# Course Outline Assignment

## Course Analysis

**Course Name: Athletic Training - Sports Medicine**

**Course Length**: 15 Weeks

**Course Type:** Blended – meet 7 times this semester (3 hour long classes)

**Average Student:**

Undergraduate Student. Familiar with Anatomy; however, may not be experts. Introduction level of concepts and techniques that deals with sports medicine for athletic trainers.

**Content Analysis:**

* Students should be able to create various multimedia products such as creating a PowerPoint Presentation, basic video, etc. **(Learned in high school)**
* Students should be able to use basic computer software such as Internet Browser, Microsoft Office Suite, etc. **(Assumed General Information)**
* Students should have the basic understanding of the human anatomy **(Assumed General ed)**

**General Goals:**

* Learn about CPR training, spine boarding, and how to diagnose a concussion
* Learn the bones in the hand, arm, leg, and ankle
* Be able to identify where the ligaments are in the knee and ankle
* Learn how to properly tape an ankle, knee, wrist, and fingers
* Be able to identify what is wrong with an athlete by tests that a trainer can do while on the field

**Enhancing Learning:**

This course will give hands on experience in diagnosing and helping injured athletes. By learning the basics and essential elements of information given and being able to successfully implement the strategies taught, the students will be able to do the basics of an athletic trainer.

## General Course Assessments

**1. Multiple Choice Self-Tests and Exam:** These assessments will measure general conceptual information on different taping techniques, CPR, R.I.C.E., A.B.C.’s, and spine boarding. This includes being able to state definitions, key concepts, skills, and other foundational information.

**2. Discussion Boards:** These will be assigned often to assess students’ learning of the content learned that week. This will also be a way to engage with other students and offer feedback to them. 2 peer reviews are required for each discussion board.

3. **Video Blogs:** These will be assigned periodically to help students see what they need to work on. This will also provide a way to assess how far the students are coming along with their taping techniques. Additionally, this will be a way to engage with peers and offer useful feedback. At least 1 peer review for each video blog.

4. **Group Projects:**

* **Demonstrating Correct Techniques of CPR, spine boarding, A.B.C.’s, and R.I.C.E**.

This will be a group project where students will divide up and record each other demonstrating each task and providing any useful information that they have learned so far. This is a project where the students become the teachers.

* **Impact From Concussions Project:**

This will allow students to show the long term and short terms impacts on people because of concussions. The students will be able to do this project in many different ways; such as, Prezi, PowerPoint, Video, Jing, Zentation, etc. The students will have to tell me the way that they are going to do their project before starting it.

**5. Practice Practical Taping Techniques:** This will allow students to practice with peers and under my guidance. This will benefit each student for the practical final by seeing which steps/techniques the student needs extra practice with. Video blogs will be done independently. The students will have to respond to one other’s video blog offering improvements or encouragement.

**6. Feedback Surveys**: Students will need to take a Feedback survey where students will give me advice on how to improve the course.

## Course Outline - Objectives

**Module 1: Course Introduction**  (Week 1 – No Class)

Objectives:

* Describe the responsibilities of the instructor in blended education for sports medicine – athletic training
* Identify ways to enhance taping techniques
* Explain the responsibilities of the learner blended education and how fast paced it is
* Describe the role of the student in a synchronous / asynchronous class
* Describe what athletic training will entail

**Module 2: CPR** (Week 2 – No Class)

Objectives:

* Explain why it is important to practice taping technique every day
* Describe what the students will be learning over the first part of the semester
* Discuss CPR training and how crucial it is

**Module 3: Spine Boarding** (Week 3 – In Class)

Objectives:

* Explain how to spine board athletes
* Select the correct steps involved in spine boarding athletes
* Identify the signs to look for when someone/athlete needs to be spine boarded
* Demonstrate CPR

**Module 4: A.B.C.’s** (Week 4 – No Class)

Objectives:

* Explain what A.B.C.’s are
* Explain how to use A.B.C. when dealing with an injured athlete
* Discuss scenarios where the students will have to use A.B.C.’s
* Explain how to use R.I.C.E. when dealing with an injured athlete
* Discuss the Demonstrating Correct Techniques of CPR, spine boarding, A.B.C.’s, and R.I.C.E. project

**Module 5: Concussions** (Week 5 – In Class)

Objectives:

