Course Information Sheet

Course Title: Therapeutic Medications in Athletic Training

Course Description: Medications are used by athletes of all levels to treat hypertension, allergies, asthma, and a host of other conditions. These medications allow athletes to participate in the sports at an optimal level. Thus, as an athletic trainer, you need to keep abreast of the most current medications. Therapeutic Medications in Athletic Training, Second Edition, will help you update your knowledge of commonly used medications. The text provides the latest information on over-the-counter and prescription medications commonly used in athletics. It will help you review pharmacodynamics and pharmacokinetic principles and keep informed of the advances in a variety of medications for infections, skin conditions, pain, and inflammation. The text has been expanded to include medications for diabetes and respiratory, gastrointestinal, circulatory, and neurological conditions. It also includes numerous charts to give you easy access to the indications, contraindications, side effects, and adverse reactions for each type of medication. The new online course format features interactive case studies of virtual athletes to help you apply your knowledge of the various medications. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Understand the principles of pharmacodynamics, including isomers, dosing, potency, and drug interactions.
2. Gain a basic knowledge of how adverse drug interactions occur.
3. Understand the basic principles of pharmacokinetics such as absorption, routes of drug administration, effectiveness, distribution, metabolism, and elimination.
4. Know the guidelines for working with an athlete on medications, including the four Cs for preventing legal action (compassion, communication, competence, and charting).
5. Learn the indications and usage, routes of administration, general dosing protocols, side effects, adverse reactions, and contraindications for Aspirin and NSAIDs.
6. Learn the combination aspirin products, as well as the various types of NSAIDs and their duration of action.
7. Understand the guidelines for an athletic trainer when recommending NSAIDs and aspirin to an athlete.
8. Understand the chemical nature and endogenous production of steroid hormones.
9. Learn the indications and uses, routes of administration, side effects and adverse reactions, and considerations before use of corticosteroids.
10. Understand the guidelines for athletic trainers working with athletes using corticosteroids.
11. Be able to categorize the types of non-anti-inflammatory systemic analgesics.
12. Learn the indications and use, routes of administration, dosing protocols, side effects and adverse reactions, and considerations before use for Acetaminophen, opiate agonists (narcotics), Tramadol, and muscle relaxants.
13. Learn guidelines for athletic trainers to follow when working with athletes taking over the counter Tylenol, excessive caffeine, alcohol, and narcotic pain relievers.
14. Learn the local anesthetics and topical agents used on athletes for minor pain.
15. Define counterirritants.
16. Learn the indications and uses of injectable local anesthetics and topical medications, as well as their side effects and possible adverse reactions.
17. Understand the guidelines for an athletic trainer for use of local anesthetics and topical medications.
18. Learn the indications and uses, distinguishing features, routes of administration, side effects and adverse reactions of antibiotic, antifungal, and antiviral medications.
19. Understand the athletic trainer’s role in both monitoring for signs of infection as well as side effects of medications that may impact athletic performance.
20. Understand the basis for topical preparations used to treat or prevent infections.
21. Know the indications and uses, dosing protocol, side effects, and distinguishing features of antiseptics, topical antibiotics, antifungals, and antiviral medication.
22. Learn the types of medications, indications and uses, and side effects and adverse reactions for the medications used for treatment of gastrointestinal illnesses.
23. Understand the role of the athletic trainer in the management of athletes with these concerns, and understand the embarrassment that may interfere with an athlete asking for help.
24. Be able to differentiate between the pathology of type I and type II Diabetes.
25. Understand how exercise affects diabetes management, and know the exercise guidelines for type I diabetics.
26. Learn the various types of insulin used to treat diabetes.
27. Learn the types of oral hypoglycemic medications, their mechanism of action, side effects and adverse reactions, and routes of administration.
28. Know the Diabetes guidelines for an athletic trainer working with diabetic athletes.
29. Understand the pathology of hypertension and arrhythmias.
30. Know the types of medications, indications and uses, and side effects and adverse reactions for antihypertensive and antiarrhythmia medications.
31. Understand the role of the athletic trainer in assisting athletes with the management of hypertension or arrhythmias.
32. Understand the types of medications, indications and uses, and side effects and adverse reactions for antiepileptics, antidepressants, and ADHD medications.
33. Understand the role of the athletic trainer and guidelines in assisting athletes with neurological disorders.

**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

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:

Michael C. Koester, MD, ATC, FAAP, is a board-certified sports medicine specialist with more than 20 years of experience in the evaluation and treatment of sports-related injuries and conditions. In addition to being a sports medicine physician, he is a certified athletic trainer and a member of the writing committee for NATA certification exams. He earned his BS in athletic training from the University of Nevada in 1992 and then went on to obtain his MD from the University of Nevada School of Medicine in 1996. A sports medicine fellowship followed at Vanderbilt University, and he most recently became board certified in 2006. His areas of expertise in the active adult population are knee and shoulder injuries.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards:
www.exerciseetc.com

Sponsors: N/A