

**Department:**

Physical Education

**Course Description:**

This course will provide an intermediate level of clinical experiences in the Highland Community College Athletic Training Education Program. There will be application of intermediate skills 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 recognize and manage acute injury and illness, including performing a primary survey for life-threatening situations, applying basic life support methods, and following established emergency and universal precaution plans.
2. Demonstrate the ability to provide appropriate first aid to musculoskeletal injury, including protection, ice, rest, compression, and elevation.
3. 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.
4. Demonstrate the ability to manage, protect, and prevent skin blisters.
5. Demonstrate the ability to manage a possible accidental poisoning and activate/notify poison control.
6. Demonstrate the ability to perform and instruct more advanced flexibility and stretching techniques for lower extremity muscle groups and joints.
7. Identify the normal ranges for vital signs.
8. Demonstrate the basic protocols for distributing over-the-counter (OTC) medicine.

**Course Content:**

- A. Acute Illness and Injuries
  1. Proper management
  2. Emergency Action Plan
  3. Recognition
  4. Primary survey
  5. Basic life support
  6. Prevention
- B. First Aid
  1. Protection
  
  2. Rest

3. Ice
  4. Compression
  5. Elevation
  6. Proper usage of first aid techniques
- C. Universal Precautions
1. Basic wound care
  2. Manage, protect and prevent blisters
- D. Poisoning
1. Protocol
  2. Basic care
- E. Stretching
1. Intermediate flexibility and stretching techniques for lower extremity muscle groups and joints
  2. Intermediate flexibility and stretching techniques for upper extremity muscle groups and joints
- F. Vital Signs
1. How to find vitals
  2. Identify norms
- G. Over-the-Counter Medicine
1. Differences in medications
  2. Contraindications of medicine

## 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:

Alter, Michael (1998) Sport Stretch (2nd Edition) Human Kinetics.

### **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](#).