



## 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.

On-Campus Students: At enrollment, any on campus student may complete a form that will allow them to self-identify any disability.

Off-Campus Regional Students: Self-identify your disability and accommodation needs with the Regional Coordinator and/or instructor, preferably prior to the first class meeting.

Online Students: Self-identify your disability and accommodation needs by contacting the Disabilities Coordinator. Students must provide their own programs to allow accessibility on their home computer.



HIGHLAND COMMUNITY COLLEGE  
606 W. MAIN HIGHLAND, KS 66035

PE 151 Clinical Experience in Athletic Training I

Prerequisite: None

2 Credit Hours (Arranged)

Fall Semester Course

Any student may also identify their disability by completing an online form located on the HCC homepage under Students Services/Resources/Disabilities. Questions should be directed to the Disabilities Coordinator.