



Athletic Training: More than Taping Ankles

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Outline

- Athletic Training Organizations
- Strategic Alliance Announcement (2015)
- Sports Medicine Ideas
- Breakout Sessions

Athletic Training Organizations

Board of Certification
(BOC)

National Athletic
Trainers' Association
(NATA)

Certified
Athletic Trainer

Commission on Athletic
Training Education
(CAATE)

Research & Education
Foundation (REF)

Strategic Alliance Announcement

- Degree Change FAQs
- 2022 – Last year for undergraduate programs to accept students
 - A teach-out schedule is allowed

Terminology Matters!



Terminology Matters!
ELIMINATE CONFUSION WITH
AT'S ROLE IN HEALTH CARE

ATHLETIC TRAINER
"Athletic trainer" or "AT" are preferred
NEVER use "trainer" or "certified trainer"

ATHLETIC TRAINING STUDENTS
In high school: "athletic training student aides"
In college: "athletic training students"
NEVER use student trainers
The new acronym is "ATP." We no longer use "ATEP."

ATHLETIC TRAINING FACILITY
Preferred term is "athletic training facility"
Do NOT use "training room"

NATIONAL ATHLETIC TRAINING ASSOCIATION

Listing My Credentials

Sally Snow, MS, ATC
Degree Credential

Sally Snow, MS, LAT, ATC
Degree License Credential

Consistency in how Athletic Trainers identify themselves alleviates confusion and lends credibility to the profession. List academic degrees first, licenses second and credentials last. Here, credentials include BOC certification. For instance, a BOC Certified Athletic Trainer holding a master's degree and working in a state where licensure is not required should write, "Sally Snow, MS, ATC" – not "ATC, MS." The same BOC Certified Athletic Trainer working in a state with licensure would correctly write, "Sally Snow, MS, LAT, ATC." See the illustration for an example.

Recommendations

- YES ...

- Athletic Trainer / AT
- ATC (for credential, not to describe a person)
- Separate the credential from the license or registration
 - LAT, ATC
- Athletic Training Facility or Clinic

- NO...

- Trainer / Certified Trainer
- ATC/L, ATC/R, LATC
- Training Room

Recommendations

- YES ...

- Injured athletes as patients
- High School Students as
“athletic training student aides”
- CAATE Program Students as
“athletic training students”
- CAATE-Accredited Programs
 - AT Program
 - ATP

- NO...

- Never “Student Trainers”
- Never “Student Trainers”
- CAATE-Accredited Programs
 - ATEP

Sports Medicine Team-Bonding Ideas

Scavenger Hunt with Cameras



Zip-Lining

Seniors' Choice



Putt Putt Golf



Ropes Course



AT Skills Camp

Beginning or End-of-Year Pool Party



Mnemonics

- Cranial Nerves
- Tarsals / Carpals
- Reflexes
- SITS
- 3Bs
- 3-4-5 Keeps 'em Alive
- Brachial Plexus
- Pes Anserine
- T, D, an H
- “SALTER” Fracture
- ???
- ???

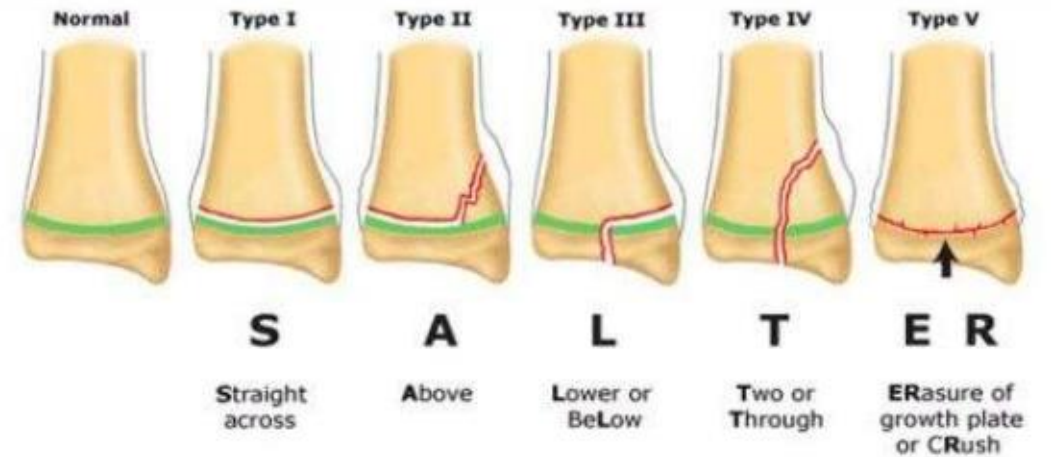
Mnemonics

- “SALTER” Fracture

Salter-Harris Classification

- Only used for **pediatric fractures** that involve the growth plate (physis)

Salter-Harris classification of physeal fractures

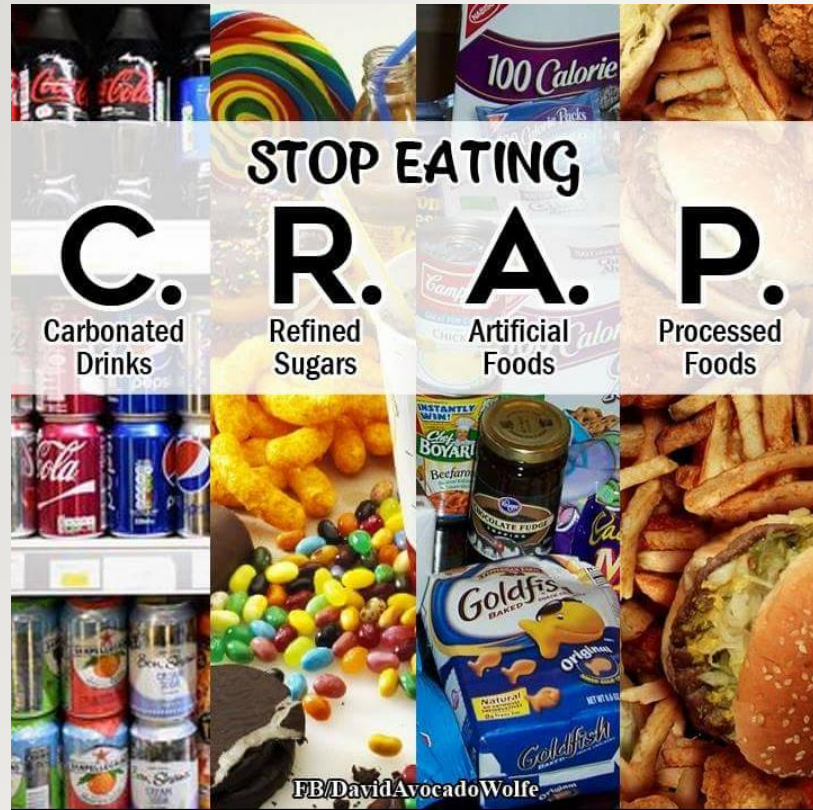




Education Tools...

