

California State University, Northridge  
Department of Kinesiology

**Kin337L Introduction to Athletic Training Lab (1 unit)**  
**Mondays 9 - 11:50 am**

**Spring 2008**

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**Course Description:**

Injury prevention principles and techniques for the application of protective taping/bracing, stretching, therapeutic exercise and testing, and environmental conditions/illnesses.

**Course Objectives:**

At the conclusion of the course the student will be able to:

1. Describe the principles of energy absorption and force dissipation as applied to protective capabilities of commercial padding materials and of standard protective equipment.
2. Identify and explain the National Operating Committee on Standards of Athletic Equipment (NOCSAE) standards for design and construction, maintenance, and re-conditioning of protective sports equipment.
3. Identify the rules and regulations pertaining to the use of special protective equipment, braces, splints, etc. as established by governing athletic associations.
4. Fit standard protective equipment on athletes consistent with the physical characteristics and needs of the individual.
5. Apply appropriate preventive taping and wrapping, splints, braces, and other protective devices consistent with sound anatomical and biomechanical principles.
6. Become competent in risk management and injury prevention proficiencies as well as acute care of injuries and illnesses, and therapeutic exercises.

**Pre-Requisites:** Bio 211, 212; corequisite- KIN 337

**General Lab Requirements:**

1. Dress – Students must dress appropriately during lab sessions (i.e., shorts and tank tops/shirts). No jeans, skirts, or dresses.
2. Participation – Participation is essential in order to learn the techniques presented. All students are expected to participate and practice hands-on techniques.
3. Attendance – Attendance is also essential in this course because so much of what is taught is hands-on. If you are unable to attend class please contact me (via e-mail) and let me know. Please show up to class on time.
4. Cell Phones - All cell phones must be turned off or set to silent/vibrate during class time. Please do not let cell phones be a distraction to others in the class.

5. Late Exams – Please be present on the day the exams are given. If you have a special circumstance please contact me 24 hours or more prior to the exam. \*\*\*\*\* If you are going to miss an exam, you must notify the teacher 24 hours prior to the exam date with a valid and documented excuse otherwise you will not receive any of the allotted points. \*\*\*\*\*
6. Cheating will not be tolerated. Failing grades will be given for cheating on exams.

**Evaluation:**

- |  |                |
|--|----------------|
| 1. Written Quizzes (2)   | 40 points each |
| 2. Oral Practical Proficiencies (2)  | 75 points each |
| 3. Group Presentation  | 50 points      |
| 4. Article Critique  | 30 points      |
| a. Latest research on stretching before activity                             |                |
| b. Ankle taping vs. bracing article  |                |
| c. Spine boarding- which technique causes the least amount of head movement? |                |
| 5. Case Study  | 50 points      |

Total points allotted: 360 points

Total points for the class are tentative depending on extra credit given during the semester.

**\* Group Presentation**

The group presentation will consist of 3-4 members discussing individual injuries specific to an assigned sport. Although individual grades will be given, the flow of the presentation will affect all members of the group. There are 4 categories that comprise the given grade:

Basic Anatomy Review	20%
Mechanism of Injury	20%
Rehabilitation/Treatment Options	40%
Overall Flow of the Presentation	20%

**Grading Scale:**

A = 334-360	B+ = 313-323	C+ = 277-287
A- = 324-333	B = 299-312	C = 263-276
	B- = 288-298	C- = 252-262

**Course Outline:**

- A. Introduction to Stretching
  - a. ballistic vs. static vs. PNF
  - b. agonist vs. antagonist muscles
  - c. muscle spindles
  - d. golgi tendon organs
- B. Weight training
  - a. free weights
  - b. Power lifts

- c. Olympic lifts
- C. Fitting and Use of Prophylactic/ Protective Equipment, Braces, and Devices
  - a. Helmets
  - b. Shoulder pads
  - c. Cervical collars
  - d. Shoulder support devices
  - e. Crutches
  - f. Spineboarding
- D. Preparticipation Physical Guidelines
  - a. height/weight
  - b. pulse
  - c. blood pressure
  - d. heat index
  - e. sling psychrometer
  - f. eye charts
- E. Introduction to Prophylactic/ Protective Taping
  - a. Types of tape products
  - b. Functions and uses of tapes
  - c. Principles of tape applications
- F. Taping Techniques
  - a. Shoulder
  - b. Elbow
  - c. Wrist
  - d. Fingers
  - e. Thigh
  - f. Shin
  - g. Ankle
  - h. Foot
- G. Introduction to Wrapping
  - i. Types of wraps (ex. elastic, cloth, sixes, etc.)
  - j. Functions and uses of wraps
- H. Wrapping techniques
  - a. Shoulder
  - b. Elbow
  - c. Hip/ Groin
  - d. Thigh
  - e. Ankle
- I. Introduction to Prophylactic/ Protective Equipment, Braces, and Other Devices
  - a. Standards for protective equipment (ex: NOCSAE)
  - b. Types of energy absorption and deflection materials
  - c. Efficacy of prophylactic equipment and devices
  - d. Biomechanical principles of prophylactic/ protective equipment design

**Weekly Itinerary**  
**Spring 2008 337 Lab**  
**(subject to change)**

<b>Week</b>	<b>Topic</b>	<b>Activities</b>
1	Intro/Stretching	Static, ballistic, PNF techniques, neutral spine
2	Weight Room	Weight room exercises (machines, free weights, Olympic lifts)
3	Other equipment/equipment fitting	Helmets, shoulder pads, rib pads, foam roller, physioball
4	Quiz #1 Emergency Equipment/First Aid	Air/vacuum splints, crutch/cane fitting/spineboarding Possible NATA spine video
5	Emergency Equipment/First Aid cont.	Same as week 4, Review for Practical #1
6	Oral Practical #1	Article Critiques Due
7	Environmental/Pre-participation Physical Information	Heat index, sling psychrometer, height/weight, pulse, blood pressure (physical evaluation sheet)
8	Quiz #2 LE taping	Arch, ankle, shin, patellofemoral, turf toe
9	LE taping/UE taping	Continue LE taping, start elbow hyperextension, wrist/hand flex/ext, thumb spica, finger
10	UE taping cont.	Review all tape jobs
11	Basic Wrapping Techniques	Hip flexor/groin, thigh, shoulder sling, ankle, knee, padding, orthoplast
12	Group Presentations	
13	Review for Practical #2	Review weeks 7-11
14	Oral Practical #2	Case Study Due