



Nursing and Health Professions Division
3322 College Drive, Vineland, NJ 08360
856-691-8600

HS 105 Introduction to Athletic Training

Syllabus

Lecture Hours/Credits: 2/2

Catalog Description

This course is designed as an initial experience for students considering a career in athletic training. Students will be introduced to various domains, competencies, and proficiencies related to athletic training. An in-depth look at the field of athletic training and the requirements of the athletic training program will be discussed. An observational field experience is required.

Textbook and Course Materials

It is the responsibility of the student to confirm with the bookstore and/or their instructor the textbook, handbook, and any other materials required for their specific course and section.

Click here to see current textbook prices at cccnj.bncollege.com.

Evaluation Assessment

Online Proctoring

All courses offered at RCSJ, whether they are web-enhanced, hybrid, or fully online, may include assessments that make use of Online Proctoring. To find out more about Online Proctoring, and to learn about the minimum technical requirements, visit rcsj.edu/elearning/online-proctoring.

Grading Distribution

Grading to be determined by individual instructors.

Individual instructors may include the following assessment(s):

- Class participation/Attendance
- Quizzes and lecture exams
- Final Exam
- Lab reports (incl. field trips)
- Project

Grading

The grading scale for each course and section will be determined by the instructor and distributed the first day of class.

Rowan College of South Jersey Core Competencies

(Based on the NJCCC General Education Foundation - August 15, 2007; Revised 2011; Adopted 2014)

This comprehensive list reflects the core competencies that are essential for all RCSJ graduates; however, each program varies regarding competencies required for a specific degree. Critical thinking is embedded in all courses, while teamwork and personal skills are embedded in many courses.

1. **Written and Oral Communication:** Students will communicate effectively in both speech and writing.
2. **Quantitative Knowledge and Skills:** Students will use appropriate mathematical and statistical concepts and operations to interpret data and to solve problems
3. **Scientific Knowledge and Reasoning:** Students will use the scientific method of inquiry, through the acquisition of scientific knowledge.
4. **Technological Competency:** Students will use computer systems or other appropriate forms of technology to achieve educational and personal goals
5. **Society and Human Behavior:** Students will use social science theories and concepts to analyze human behavior and social and political institutions and to act as responsible citizens.
6. **Humanistic Perspective:** Students will analyze works in the fields of art, history, music, or theater; literature; philosophy and/or religious studies; and/or will gain competence in the use of a foreign language
7. **Historical Perspective:** Students will understand historical events and movements in World, Western, non-Western or American societies and assess their subsequent significance.
8. **Global and Cultural Awareness:** Students will understand the importance of a global perspective and culturally diverse peoples.
9. **Ethical Reasoning and Action:** Students will understand ethical issues and situations.
10. **Information Literacy:** Students will address an information need by locating, evaluating, and effectively using information.

HS 105 Core Competencies

This course focuses on three of RCSJ's Core Competencies:

- [Add Core Competencies here](#)