- Quizlet
- EdPuzzle
- Puzzlemaker.com
- Educreation
- Near Pod
- Newsela
- FlipGrid

Nutrition



- Students create a community map of places to buy food on the route to & from school.
 - Discuss food options / healthy choices / alternatives
 - Log a 3-day diet, evaluate (myfitnesspal.com), write a reflection
- **Create an Informative Poster (left)**
 - Make a 30-day plan to gain or lose weight for an athlete in a specific sport (endurance, aesthetic, strength...)
- Take a picture of food labels from each food group; compare with other students; Create the best and worst meals from the food labels and explain the rationale

Pharmacology

Epocrates App



Have students create a “new” pharmaceutical

Name

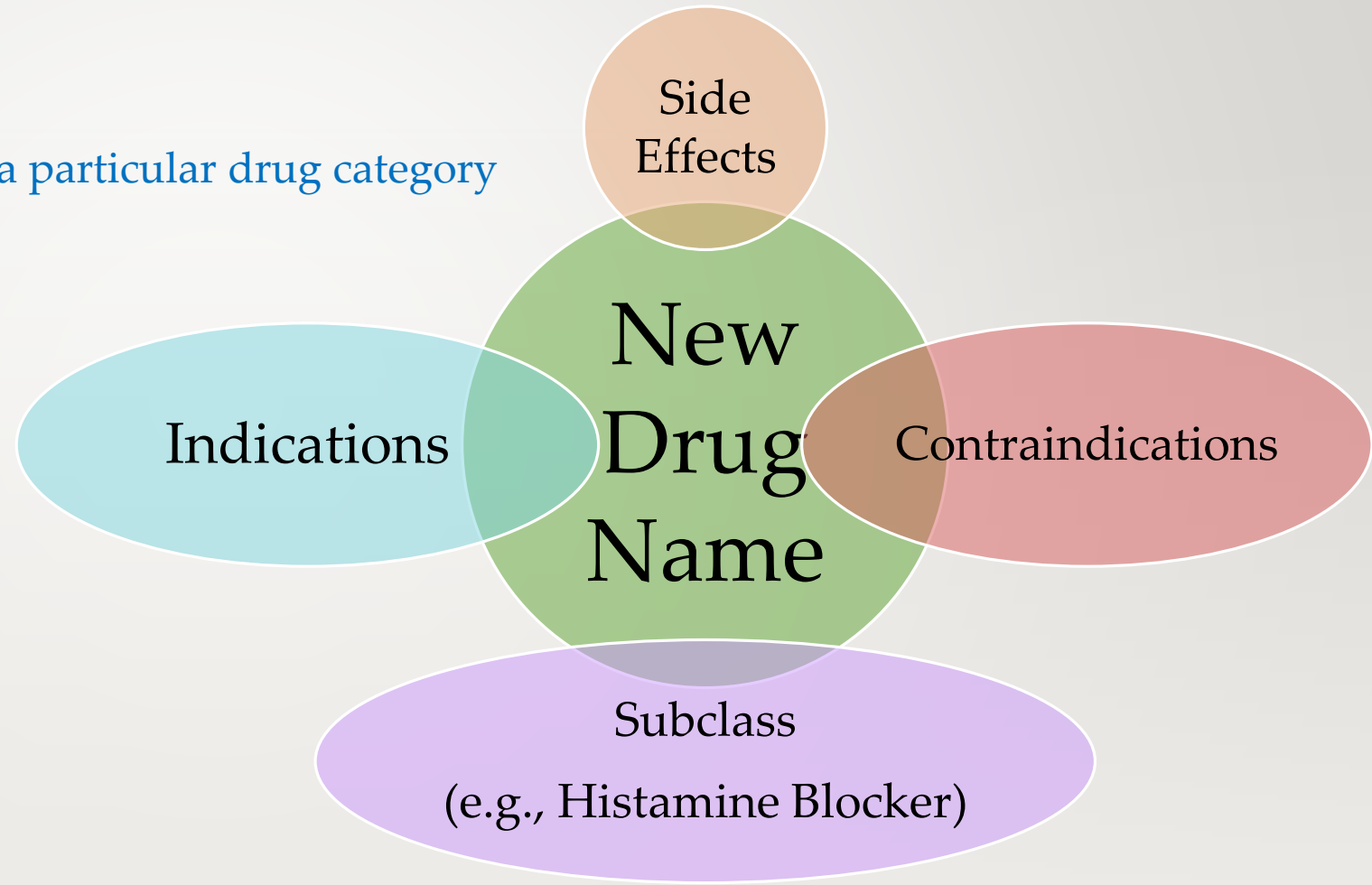
Purpose / Indications

Side-Effects

Dose / Strength

Pharmacology

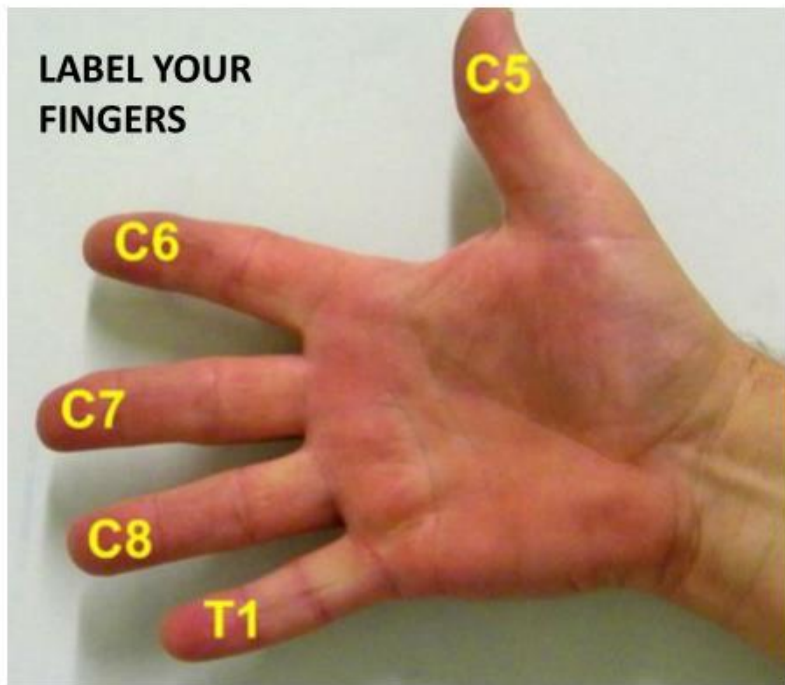
Students make a commercial for a particular drug category



