. 11/16, Wed. 11/18</td>
<td>Elbow, Wrist, Hand Anatomy &amp; Injuries, Wrapping &amp; Taping</td>
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<td>Mon. 11/23</td>
<td>Wrapping &amp; Taping</td>
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<td>Wed. 11/25</td>
<td>Thanksgiving</td>
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<td>Mon. 11/30, Wed. 12/2</td>
<td>Spine Anatomy &amp; Injuries</td>
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<td>16</td>
<td>Mon. 12/7, Wed. 12/9</td>
<td>Review and Practice</td>
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<td>Finals Week</td>
<td>Practical Exam 2</td>
<td>Times TBA</td>
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