School of Kinesiology

THE UNIVERSITY OF BRITISH COLUMBIA

Course Outline

Department/Program: Kinesiology	**Term/Year:** Fall Term 1 (Sept - Dec, 2015)
Course #: KIN 454A	**Course Title: Field Experience in Athletic Training**
Day/Time: Tuesday 11:00AM - 12:30PM	**Location(s): MacLeod, rm 220**

Course Instructor: Nikki Antonopoulos CAT(C), CSCS

Office: Room 215A in Thunderbird Stadium (Office in Training Room, Room 215)

Office hours: By appointment only

Phone: 604-822-8280

Email: nikki.antonopoulos@ubc.ca

Course Description (from calendar): Students have the opportunity to develop their leadership, instruction, and professional skills in a variety of supervised fieldwork settings. Students should select the section of the course (A, B, or C) most relevant to their program of study and career goals. [1-0-2]

Prerequisites and/or Course Restrictions (from calendar): Third-year standing and specific version prerequisites

Course Format: Guided observation and experience as an athletic trainer with a UBC Varsity team under the supervision of a Senior Student Athletic Trainer and HKIN 454A Sessional Instructor, Nikki Antonopoulos.

The format of the course will be one lecture per week, plus the agreed upon amount of hours spent with your assigned UBC Varsity team. Sessional Instructor, Nikki Antonopoulos or another UBC Athletic Therapist will drop in one practice every 7-10 days to assess progress to accompany mentorship from Senior Student Athletic Trainer and help with Athletic Training development

Course Objectives:
-To give students hands-on work experience as a Student Athletic Trainer; This will be achieved via enhancement of prophylactic taping skills, acute injury assessment skills and interpersonal skills through working with a team of players/coaches.
-To provide the opportunity to learn basic injury assessment within your scope and to provide the appropriate plan of action
-To become aware of the interplay of the various health professions in maintaining the well-being of the athlete.

Required Reading:
All required information will be present in class notes and any supplemental notes on UBC Connect

Recommended Reading:
Prentice, William E. (2006). *Arnheim's Principles of Athletic Training: A Competency-Based Approach*. New York, NY : McGraw-Hill.

Magee, David J. (2006). *Orthopedic Physical Assessment.* St. Louis, MO: Elsevier Sciences.

Netter, Frank H. (2006). *Atlas of Human Anatomy*. Philadelphia, PA: Saunders.

Course Assignments, Due Dates and Grading:

Midterm 20%
- Multiple choice exam on classes leading up to exam

Practical Exam – Taping 15%
Tested at end of term – 1 ankle tape job, plus 1 randomly chosen tape job from following list:

Closed Basketweave (required ankle tape job)
Turf Toe Tape Job
Arch Support
Thumb
Contact Wrist ("Street-Fighter)
Groin (Adductor) Wrap
Hip Flexor Wrap

Practical Exam – Emergency Scenario/Joint Assessment 20%
Tested at end of term – 2 scenarios; 1) Student is Charge Person in Emergency Scenario with model acting as casualty. 2) Student is Charge Person in Scenario where a non-life threatening, orthopedic injury will be assessed on a model acting as injured athlete

Final Exam 30%
- Cumulative exam on whole term

Participation (Journal/Case Study) 15%
- Will include observation of a Senior Student Trainer in a placement with a Varsity Team and keeping a regular journal of your experiences with that team.

Important Dates and Marking Schemes:

Taping Exam (15% of Final Grade): Last Day of Class, Dec 1/15

One partner will tape while the other is the taping model and vice versa.

Marking Scheme for Taping Exam:

Each tape job will be given 10 marks. A half mark or 1 whole mark will be deducted for the following:

- Wrinkles, Shadows, Windows, Sloppy Appearance, Non-Functionality of Tape Job (i.e. too loose/too tight), inappropriate strips applied

You will be tested on 2 tape jobs:

i.) Closed Basketweave Ankle Tape Job

- Must be done with the "Continuous Heel-Locks"

- Must be completed in 3 mins or less. Marks will be deducted for going over the time limit.

ii.)Randomly chosen tape job from the following list:

Turf Toe Tape Job
Arch Support
Thumb
Contact Wrist ("Street-Fighter)
Groin (Adductor) Wrap
Hip Flexor Wrap

- You will draw a tape job from a hat and that will be the one you will perform.

- The above marking scheme will apply. There is no time-limit aspect for this tape job.

<u>Practical Exam – Emergency Scenario/Joint Assessment (20% of Final Mark)</u>:
Week of Nov 30-Dec 4 will be the practical exams.

The Emergency Scenario Practical Exam will take place at an agreed upon time within the above week with yourself and a partner (another present) HKIN 454A Student. One partner will act as the Charge Person and the other partner as the injured athlete, and vice versa. The Emergency Scenario will be of a possible emergency occurring in the Varsity sport that you are covering this term.