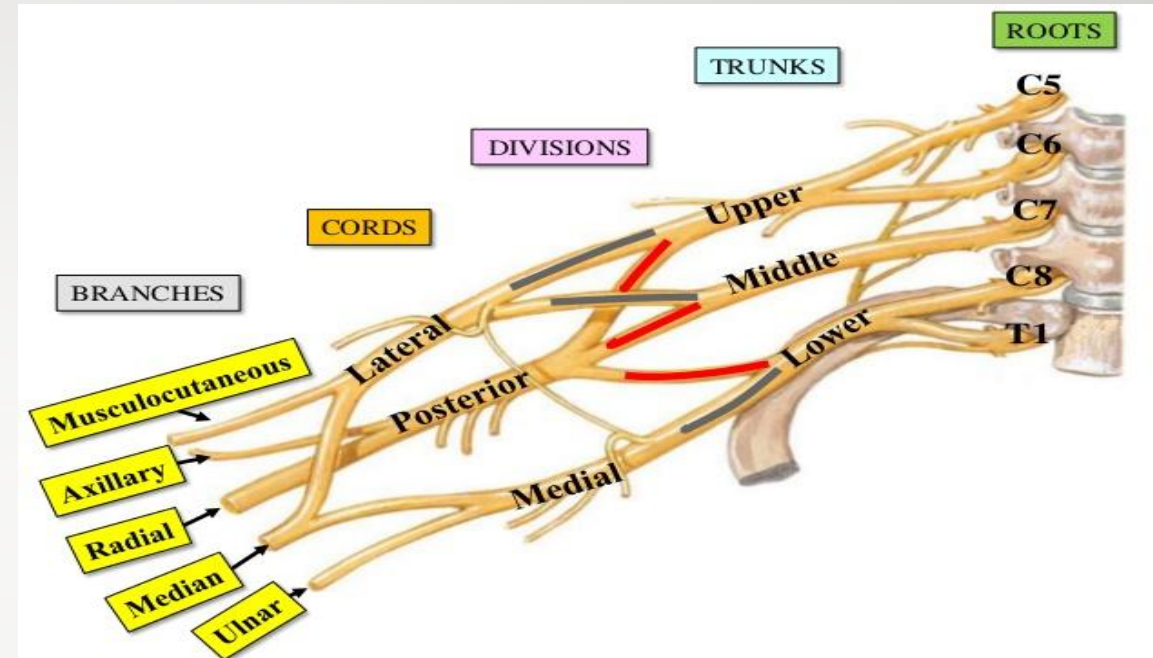
Neurology – Brachial Plexus

Nerve roots of main nerves

THREE musketeers assassinate 5 rats, 5 mice, 2 unicorns



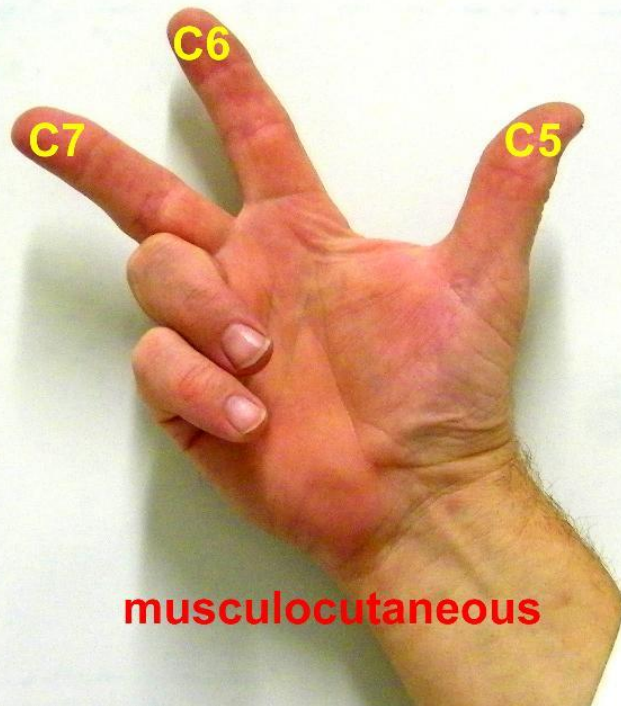
http://www.stitch.luc.edu/lumen/meded/grossanatomy/2013_2014/revisedbp14/revisedbp14_print.html



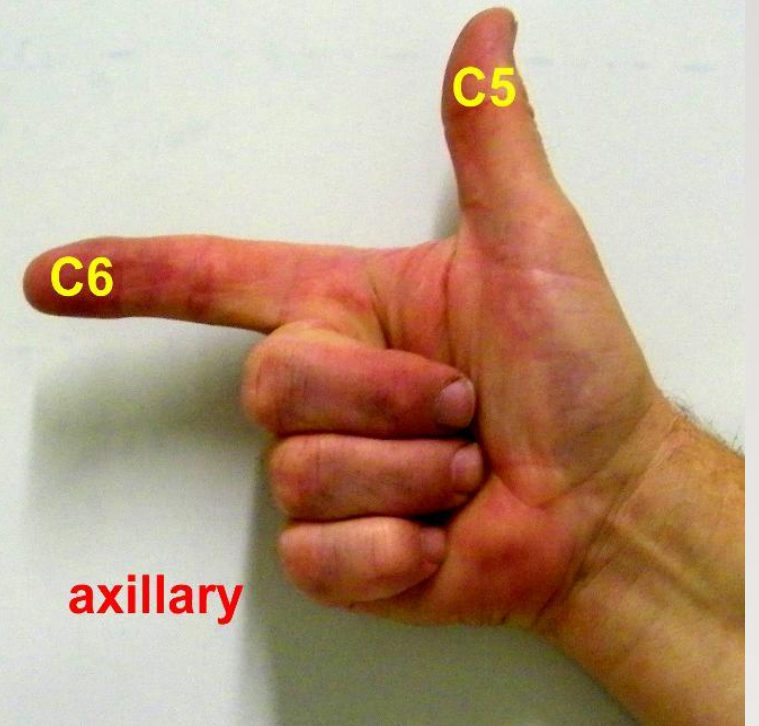
[Drawing the Brachial Plexus](#)

