

**SOUTHEAST COMMUNITY COLLEGE  
HEALTH SCIENCES DIVISION  
HEALTHCARE SERVICES  
Revision Date: November 2023**

**I. CATALOG DESCRIPTION**

**Course Number:** HLTH 1125  
**Course Title:** Introduction to Athletic Training  
**Prerequisite(s):** None

**Catalog Description:** Introductory experience for student pursuing Athletic Training as a future career. The course explores roles and responsibilities of a Certified Athletic Trainer. Students will gain introductory knowledge, skills and behaviors in emergency procedures, safety, infection control, bloodborne pathogens, professionalism, confidentiality, and ethics pertaining to the profession of Athletic Training. This course includes 60 hours of observation with a Certified Athletic Trainer.

**Credit Hours:** 3  
**Class Hours:** 23  
**Lab Hours:** 68  
**Total Contact Hours:** 91

**II. COURSE OBJECTIVES:** *Course will:*

1. Describe the roles and responsibilities of a Certified Athletic Trainer.
2. Discuss the scope of practice, work environment, patient populations found in the profession of Athletic Training.
3. Describe healthcare interpersonal skills and professional behaviors expected in the profession of Athletic Training.
4. Explain legal, moral and ethical parameters that define the scope of first aid and emergency care for healthcare workers and lay people, including the importance of maintaining valid certifications (CPR, AED, etc.), and use appropriate standard nomenclature of injuries/illnesses.
5. Explain how to develop a safety policy as well as a comprehensive venue-specific emergency action plan that pertains to prevention, preparedness, and response to medical emergencies and other critical incidents.
6. Explain the principles of effective heat loss, heat illness prevention programs, and accepted guidelines (position statements) for participating in extreme weather conditions.
7. Describe the availability, content, purpose, and maintenance of contemporary first aid and emergency care equipment and determine the emergency care supplies and equipment necessary for emergency situations (i.e. AED for abnormal heart rhythms, supplemental oxygen, cervical stabilization devices).
8. Describe the principles and rationale of the initial assessment including the determination of whether the accident scene is safe.
9. Describe signs and symptoms of acute/traumatic injury, illness, and shock causes and characteristics of common life-threatening conditions occurring spontaneously or as a result of trauma to various body parts.
10. Discuss how to monitor & evaluate environmental conditions and make recommendation to modify activity to prevent environmental illness or injury.

11. Discuss how to triage, evaluate & manage acute, life-threatening & emergent conditions using first aid, CPR, and automated external defibrillators (AEDs).
12. Explain the importance of monitoring a patient following a head injury, including obtaining clearance from a physician before further patient participation.
13. Describe the indications, guidelines, proper techniques and necessary supplies for removing equipment and clothing in order to evaluate and/or stabilize the involved area, the proper immobilization techniques, the effective management, positioning, and immobilization of a patient with a suspected spinal cord injury; and the appropriate short-distance transportation method for someone who becomes ill/injured.
14. Describe home care and self-treatment plans of acute injuries and illnesses.

**Note:** Unit objectives are located in the learning management system within each unit of study.

### **III. STUDENT LEARNING OUTCOMES AND GENERAL EDUCATION LEARNING OUTCOMES:**

#### **A. STUDENT LEARNING OUTCOMES:** *The student will be able to:*

- Complete CPR for the Healthcare Professional (including first aid and AED training).
- Complete Safety training and quiz.
- Complete Confidentiality training and quiz.
- Complete HIPAA and FERPA Training applicable to Athletic Training
- Complete bloodborne pathogen training and quiz.
- Complete the observational experience with a Certified Athletic Trainer.
- Understand the scope of practice, roles and responsibilities of a Certified Athletic Trainer

#### **B. GENERAL EDUCATION LEARNING OUTCOMES**

##### **1. EX: GELO 6: Career and Life Skills**

Outcome: Develop knowledge and habits that will foster physical, emotional, social, spiritual, intellectual, and environmental wellness.

### **IV. CONTENT/TOPICAL OUTLINE (*course outline may provide more detailed information*)**

#### **A. UNITS**

1. Roles and Responsibilities of a Certified Athletic Trainer
2. Scope of Practice, Work Environment, and Patient Populations in Athletic Training
3. Professionalism and Interpersonal Skills & Behaviors of a Certified Athletic Trainer
4. Athletic Training & Confidentiality
5. Safety, Infection Control & Blood Borne Pathogens
6. Professional Ethics and the Law
7. Emergency Procedures: CPR, First Aid, and AED
8. Clinical Observation

### **V. INSTRUCTIONAL MATERIALS REQUIRED**

#### **A. Required Text(s):**

American Heart Association CPR for Healthcare Professional & First Aid (book provided with course fee cost)

### **VI. METHODS OF PRESENTATION/INSTRUCTION**

#### **A. Methods of presentation typically include a combination of the following:**

1. Lecture & Demonstration
2. Hands-on Skills Practice

3. Class Participation
4. Digital Presentations
5. Case Studies and Group Work
6. Websites and Online Resources
7. Pretests and worksheets
8. Observation experiences

## **VII. METHODS OF EVALUATION**

**A.** Methods of evaluation typically include a combination of assignments, quizzes, exam, projects, skill checkoffs, etc. For grading expectations please see the course information document.

### **SCC STANDARD GRADING SCALE POLICY:**

|                  |                   |
|------------------|-------------------|
| <b>A+ 95-100</b> | <b>C+ 75-79</b>   |
| <b>A 90-94</b>   | <b>C 70-74</b>    |
| <b>B+ 85-89</b>  | <b>D+ 65-69</b>   |
| <b>B 80-84</b>   | <b>D 60-64</b>    |
|                  | <b>F Below 60</b> |

## **VIII. SPECIFIC COURSE REQUIREMENTS**

### **A. ATTENDANCE**

- Attendance is crucial to the success of this course. Any class missed could mean valuable missed information, which is difficult to obtain. Please notify the instructor of any pending absences or if you will be late.
- Must pass all program courses with a C.

Please see course information document for course policies related to grading, expectations, assignments, assessments, and participation.