As Charge Person, you will be marked on the following aspects of the Emergency Scenario:

Scene Control:
- **Scene Safe**
- **EAP**
- **Overall control of situation and confidence**

Primary Survey:
- **Assess Consciousness**
- **ABCD's**
- **Shock Management**

Secondary Survey
- **Set of Vitals**
- **Spinal Rule-out or Management**
- **Concussion Rule-out or Management**
- **Head-to-Toe Exam**

Appropriate Plan of Action

EAP? Non-urgent transit to hospital?

The Joint Assessment part of the Practical Exam will take place at the same time as the Emergency Scenario. One partner will act as the Student Trainer and the other partner as the injured athlete, and vice versa. The Joint Assessment will be of a possible non-emergency injury occurring in the Varsity sport that you are covering this term.

As the Student Trainer, you will be marked on the following aspects of the Joint Assessment:

History: an adequate history must be partaken and 1-3 indicies of suspicion must be voiced after your history

Observation: an adequate observation must be partaken with any obvious abnormalities stated (this will be promptly cued by the model)

Adequate Active/Passive/Resisted Range of Motion that is relevant to the case being presented.

Special Tests: the adequate special tests must be applied to the athlete to confirm and/or rule-out your main indices of suspicion. Marks will be based on proper hand placement and execution of any special tests as well as confidence/flow while applying the Special Tests

Palpation of the injured area will be done by palpating approximately 10 palpatory landmarks in the area of body being assessed to confirm your indices of suspicion and further rule-out other possible injuries within your Differential Diagnosis.

Final Assessment: you should have the proper assessment of injury as well as 1-2 possible Differential Diagnosis. An appropriate plan of action must be partaken such as RTP/not RTP, RICE, refer to Sports Med Doctor/Therapist, etc. Marks will be given towards the confidence and appropriate explanation/"bed-side manner" towards the Injured Athlete.

<u>Final Exam (30% of Final Mark)</u>: Combination of short answer and multiple-choice questions based on the notes from this term.

<u>Participation (15% of Final Grade)</u>: You will be required to observe an agreed upon UBC Varsity team's student trainers. During this time, you will need to keep a journal with entries once a week, minimum, on your experiences, thoughts, etc. while spending time with the team and student trainers. Included in the journal, will be a brief case study on one injury that you observed with this team and found particularly interesting. The whole thing will be submitted at the end of the term.

Course Schedule:

Sept 8/15 – Imagine Day, classes cancelled
Sept 15/15 - Intro to KIN 454A, course outline/expectations, EAP, Roles within the Sports

Medicine Team

Sept 22/15 – Concepts of pain, environmental concerns, heat/cold illnesses/conditions, protective equipment, intro to taping (principles)

Sept 29/15 – Emergency Scenarios (ABCD's, Primary/Secondary survey), Concussion/spinal evaluation/rule out, intro to common joint injury assessment (H.O.P.S.)

Oct 6/15 – Foot, ankle, lower leg - anatomy, assessment, common injuries, management/taping

Oct 13/15 – Midterm (On everything up to and including Sept 29 class)

Oct 20/15 – Knee - anatomy, assessment, common injuries, management

Oct 27/15 – Hip, low back, pelvis - anatomy, assessment, common injuries, management/taping

Nov 3/15 – Shoulder - anatomy, assessment, common injuries, management

Nov 10/15 – Elbow, wrist, hand - anatomy, assessment, common injuries, management/taping

Nov 17/15 – Taping review/practice

Nov 24/15 – Practical Exam review/practice, Q&A

Dec 1/15 - Taping Exam/Journals due

– NOTE: Week of Nov 30-Dec 4 will be Emergency Scenario and Joint Assessment Practical Exam

Important Dates:

Last day to change between Credit/D/Fail and percentage grading (grading options cannot be changed after this date: **Sept 22, 2015**

Last date for withdrawal without a W on your transcript: **Sept 22, 2015**

Last date for withdrawal with a W (Class cannot be dropped after this date): **Oct 16, 2015**

UBC Attendance Policy:

Regular attendance is expected of students in all their classes (including lectures, laboratories, tutorials, seminars, etc.). Students who neglect their academic work and assignments may be excluded from the final examinations. Students who are unavoidably absent because of illness or disability should report to their instructors on return to classes.

Deferred Exams:

If there is any need to write the Final Exam outside of the posted Final Exam date due to any reasons please refer to:

http://www.calendar.ubc.ca/vancouver/index.cfm?tree=3,41,94,0

Also, please discuss any issues regarding deferred exams with Nikki Antonopoulos to find an agreed upon solution.