Student Learning Outcomes: HS 105 Introduction to Athletic Training

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Explain the risk factors associated with physical activity		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify and explain the epidemiology data related to the risk of injury and illness related to participation in physical activity.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify and explain the recommended or required components of a pre-participation examination based on appropriate authorities' rules, guidelines, and/or recommendations.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the principles of effective heat loss and heat illness prevention programs.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the precautions and risks associated with exercise in special populations		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the basic principles associated with the use of protective equipment.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Discuss the physiological and psychological effects of physical activity and their impact on performance.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe common techniques and procedures for evaluating common injuries		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the roles of special tests in injury assessment.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the role of postural examination in injury assessment including gait analysis.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe and identify postural deformities.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Demonstrate the use of medical terminology and abbreviations necessary to communicate with physicians and other health professionals.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Summarize the components of medical documentation (e.g. SOAP, HIPS and HOPS).		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Elaborate on the proper roles and responsibilities of the certified athletic trainer in terms of the legal, moral, and ethical parameters that define the scope of first aid and emergency care.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Demonstrate the appropriate use of aseptic or sterile techniques, approved sanitation methods, and universal precautions for the cleansing and dressing of wounds.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the application principles of rest, cold application, elevation, and compression in the treatment of acute injuries.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the signs, symptoms, and pathology of acute inflammation		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify the signs, symptoms, and treatment of patients suffering from adverse reactions to environmental conditions.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Describe contemporary pain-control theories		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Determine appropriate therapeutic modalities for the treatment and rehabilitation of injuries and illness.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the physiological and pathological processes of trauma, wound healing and tissue repair and their implications on the development, progression and implementation of a therapeutic exercise program.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the process/methods of assessing and reassessing the status of the patient using standard techniques and documentation strategies in order to determine appropriate treatment and rehabilitation plans and to evaluate the readiness to return to the appropriate level of activity.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Determine the appropriate therapeutic exercise program and appropriate therapeutic goals and objectives based on the initial assessment and frequent reassessments.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the psychosocial requirements (i.e., motivation and self-confidence) of various activities that relate to the readiness of the		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
injured or ill individual to resume participation		<ul style="list-style-type: none"> • Lab reports (incl. field trips) • Project
Explain the importance of providing health care information to patients, parents/guardians, and others regarding the psychological and emotional well-being of the patient		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Compare the theories and techniques of interpersonal and cross-cultural communication among athletic trainers, their patients, and others involved in the health care of the patient		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the basic principles of counseling (discussion, active listening, and resolution) and the various strategies that certified athletic trainers may employ to avoid and resolve conflicts among superiors, peers, and subordinates.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the potential need for psychosocial intervention and referral when dealing with populations requiring special consideration.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the psychosocial factors that affect persistent pain perception and identify multidisciplinary approaches for managing patients with persistent pain.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe organization and administration of pre-participation		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
physical examinations and screening.		<ul style="list-style-type: none"> • Final Exam • Lab reports (incl. field trips) • Project
Identify components of a medical record and the associated implications of privacy statutes (Health Insurance Portability and Accountability Act [HIPAA] and Federal Educational Rights Privacy Act [FERPA]).		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify common human resource policy and federal legislation regarding employment		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe duties of personnel management.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify principles of recruiting, selecting, and employing physicians and other medical and allied health care personnel in the deployment of health care services.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe federal and state infection control regulations and guidelines.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify key accrediting agencies for health care facilities		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
		<ul style="list-style-type: none"> • Final Exam • Lab reports (incl. field trips) • Project
Identify and describe basic components of a comprehensive emergency plan for the care of acutely injured or ill patients.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe strategic processes and effective methods for promoting the profession of athletic training and those services that athletic trainers perform in a variety of practice settings		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Differentiate the roles and responsibilities of the athletic trainer from those of other medical and allied health personnel who provide care to patients involved in physical activity and describe the necessary communication skills for effectively interacting with these professionals.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe role and functions of various community-based medical, paramedical, and other health care providers and protocols that govern the referral of patients to these professionals.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Demonstrate the ability to access medical and health care information through electronic media.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Use appropriate terminology and medical documentation to record injuries and illnesses		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Use appropriate terminology to effectively communicate both verbally and in writing with patients, physicians, colleagues, administrators, and parents or family members.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Explain the role and function of state athletic training practice acts and registration, licensure, and certification.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the process of attaining and maintaining national and state athletic training professional credentials.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the role and function of the governing structures of the National Athletic Trainers' Association		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Differentiate the essential documents of the national governing, certifying, and accrediting bodies.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Summarize the position statements regarding the practice of athletic training		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Describe the role and function of the professional organizations and credentialing agencies that impact the athletic training profession.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Summarize the current requirements for the professional preparation of the athletic trainer		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify the objectives, scope of practice and professional activities of other health and medical organizations and professions and the roles and responsibilities of these professionals in providing services to patients.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify the issues and concerns regarding the health care of patients.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Identify and access available educational materials and programs in health-related subject matter areas		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Successful completion of HS 105 will help students:	RCSJ Core Competencies	Evaluation / Assessment (Additional means of evaluation may be included by individual instructors)
Summarize the history and development of the athletic training profession.		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project
Access by various methods the public information policy-making and governing bodies used in the guidance and regulation of the profession of athletic training (including but not limited to state regulatory boards, NATA, BOC).		<ul style="list-style-type: none"> • Class participation/Attendance • Quizzes and lecture exams • Final Exam • Lab reports (incl. field trips) • Project

