



Department:

Physical Education

Course Description:

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

Course Competencies:

Students who successfully complete this course should be able to:

1. Demonstrate the ability to recognize and manage acute injury and illness, including performing a primary survey for life-threatening situations, applying basic life support methods, and following established emergency and universal precaution plans.
2. Demonstrate the ability to provide appropriate first aid to musculoskeletal injury, including protection, ice, rest, compression, and elevation.
3. Demonstrate the ability to protect against blood borne pathogens, use universal precautions, and apply basic wound care techniques, including the ability to cleanse, close, and protect wounds.
4. Demonstrate the ability to manage, protect, and prevent skin blisters.
5. Demonstrate the ability to manage a possible accidental poisoning and activate/notify poison control.
6. Demonstrate the ability to perform and instruct more advanced flexibility and stretching techniques for lower extremity muscle groups and joints.
7. Identify the normal ranges for vital signs.
8. Demonstrate the basic protocols for distributing over-the-counter (OTC) medicine.

Course Content:

- A. Acute Illness and Injuries
 1. Proper management
 2. Emergency Action Plan
 3. Recognition
 4. Primary survey
 5. Basic life support
 6. Prevention
- B. First Aid
 1. Protection



2. Rest
3. Ice
4. Compression
5. Elevation
6. Proper usage of first aid techniques
- C. Universal Precautions
 1. Basic wound care
 2. Manage, protect and prevent blisters
- D. Poisoning
 1. Protocol
 2. Basic care
- E. Stretching
 1. Intermediate flexibility and stretching techniques for lower extremity muscle groups and joints
 2. Intermediate flexibility and stretching techniques for upper extremity muscle groups and joints
- F. Vital Signs
 1. How to find vitals
 2. Identify norms
- G. Over-the-Counter Medicine
 1. Differences in medications
 2. Contraindications of medicine

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:

Instructional Materials Book: Alter, Michael (1998) Sport Stretch (2nd Edition) 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.



HIGHLAND COMMUNITY COLLEGE
606 W. MAIN HIGHLAND, KS 66035

PE 151B – Clinical Experience in Athletic Training II
Prerequisite: PE 151 or Instructor Permission
2 Credit Hours (Arranged)
Spring Semester Course

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.

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.