Neurology – Brachial Plexus

three MUSKETEERS

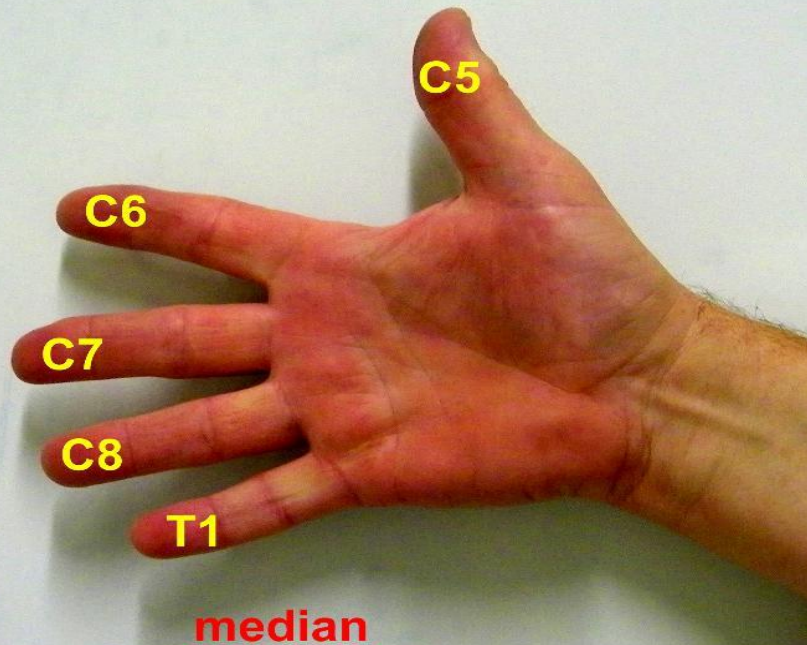


ASSASSINATED



Neurology – Brachial Plexus

five MICE, five RATS

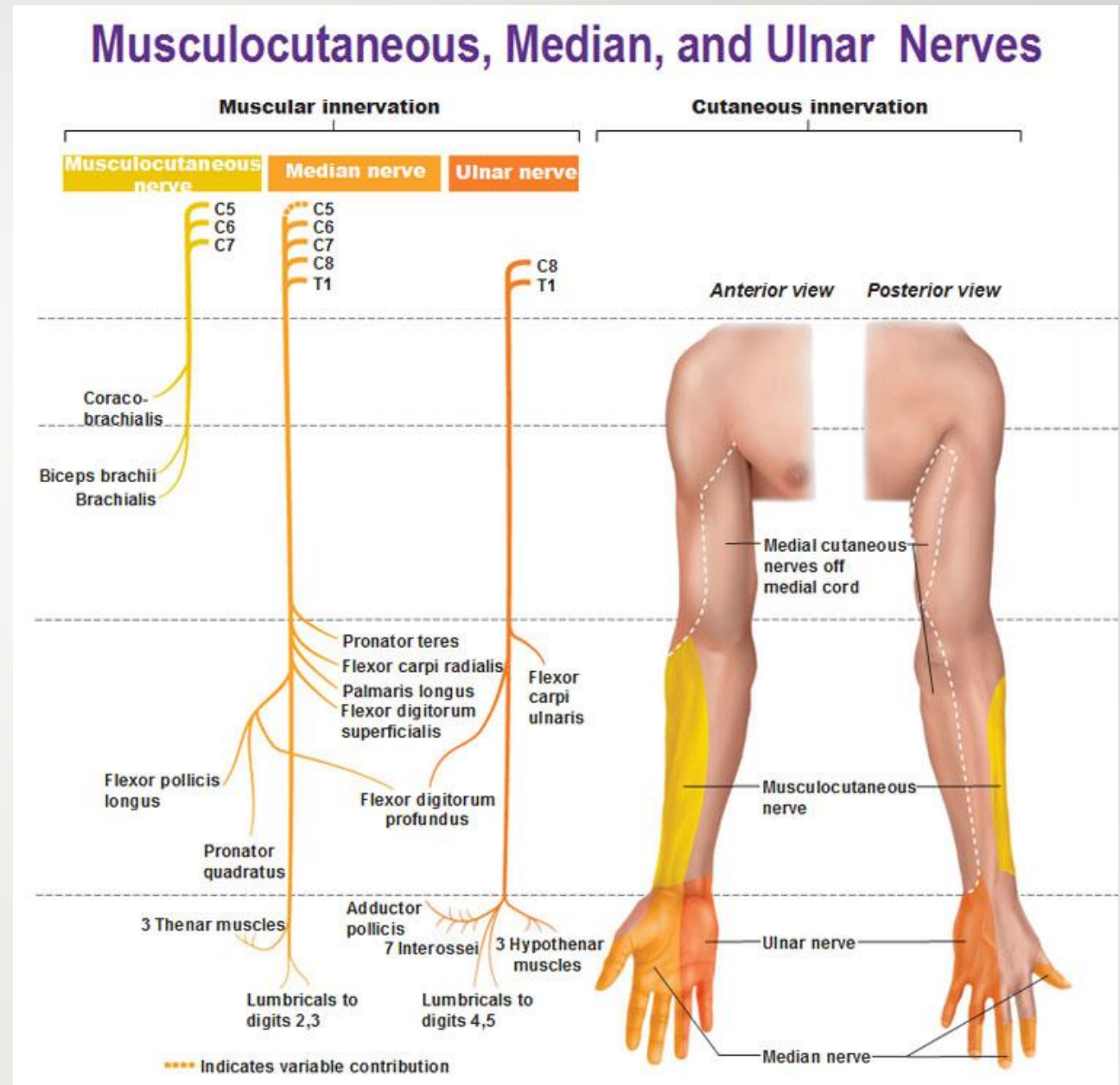


and two UNICORNS



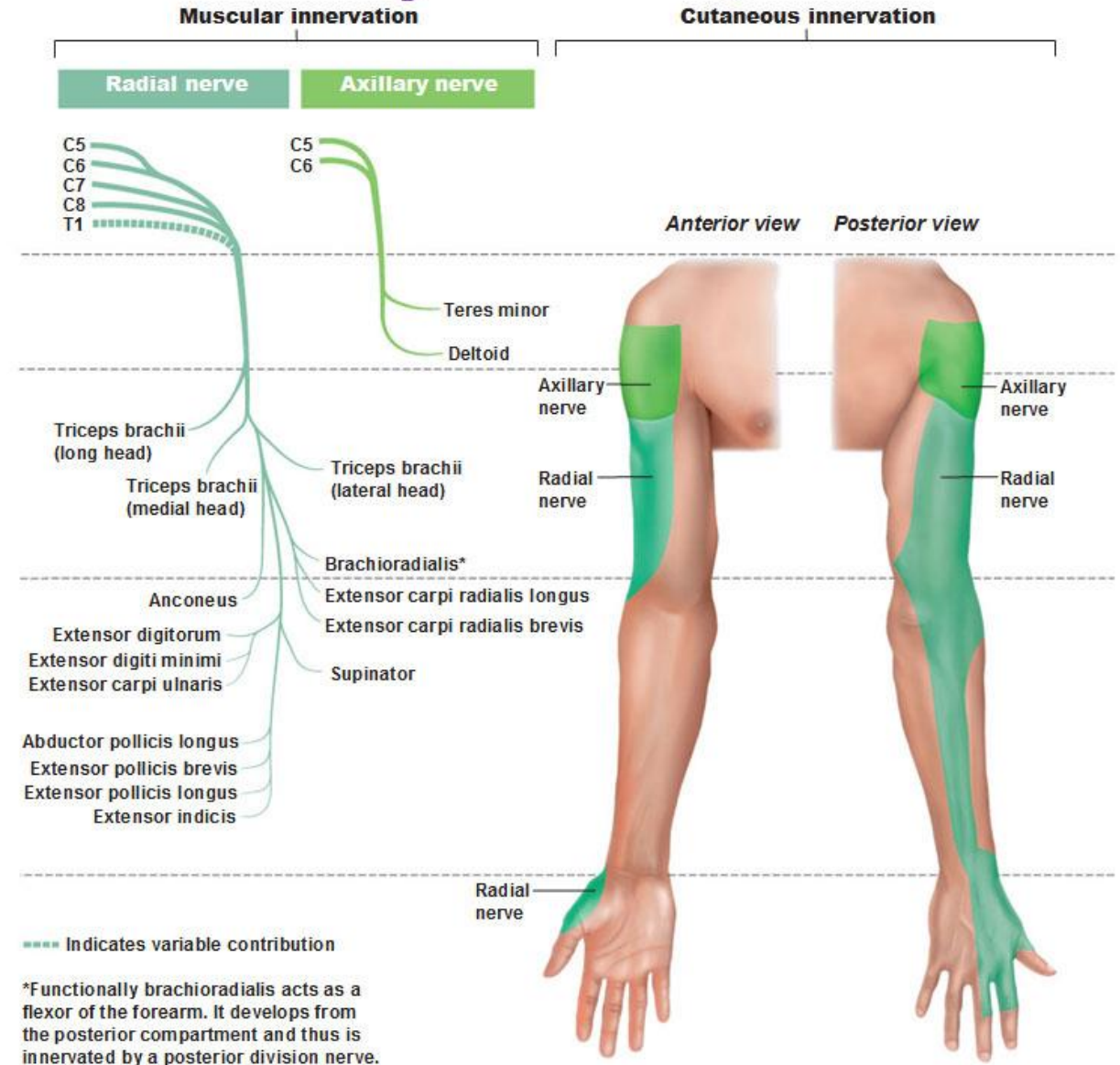
Neurology

- Laminate
- White-Out & use as worksheet



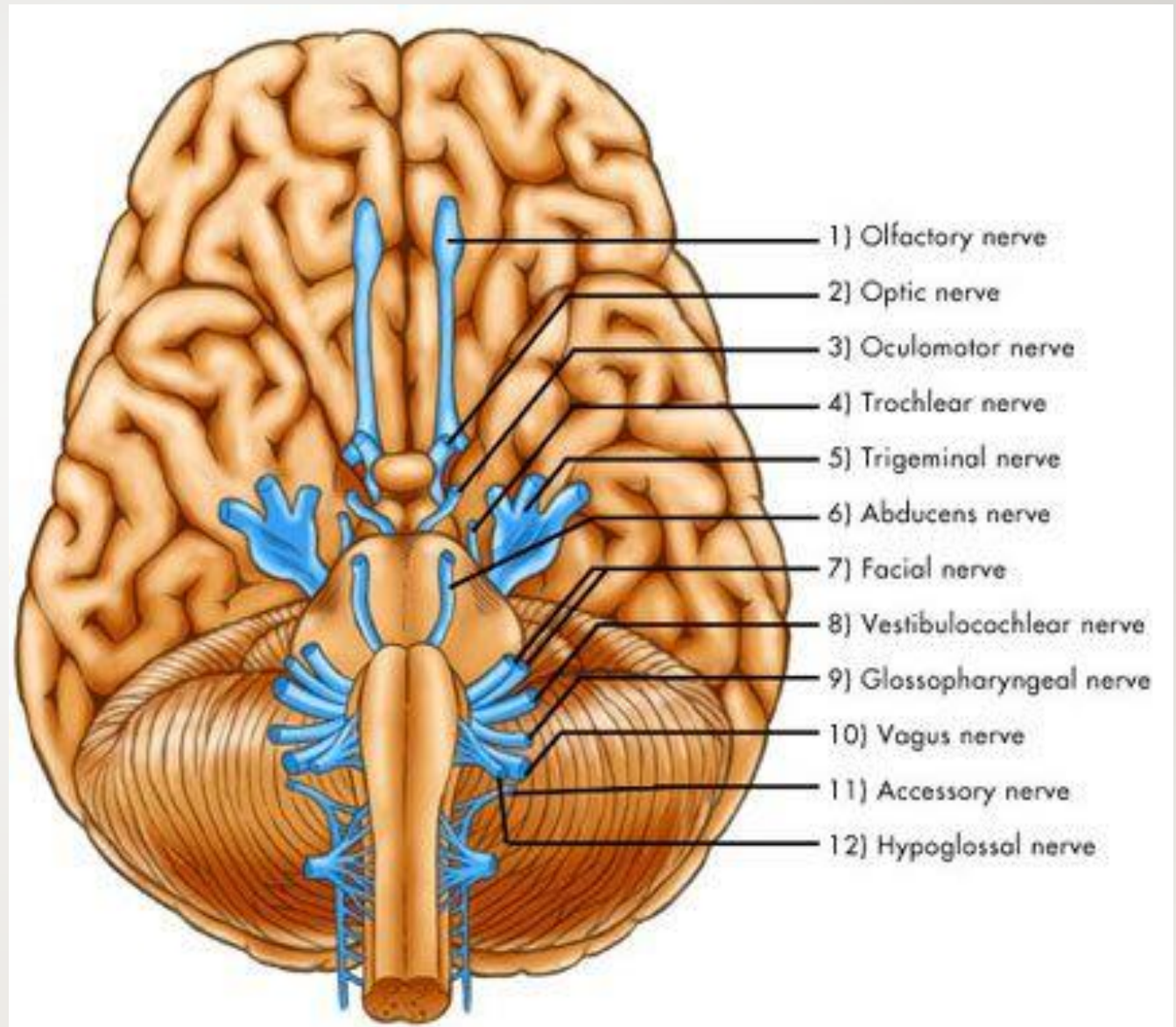
Neurology

Radial and Axillary Nerves



Neurology – Cranial Nerves

- Styrofoam Ball
- Pipe Cleaners
- Markers



Make a Playlist

