

NAT124 Introduction to Athletic Training

(3 credit hours)

Course Syllabus

Course Description

This course emphasizes the prevention, recognition, and treatment of athletic injuries. Taping, wrapping, and reconditioning of athletic injuries are also covered in this course. Additionally, First Aid and CPR are part of the curriculum.

Course Learning Outcomes

By the end of this course, you will be able to:

1. To practice correct athletic training medical terminology.
2. To identify basic anatomy of the body.
3. To develop the ability to properly tape and wrap extremities.
4. To identify characteristics about the athletic training profession.
5. To identify basic signs and symptoms of common athletic injuries.

Required Textbook(s) and Resources

Hillman, S. (2012). *Core Concepts in Athletic Training and Therapy*. Human Kinetics.
ISBN: 9780736082853

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays.**
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays.**

Learning Activities

Each week, you will engage in discussion with your peers on various course topics and case studies. In addition, you will complete an Application Assignment each week with real world cases, problems and questions. There are several quizzes on the reading and a PowerPoint presentation.

Grading

The chart below identifies the individual contributions from each type of activity, per week.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Discussions Activity 1.1 (n/a) Activity 1.2 (40)	Discussions Activity 2.1 (40)	Discussions Activity 3.1 (40)	Discussions Activity 4.1 (40)	Discussions Activity 5.1 (40)	Discussions Activity 6.1 (40)	Discussions Activity 7.1 (40)	280
Application Assignment Activity 1.3 (40)	Application Assignment Activity 2.2 (40)	Application Assignment Activity 3.2 (40)	Application Assignment Activity 4.2 (40)	Application Assignment Activity 5.2 (40)	Application Assignment Activity 6.2 (40)	Application Assignment Activity 7.2 (40)	280
-	-	-	Presentation Activity 4.3 (140)	-	-	-	140
-	Quiz Activity 2.3 (60)	-	Quiz Activity 4.4 (60)	Quiz Activity 5.3 (60)	Quiz Activity 6.3 (60)	Quiz Activity 7.3 (60)	300
80	140	80	280	140	140	140	1000

Grading Scale

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

Course Schedule and Weekly Checklist

Week 1 - Pre-participation Physical Examination | Fitness Testing and Conditioning | Nutrition

- MON - Activity 1.1: Introductory Discussion Initial Post
- WED - Activity 1.2: Fitness Tests Initial Post
- SAT - Activity 1.1: Introductory Discussion Secondary Posts
- SAT - Activity 1.2: Fitness Tests Secondary Posts
- SUN - Activity 1.3: Application Assignment

Week 2 - Environmental Conditions | Legal Regulations | Taping, Bracing & Padding

- WED - Activity 2.1: Training for Heat Initial Post
- SAT - Activity 2.1: Training for Heat
- SUN - Activity 2.2: Application Assignment
- SUN - Activity 2.3: Quiz Chapters 1-6

Week 3 - Injury | Examination | Upper Body Injury

- WED - Activity 3.1: Injury Evaluation Initial Post
- SAT - Activity 3.1: Injury Evaluation Secondary Posts
- SUN - Activity 3.2: Application Assignment

Week 4 - Lower Body Injury | Head, Spine & Thorax Injury | General Medical Conditions

- WED - Activity 4.1: Concussions Initial Post
- SAT - Activity 4.1: Concussions Secondary Posts
- SUN - Activity 4.2: Application Assignment
- SUN - Activity 4.3: Concussions Presentation
- SUN - Activity 4.4: Quiz Chapters 7-12

Week 5 - Acute & Emergency Care | Management | Legal Concerns | Reimbursement

- WED - Activity 5.1: Emergency Care Initial Post

- SAT - Activity 5.1: Emergency Care Secondary Posts
- SUN - Activity 5.2: Application Assignment
- SUN - Activity 5.3: Quiz Chapters 13, 14, 19 & 20

Week 6 - Rehab & Healing | Therapeutic Modalities | Pharmacology

- WED - Activity 6.1: Rehabilitation Initial Post
- SAT - Activity 6.1: Rehabilitation Secondary Posts
- SUN - Activity 6.2: Application Assignment
- SUN - Activity 6.3: Quiz Chapters 15-18

Week 7 - Evidence-Based Practice | Advanced Topics

- WED - Activity 7.1: Analyzing Research Initial Post
- THU - Activity 7.2: Application Assignment
- SAT - Activity 7.1: Analyzing Research Secondary Posts
- SUN - Activity 7.3: Quiz Chapters 21-23

Tips for Success

Online learning requires self-discipline and self-direction. As seekers of the truth, we should be willing to challenge one another's academic work in a spirit of respectful comradery. Your course is a place for you to grow as you benefit from the expertise, experience, and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge and understanding.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.