Topical Outline

- CCC/Rowan Athletic Training Programs
- Review of Policy Manual and review of program requirements, discussion of observation requirements, begin discussion on NATA
- Professional Development and Responsibilities of the Athletic Trainer
- Health Care Administration in Athletic Training
- Legal Concerns and Issues
- Environmental Considerations
- Training and Conditioning Techniques
- Assessment of Athletic Injuries
- Using Therapeutic Modalities
- Using Therapeutic Exercise In Rehabilitation
- On-the-field emergency care
- Intro to Pharmacology
- Musculoskeletal Conditions
- General Medical Conditions

Affirmative Action Statement

The Board of Trustees is committed to providing a work and academic environment that maintains and promotes affirmative action and equal opportunity for all employees and students without discrimination on the basis of certain enumerated and protected categories. These categories are race, creed (religion), color, national origin, nationality, ancestry, age, sex (including pregnancy and sexual harassment), marital status, domestic partnership or civil union status, affectional or sexual orientation, gender identity or expression, atypical hereditary cellular or blood trait, genetic information, liability for military service, or mental or physical disability, including AIDS and HIV related illnesses.

For questions concerning discrimination, contact Almarie J. Jones, Special Assistant to the President, Diversity and Equity/Title IX and Compliance, 856-415-2154 or ajones@rcsj.edu or (Cumberland) Nathaniel Alridge, Jr., JD, Director, Diversity and Equity/Title IX and Judicial Affairs, 856-691-8600, ext. 1414 or nalridge@rcsj.edu. For disability issues or any barriers in the learning or physical environment related to a document condition/disability please contact: Gloucester campus – Dennis M. Cook, Director, Department of Special Services, ADA/504 Officer at 856-415-2265 or dcook@rcsj.edu; or Cumberland Campus – Meredith Vicente, Senior Director, Physical & Learning Disabilities, Center for Academic & Student Success (CASS) at 856-691-6900 ext. 1282 or mvicent1@rcsj.edu

Department of Special Services

The Department of Special Services, located in the Enrollment and Student Services building, within the Testing Center, welcomes students of all abilities. The staff members in Special Services are committed to providing support services and ensuring equal access to eligible students with documented conditions/disabilities as outlined by the Americans with Disabilities Act (ADA) and the Americans with Disabilities Act with Amendments Act (ADAAA). For more information, please visit our website-[Department of Special Services](#) or call 856-691-8600 x1445 or x1487.

Reporting Allegations of Sexual Assault Resource Referrals (8/2020)
Cumberland Campus

There are multiple safe places for students to report allegations of sexual assault, both on and off campus. Reports of sexual assault can be made to any of the following offices listed in the chart below.

All students are encouraged to report alleged crimes on campus. Employees must report crimes that pose an immediate threat to the campus to the Security Office, the local Police Department or the Sheriff's Office.

Service	Resource	Phone Number/Location/Website
Non-Confidential Reporting Law Enforcement	Vineland Police Dept. Millville Police Department Cumberland Co. Sheriff's Office Cumberland County Emergency Services Cumberland Campus Security 856-200-4706 (Direct)	856-691-4111 856-825-7010 856-451-4449 9-1-1 Andres Lopez, Director Safety and Security 856-691-8600, ext. 1777
Non-Confidential On-Campus Reporting Support Services	Almarie J. Jones Special Assistant to the President Diversity and Equity, Title IX and Compliance Nathaniel Alridge, Jr., JD, Director Diversity and Equity, Title IX and Judicial Affairs Kellie W. Slade Executive Director Student Services, Student Life	856-415-2154 College Center, room116 ajones@rcsj.edu 856-200-4712 nalridge@rcsj.edu Academic Building, 2nd floor 856-200-4615 kslade@rcsj.edu Student Life Building (near gym)
Confidential On-Campus Counseling and Support Services	Heather Bense, LCSW, ACS Director John Wojtowicz, LSW, VACW Mental Health Counselor Student Counseling and Wellness Center	856-200-4759 hbense@rcsj.edu Academic Building downstairs <hr/> 856-200-4760 jwojtowicz@rcsj.edu Academic Building – 1st floor
Confidential Off-Campus Full-Service Support	Center for Family Services – Services Empowering Rights of Victims (SERV)	24/7 Hotlines Cumberland Co. – 1-800-225-0196 Camden & Glo. Co. 1-866-295-7378 centerffs.org/serv
Sexual Assault Nurse Examiner on Site	Inspira Medical Center Vineland	1505 W. Sherman Ave., Vineland, NJ 856-641-8000