



Department:

Physical Education

Course Description:

This course will provide an advanced level of clinical experiences in the Highland Community College Athletic Training Education Program. There will be application of advanced skill modules 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 provide appropriate first aid to musculoskeletal injury, including protection, ice, rest, compression, and elevation.
2. 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.
3. Demonstrate the ability to manage, protect, and prevent skin blisters.
4. Demonstrate the ability to manage a possible accidental poisoning and activate/notify poison control.
5. Demonstrate the ability to perform and instruct advanced flexibility and stretching techniques for lower extremity muscle groups and joints.
6. Recognize different types of shock, environmental illnesses, seizures, and acute asthma attacks.
7. Administer an EpiPen for anaphylactic shock
8. Apply typical administrative policies and procedures that govern first aid and emergency care (e.g., informed consent and incident reports).

Course Content:

- A. First aid to musculoskeletal injury
 1. Protection
 2. Rest
 3. Ice
 4. Compression
 5. Elevation.
- B. Blood borne pathogens
 1. Universal precautions
 2. Apply basic wound care technique
 - a. Cleanse a wound
 - b. Close and protect wounds



- c. Manage, protect, and prevent skin blisters
- d. Manage, protect, and prevent infections
- C. Flexibility and stretching
 - 1. Advanced techniques for lower extremity muscle groups and joints
 - 2. Advanced techniques for upper extremity muscle groups and joints
- D. Recognizing different types of shock, environmental illnesses, seizures, and acute asthma attacks
- E. Administering an EpiPen for anaphylactic shock
- F. Typical administrative policies and procedures that govern first aid and emergency care (e.g., informed consent and incident reports)
- G. Administer OTC medicines

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:

Orthopedic & Athletic Injury Evaluation Handbook, Chad Starkey and Jeffrey L. Ryan, F.A. Davis Co. (2003) ISBN: 0803611048

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.

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.