

**Department:**

Physical Education

**Course Description:**

This course will provide students with an introduction to clinical experiences in the Highland Community College Athletic Training Education Program. There will be application of introductory skills through laboratory practice and clinical experiences in practical settings.

**Course Competencies:**

Students who successfully complete this course should be able to:

1. Demonstrate an understanding of the athletic training program at Highland Community College from introductory clinical experiences in practical settings and tours of community based clinical sites and medical facilities.
2. Use the clinical education journal system.
3. Demonstrate a basic understanding of the foundational behaviors of professional practice in athletic training.
4. Demonstrate an understanding of the Athletic Training Room, including staff, operation, supplies, and equipment.
5. Demonstrate the ability to select and apply preventative and protective taping, wrapping, splinting, and bracing related to injury prevention and management.
6. Demonstrate the ability to perform and instruct basic flexibility and stretching techniques for lower extremity muscle groups and joints.
7. Demonstrate the ability to set up for both home and away practices and events.

**Course Content:**

- A. Introductory clinical experiences
  1. The athletic training program at Highland Community College
  2. Tours of community based clinical sites and medical facilities
- B. Clinical education journal system
  1. Journal system assigned to this course and PE151 B, C, D
  2. Introduction to the foundational behaviors of professional practice in athletic training
- C. Basic Athletic Training Room Operation
  1. Hierarchy of staff
  2. Operation
  3. Supplies
  4. Equipment.
- D. Injury Prevention and Management
  1. Preventative taping

2. Protective taping
  3. Wrapping
  4. Splinting
  5. Bracing
- E. Stretching
1. Basic flexibility and stretching techniques for lower extremity muscle groups and joints
  2. Basic flexibility and stretching techniques for upper extremity muscle groups and joints
- F. Event Setup
1. Basic setup for practices
  2. Basic setup for home and away events

## Learning Assessments:

Journals: Students will be provided an electronic weekly journal to document clinical hours and to demonstrate and reflect on their completion of clinical competencies and proficiencies.

## Instructional Materials:

Perrin, David, H. (2005) Athletic Taping and Bracing (2nd Ed.). Champaign, IL; Human Kinetics.

### Guidelines for Requesting Accommodations Based on Documented Disability or Medical Condition

It is the intention of Highland Community College to work toward full compliance with the Americans with Disabilities Act, to make instructional programs accessible to all people, and to provide reasonable accommodations according to the law.

Students should understand that it is their responsibility to self-identify their need(s) for accommodation and that they must provide current, comprehensive diagnosis of a specific disability or medical condition from a qualified professional in order to receive services. Documentation must include specific recommendations for accommodation(s). Documentation should be provided in a timely manner prior to or early in the semester so that the requested accommodation can be considered and, if warranted, arranged.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

### A Note on Harassment, Discrimination and Sexual Misconduct

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).