

Introduction to Athletic Training (#0044) Course Overview Curriculum Document

Course Description

This course will emphasize the development of fundamental skills of athletic training and the duties of the athletic trainer. This course will teach students the procedure for providing care to an injured athlete, how to evaluate an athletic injury, the healing and recovery process, and the administrative aspects of athletic training. Students will learn basic anatomy, physiology, first aid, and protective taping and wrapping techniques.

Credits

.5

Prerequisites

Fit 4 You

Board Approved

2012

Revised

Spring 2022

Required Assessments

District Common Summative Assessments

Textbooks/Resources

Fundamentals of Athletic Training-2 nd Edition. Cartwright, Lorin A. and Pitney, William A. Human Kinetics Publishers, Inc., 2005. ISBN: 9780736052580 Athletic Taping and Bracing. Perrin, David H. Human Kinetics Publishers, Inc., 2005. ISBN: 0736062807.

Course Essential Understandings

- As a result of completing this course, students will understand:
- the educational requirements of a certified athletic trainer
 - the role of an athletic trainer as a part of a medical team
 - basic anatomy and physiology of the human body and how to identify athletic injuries
 - how to apply basic first aid and taping techniques
 - how to work with people in stressful situations and provide appropriate responses
 - how to create a fitness plan for rehabilitation and personal fitness

Course Relevance Questions

- What is the role of an athletic trainer and how do they function as a part of a medical team.
- What are common causes of athletic injuries, and how can they be prevented and treated
- How does the human body respond to injuries, and how can first aid and treatment assist in the process.
- How to apply basic taping techniques to common injuries
- How to respond to medical emergencies and practice patient confidentiality.
- Understand the importance of emotional care in crises.
- How to manage personal fitness outcomes and apply principles to others in a rehabilitation environment.

Unit Overviews

Unit Name	Unit Description	Unit Relevance Question	Instructional Standards	Assessed Standards
Introduction to athletic training and anatomy	Students are introduced to the role of an athletic trainer and will learn the basic muscular anatomy of the human body; they will understand the physics of how muscles work and how they move their body.	<ul style="list-style-type: none"> ● What is the role of an athletic trainer, and how do they function as a part of a medical team. ● What are common causes of athletic injuries, and how can they be prevented and treated 	S3.H3.L1 S4.H5.L1 S3.H9.L2	S3.H3.L1 S4.H5.L1 S3.H9.L2
Personal fitness and how to avoid common injuries.	Students will examine the five health-related fitness components and their role in improving personal fitness and avoiding common injuries. Students will create a personal wellness plan they will implement over the remaining course to improve personal fitness and prevent injury.	How does physical well-being improve overall fitness levels and prevent injuries?	S3.H7.L1 S2.H1.L1 S4.H5.L1 S3.H11.L2	S3.H7.L1 S2.H1.L1 S4.H5.L1 S3.H11.L2
How to treat common Injuries and apply First Aid	Students will learn how to identify common injuries and apply first aid and taping techniques.	What are common injuries associated with activities, and what type of assistance should be provided?	S3.H3.L1 S3.H5.L1 S3.H8.L1 S4.H5.L1	S3.H3.L1 S3.H5.L1 S3.H8.L1 S4.H5.L1
How to apply common fitness principles to prevent injuries and improve performance	Students will create fitness plans that support various rehabilitation of other students using the five health-related fitness components.	How can using the five health-related fitness components be used in rehabilitation the rehabilitation process to improve recovery?	S3.H7.L2 S3.H12.L1 S3.H10.L2 S4.H1.L1 S4.H5.L1	S3.H7.L2 S3.H12.L1 S3.H10.L2 S4.H1.L1 S4.H5.L1