Putting together an ATR playlist. We want songs that the title relates to AT. Some that we have are (ice ice baby, Physical, Doctor Doctor)

Doctor, my eyes – Jackson Browne

Doctor Feelgood – Motley Crue

Cuts – Dr. Hook & the Medicine Show

Rehab – Amy Winehouse

Rock & Roll Doctor – Black Sabbath

Doctor Wu – Steely Dan

Roll Doctor – Black Sabbath

Just What the Doctor Ordered – Ted Nugent

Get Over It - Eagles

Bad Case of Lovin' You – Robert Palmer

Tomato Steri-Strips

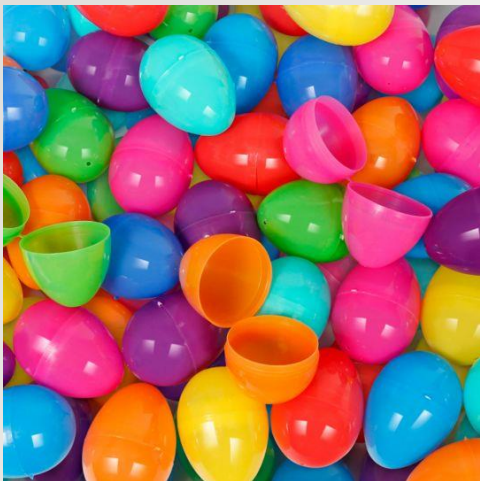