* Demonstrate how to identify a concussion
* List what type of questions the student trainers should ask the injured athlete
* List the long term and short term impacts on what concussions do and the symptoms
* Review C.P.R., spine boarding, A.B.C.’s, and R.I.C.E.
* Discuss the Concussion project

**Module 6: Procedures Dealing With Injured Athletes** (Week 6 – No Class)

Objectives:

* Explain correct way to ice an injured athlete
* Inform what the student trainer will have to inform the injured athlete
* Inform how to rehab an athlete
* Clarify how student trainers deal with injured athlete’s parents/guardians

**Module 7: Midterm** (Week 7 – No Class)

* Midterm
* Student survey

**Module 8: Identifying Ligaments in the Ankle** Week 8 – In Class)

Objectives:

* Identify the ligaments in the ankle
* Identify the bones in the ankle
* List which injuries are most common for the ankle

**Module 9: Identifying Ligaments in the Knee** (Week 9 – In Class)

Objectives:

* Identify the ligaments in the knee and where they are located on the knee
* List the different tests student trainers can preform on the injured athlete to determine which ligament is torn
* Model giving these tests on fellow classmates

**Module 10: Identifying Bones in Arm** (Week 10 – No Class)

Objectives:

* Locate the bones in the arm and the location
* Identify bones in hand/wrist

**Module 11: Explaining How to Tape** (Week 11 – No Class)

Objectives:

* Explain the steps of taping an ankle
* Explain the steps of taping a wrist
* Explain the steps of taping fingers
* Explain the steps on taping a knee

**Module 12: Taping** (Week 12 – In Class)

Objectives:

* Select the appropriate tools and techniques for taping given an injury to a different body part
* Demonstrate each taping technique
* Critique classmates’ taping jobs

**Module 13 & 14: Field Observation** (Week 13 & 14 – No Class Class)

* Summarize observations of professionals in the field.

**Final Practical Exam** (Week 15 – No Class)

## Detailed Course Navigation / Outline

**General Information**

* Syllabus
* Course Schedule
* Grading Policy and Evaluation
* University Policies
* University Services (academic and student support) and Technical Support
* Prerequisite Knowledge and Technical Skills Required
* How To Access Course Materials and Technologies

**Instructor Information**

* Biography
* Contact Information
* Response Times and Grading / Feedback Timeframe

**Course Orientation**

* Purpose of the Course
* Navigation Structure
* How to Proceed Through the Course

**Lessons & Materials**

**Module 1: Course Introduction** (Week 1 – No Class)

* Orientation Quiz **(Assessment)**
* Orientation Discussion Board **(Student Interaction)**
* Lecture: What it takes to be an Athletic Trainer

<https://youtu.be/ls-tie_eWK0>

<https://youtu.be/_iI4igN7a98>

* Module Self-Test

**Module 2: CPR** (Week 2 – No Class)

* Lecture: CPR training

<https://youtu.be/yR61iBhvNWs>

* Discussion board on CPR training **(Assessment / Student Interaction)**
* Discussion board: CPR videos

<https://youtu.be/IgQdSo1vwX4>

<https://youtu.be/xyBueL3Sm_g>

<https://youtu.be/CuUXdQI5LLs>

<https://youtu.be/KyXVq3tj5II>

* Module Self-Test

**Module 3: Spine Boarding** (Week 3 – In Class)

* Lecture: Spine Boarding

<https://youtu.be/DxIu1FxZJ94>

<https://youtu.be/tO0JdbZeRxo>

* Blog 1 Posting: What have you learned so far and any concerns so far **(Assessment / Student Interaction)**
* Watch videos on spine boarding

<https://youtu.be/OcRNEr32AQ0>

<https://youtu.be/yttwR2b5X44>

* Practice spine boarding
* Discuss group project on CPR, Spine boarding, A.B.C.’s, and R.I.C.E. (Due in Module 10)
* Module Self-Test

**Module 4: A.B.C.’s** (Week 4 – No Class)

* Lecture: A.B.C and R.I.C.E.

