

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.

In order to begin the process all students **must** complete the “Disabilities Self-Identification Form” on our [Disability Services website](#).

This form can also be accessed at the Highland Community College homepage under Students Services/Student Resources/Disability Service or by contacting the Disabilities Coordinator.

A Note on Harassment, Discrimination and Sexual Misconduct

Highland Community College seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX, and College policy prohibit harassment, discrimination and sexual misconduct. Highland Community College encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to report to the Vice President for Student Services, the Human Resources Director or complete an [online report](#) about what happened so that they can get the support they need and Highland Community College can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Highland Community College is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please review our [Equity Grievance Policy](#).