Practice makes
Perfect...



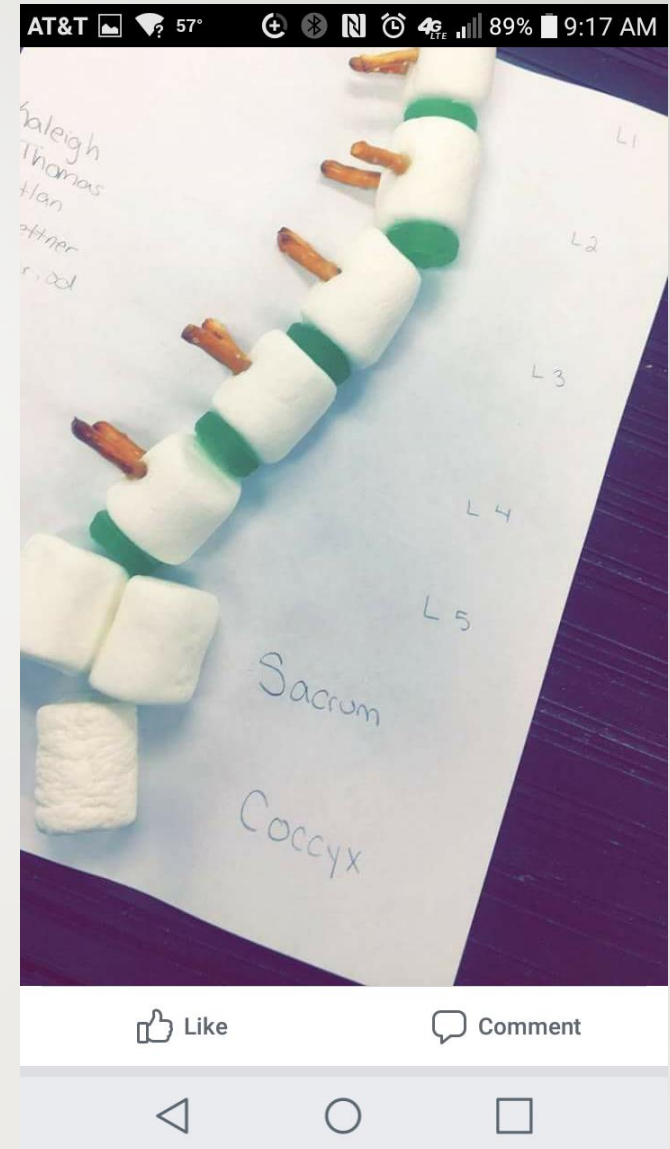
Easter Egg Rehab

- Each egg has an exercise, fun activity and a piece of candy!



Food Art –

- Edible Spine
 - Wash hands with soap & water
 - What you need
 - 7 minion marshmallows (cervical vertebrae)
 - 12 white marshmallows (thoracic vertebrae)
 - 5 pink marshmallows (lumbar vertebrae)
 - 1 rope candy (spinal cord)
 - 25 gummy lifesavers (intervertebral discs)
 - 1 large piece of butcher paper (work space)
 - 1 drinking straw



