**High Plains Technology Center**

**Health Careers**

**Learning Activity Packet (LAP) for Student Athletic Training Aide**

**Related unit of instruction:**

Basic Care & Prevention of Athletic Injuries

**Approximate Completion time:**

15 hours

**Rationale for the Lap:**

This LAP is designed to help the student recognize, evaluate and provide care to athletic injuries. Students will demonstrate skill in taping and wrapping techniques and construction and fitting of equipment to comply with safety regulations. Upon completion of this course, students will have a basic understanding of pharmacology and nutrition.

**Criteria for successful completion:**

By the end of this LAP the student will

1. Read and turn in work sheet for Chapter 6 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the test for the chapter

**Learning Objective:**

 Nutrition and Weight Management Chapter 6

1. Define and correctly spell each of the key terms.
2. Explain energy balance – how calories relate to weight maintenance, weight loss and weight gain.
3. Define the six classes of nutrients and explain their importance.
4. Identify the food groups and list several food sources in each group.
5. Identify the leader nutrients that are supplies by each food group.
6. List five different physical activities and discuss how they affect caloric expenditures.

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By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 9 and 10 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the tests for the chapters.

**Learning Objective:**

 Emergency Preparedness and Assessment Chapter 9

1. Define and correctly spell each of the key terms.
2. Set up an Emergency Action Plan.
3. Identify the three body planes.
4. Describe the proper procedure for dealing with an unconscious athlete.
5. Perform primary and secondary surveys of injuries.

Assembling the First Aid Kits and Equipment Bags Chapter 10

1. Define and correctly spell each of the key terms.
2. Identify and describe the contents of each of the first aid kits described in this chapter.
3. List the forms that are a necessary part of the first aid kits.
4. Identify the items that are required in each type of equipment bag.

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1. Read and turn in work sheets for Chapter 12 and 13 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the tests for the chapters.

**Learning Objective:**

 Vital Signs Assessment Chapter 12

1. Define and correctly spell each of the key terms.
2. Accurately measure and record the four vital signs.
3. Accurately measure and record a person’s height and weight.
4. Identify several abnormal respiratory patterns.
5. Recognize the signs of shock.

Basic Life Support Chapter 13

1. Define and correctly spell each of the key terms.
2. Name and describe the steps involved in CPR.
3. Explain the importance of early access to AED.
4. Demonstrate the obstructed airway maneuver.
5. Explain and demonstrate the three-person log roll.

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By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 14 and 15 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the tests for the chapters

**Learning Objective:**

Injuries to the Tissues Chapter 14

1. Define and correctly spell each of the key terms.
2. Name and explain the function of at least four cellular components.
3. Name and describe the four different types of tissue groups.
4. List the main components of a body system.
5. Describe several types of joints in the body and their category.
6. Identify and discuss soft tissue injuries.
7. Discuss the different symptoms of sprains, strains, dislocations and fractures.

Injuries to the Head and Spine Chapter 15

1. Define and correctly spell each of the key terms.
2. List and explain the major parts and functions of the brain.
3. Explain some common injuries to the head and describe their initial treatment guidelines.
4. Describe the symptoms of three common facial injuries and explain their treatments.
5. Briefly describe the composition of the spine.
6. Explain the purpose of the nervous system.
7. Discuss how to treat injuries to the head and spine.

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By the end of this LAP the student will

1. Read and turn in work sheets for Chapters 16 – 18 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the tests for the chapters

**Learning Objective:**

Injuries to the Upper Extremities Chapter 16

1. Define and correctly spell each of the key terms.
2. Identify major bones, muscles, veins and arteries frequently involved in upper-extremity injuries.
3. Identify commonly injured upper-extremity joints.
4. Understand and describe common upper-extremity injuries.
5. Recognize the signs and symptoms of shoulder, arm and hand injuries.
6. Name and describe, with respect to individual sports, disorders or the upper extremities to which athletes are most susceptible.

Injuries to the Chest and Abdomen Chapter 17

1. Define and correctly spell each of the key terms.
2. Identify organs of the chest and abdomen and their respective injuries.
3. Name and define the three types of blood vessels and the three types of blood cells.
4. Identify the structure and function of the major parts of the heart.
5. Describe the path of a drop of blood as it flows through the heart.
6. Identify and describe the major parts of the respiratory system.
7. Describe the process of gas exchange.

Injuries to the Pelvis and Lower Extremities Chapter 18

1. Define and correctly spell each of the key terms.
2. Name the major bones of the pelvis and lower extremities.
3. Describe the different types of lower-extremity joints and their functions.
4. Briefly describe common injuries to the pelvis and lower extremities.
5. Discuss treatment of pelvic and lower-extremity injuries.
6. Explain potential emergencies that may result from an injury to the pelvis and lower extremities.

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By the end of this LAP the student will

1. Read and turn in work sheet for Chapter 21 in *Sports Medicine Essentials, Core Concepts in Athletic Training & Fitness Instruction. 2nd Edition,* Jim Clover, Delmar Cengage Learning, 2007.
2. Pass the test for the chapter

**Learning Objective:**

Taping and Wrapping Chapter 21

1. Define and correctly spell each of the key terms.
2. Understand the proper use and storage of athletic tape.
3. Discuss the importance of taping techniques in the prevention and treatment of athletic injuries.
4. Describe potential pitfalls of taping techniques.
5. Discuss the purpose of several different taping techniques.