Course Information Sheet

Course Title: Core Concepts in Athletic Training

Course Description: Core Concepts in Athletic Training and Therapy provides a balanced overview of the knowledge, skills, and clinical abilities that span the profession of athletic training. Athletic trainers will find current information covering the theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other athletic training texts, Core Concepts in Athletic Training and Therapy is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level.

Learning Objectives:

1. Describe the essential elements of the pre-participation physical exam
2. Describe the components of the Preparticipation physical exam and how to deal with athletes who have impairments
3. List the components of fitness testing
4. Create appropriate strength training and conditioning programs based on sport
5. Explain the basics nutritional needs of athletes and fluid intake
6. List the components of the MyPlate program
7. Adapt and modify for various environmental concerns and conditions
8. Explain proper treatment and prevention for heat illnesses
9. Explain the standards for equipment design and reconditioning
10. Apply proper prevention in order to avoid legal liability and negligence
11. Identify anatomy and injury mechanisms and how to appropriately tape and brace for these injuries/prevention
12. Describe injury mechanisms and classifications
13. Apply and properly design an onsite exam for acute injuries
14. Documentation of exams, injuries, and treatments
15. Recognize upper and lower body injuries
16. Understand and analyze various physiological medical conditions and when to refer to a physician
17. Identify emergency care as well as knowledge in the application of emergency protocol and treatments
18. List the components and concepts of rehabilitation and healing
19. Differentiate the proper protocol for using various therapeutic modalities

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study
**Fees**: Please see our website for the most current details on pricing & CE awards: 
[www.exerciseetc.com](http://www.exerciseetc.com)

**Cancellation/Refund Policy**: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

**Instructor/Author Credentials**:

*Susan Kay Hillman, ATC, PT*, is associate professor and director of human anatomy at the Arizona School of Health Sciences, a division of the A.T. Still University. She has more than 13 years of experience as head athletic trainer for the University of Arizona and has served as a consultant, assistant athletic trainer, and physical therapist for the Pittsburgh Steelers as well as the Philadelphia Eagles football clubs.

**Contact Hours/CEs**: Please see our website for the most current details on pricing & CE awards: [www.exerciseetc.com](http://www.exerciseetc.com)

**Sponsors**: N/A