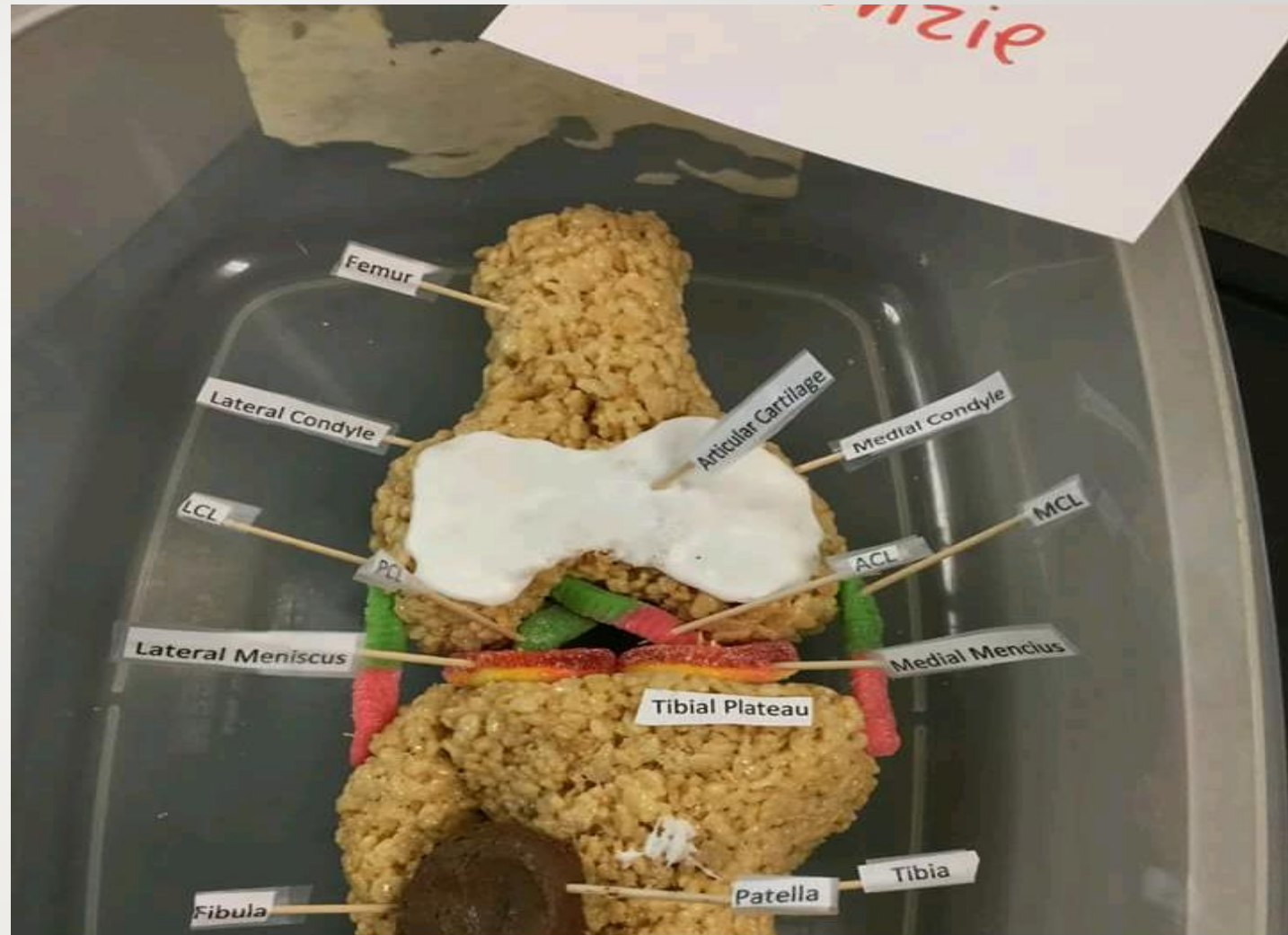
Food Art –

- Edible Spine (continued)
 - Begin by pushing a hole through the center of each marshmallow to create the spinal canal
 - Tie a knot at one end of the spinal cord
 - Thread the discs and vertebrae appropriately on the spine. Begin with the sacrum (1 gummy lifesaver) and work your way up to the cervical vertebrae.
 - Disc / Lumbar / Disc / Lumbar...
 - Disc / Thoracic / Disc / Thoracic...
 - Disc / Cervical / Disc / Cervical...
 - Once you have completed the spinal column, tie a knot in the top of the spine.
 - Write your name on the butcher paper
 - Place completed spinal column (with appropriate curvature) on your paper with your name showing



Food Art –

- Edible Knee Model
 - Rice Krispy Treats (Bones)
 - Frosting (Hyaline Cartilage)
 - Gummy Worms (Ligaments)
 - Nilla Wafer (Patella)
 - Gummy Rings (Menisci)



Food Art –



Cookie Cutters available online...

Clay Art – Colored Playdough¹



Materials

- 1 cup water
- 1 tablespoon vegetable oil
- 1/2 cup salt
- 1 tablespoon cream of tartar
- Food coloring
- Saucepan
- 1 cup flour

Directions

- Combine water, oil, salt, cream of tartar, and food coloring in a saucepan and heat until warm.
- Remove from heat and add flour.
- Stir, then knead until smooth. The cream of tartar makes this dough last 6 months or longer, so resist the temptation to omit this ingredient if you don't have it on hand.
- Store this dough in an airtight container or a Ziploc freezer bag.