<https://youtu.be/HimO1Ix8FrM>

<https://youtu.be/fqTjw2qDd-0>

* Discussion board: Different scenarios where students athletic trainers would use A.B.C. and R.I.C.E. **(Assessment / Student Interaction)**
* Module Self-Test

**Module 5: Concussions** (Week 5 – In Class)

* Lecture: Concussions

<https://youtu.be/gny8lZ1Ds3g>

<https://youtu.be/55u5Ivx31og>

* Discussion board: What to do when an athlete has a concussion **(Assessment / Student Interaction)**
* Module Self-Test
* Begin Concussion Project **(Due in Module 12)**

**Module 6: Procedures Dealing With Injured Athletes** (Week 6 – No Class)

* Lecture: Ice and Rehab

<https://youtu.be/6eSRakdFOSM>

<https://youtu.be/omcyh8-aL24>

* Blog 2 Posting: How the concussion project is going **(Assessment / Student Interaction)**
* Discussion board: What is the Privacy Policy for injured athletes? **(Assessment / Student Interaction)**
* Module Self-Test

**Module 7:** **Midterm** (Week 7 – No Class)

* Midterm
* Demonstrating Correct Techniques of CPR, spine boarding, A.B.C.’s, and R.I.C.E. project due

**Module 8: Identifying Ligaments in the Ankle** (Week 8 – In Class)

* Lecture: Ligaments in the ankle

<https://youtu.be/xIplNs4754Q>

<https://youtu.be/hipLHEdWAy8>

* Discussion board: How to treat injured athletes **(Assessment / Student Interaction)**
* Discussion board**:** What injuries are most common for the ankle? **(Assessment / Student Interaction)**

**Module 9: Identifying Ligaments in the Knee** (Week 9 – In Class)

* Lecture: Ligaments in the knee

<https://youtu.be/tf2xBJZFcg4>

<https://youtu.be/c3643PM0a2o>

* Blog 3: Discuss the different tests the student athletic trainers can preform and what to do if the athlete has torn a ligament **(Assessment / Student Interaction)**
* Module Self-Test

**Module 10: Identifying Bones in the Arm** (Week 10 – No Class)

* Lecture: Arm

<https://youtu.be/6gtsXgojD78>

<https://youtu.be/-Ydcc8Pdm3c>

* Discussion board: Discuss on how to test how to see if a wrist or arm is broken **(Assessment / Student Interaction)**
* Module Self-Test

**Module 11: Explaining How to Tape** (Week 11 – No Class)

* Lecture: Steps in taping: ankle, wrist, fingers, knee

<https://youtu.be/0LpGDkiyvaQ>

<https://youtu.be/6DUhP8_KkG0>

<https://youtu.be/KRy6z0oH8p8>

<https://youtu.be/uNDdwCZNo6U>

<https://youtu.be/MEy__Vt1F60>

* Watch videos for each taping technique
* Blog posting: Taping techniques **(Assessment / Student Interaction)**
* Module Self-Test

**Module 12: Taping** (Week 12 – In Class)

* Lecture: Taping ankle, knee, wrist, fingers, knee

<https://youtu.be/TnbKqMHgGmc>

<https://youtu.be/1u-fDGJ83w4>

* Video blog: Record taping each technique **(Assessment / Student Interaction)**
* Module Self-Test

**Module 13: Field Observation** (Week 13 & 14 – No Class)

* Field Observations
* Field Notes
* Concussion project due

**Final Practical Exam** (Week 15 – No Class)

**Blogs & Discussions**

* Discussion Boards
  + How To Post
  + Link to Discussions
  + Netiquette and Posting Standards
  + Rubric
  + Good/bad examples of discussion boards
* Video Blog Assignments
  + Dates to Post
  + Instructions and Participation Requirements
  + Link to Student Blogs
  + Link to Student Video Blogs
  + Extra Credit Possibility
  + Rubric
  + Good/bad examples of video blogs

**Tests & Quizzes**

* Orientation Quiz
* Self-Tests
* Midterm
* Final Practical Exam

**Assignments**

* Group Project Demonstrating Correct Techniques of CPR, Spine Boarding, A.B.C.’s, and R.I.C.E.
  + Instructions and Rubric
  + Quality Example
* Impact From Concussions Project
  + Instructions and Rubric
  + Quality Example
* Practice Practical of Taping Techniques
  + Instructions and Rubric
  + Quality Example
* Taping Technique
  + How to properly tape
  + Link to videos to watch
  + Peer Review