Clay Art – Salt Playdough²

Materials

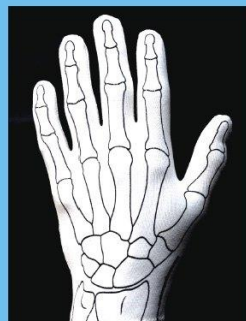
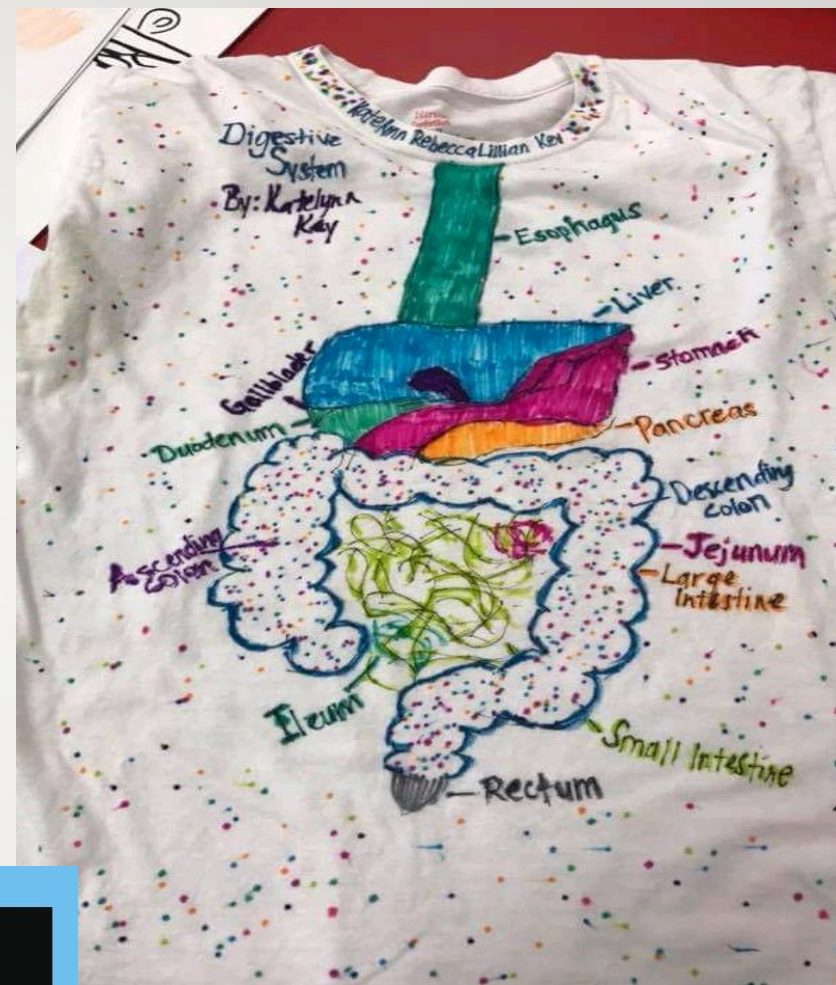
- 1 cup salt
- 1 cup water
- 1/2 cup flour plus additional flour
- Saucepan

Directions

- Mix salt, water, and flour in saucepan and cook over medium heat.
- Remove from heat when mixture is thick and rubbery.
- As the mixture cools, knead in enough flour to make the dough workable.



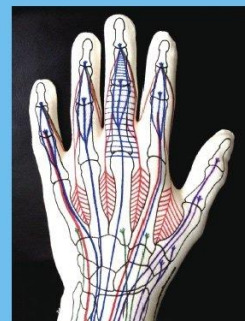
Fabric Art –



Pre-printed glove



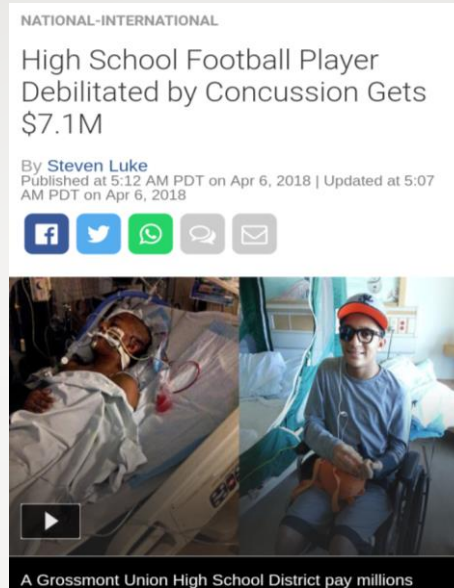
45 minutes of expert video instruction



Drawn by learner

Discussion Topics –

- Concussion Cases
- Heat Illness
- HIPAA / FERPA
- Spinal Cord Injuries
- Skin Cancer



To my coach who re-entered his lacrosse player after he was told that the athlete had a concussion: enjoy your suspension. Good luck with that coaching career now.

[Medical Clinic & HIPAA](#)

[HIPAA & Athletics](#)

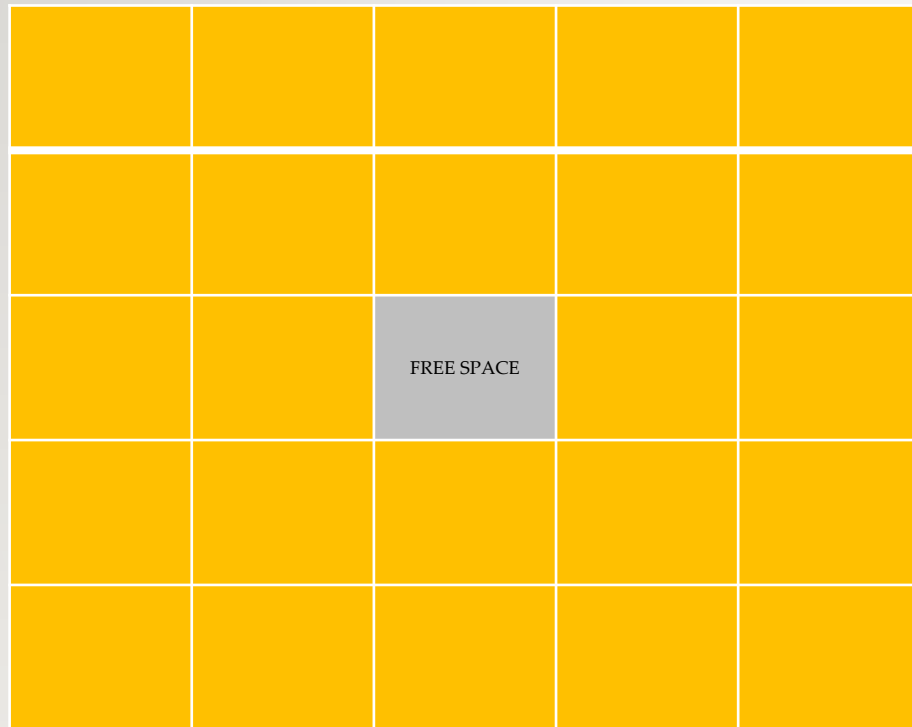
[C-Spine Injuries & Lawsuits](#)

[CDC - Heat-Related Illness](#)



[Korey Stringer Institute - Personal Stories of Heat-Related Catastrophies](#)

MEDICAL BINGO



Career Research

- Research Career Settings
 - Requirements to succeed
- Play board games
- Create own board game related to career setting
 - Clue, Chutes & Ladders, Life, Risk, Candy Land



Career Research

My athletic medicine II kids had to do a final project for their final. One group made games— Jeopardy, monopoly, and (my fav) CLUE!

The athletic training room is in the middle, with other sports venues as the “rooms.” The characters are the same as the original game, and the “weapons” are injuries! So Professor Plum got a skull fracture at the pool.

This is the best thing ever.



Breakout Sessions

- Easter Egg Rehab
- Playlists
- Mnemonics
- Brachial Plexus
- Puzzlemaker.com
- Medical Bingo
- Discussion Topics