KINE 2320 Introduction to Athletic Training
Fall 2003

STUDY GUIDE – Final Exam

Test format: Multiple choice (75 questions, 150 points), essay/critical thinking (50 points)

Previous test content: Test questions over the following chapters will be based on the chapter power points, class discussions, class notes, and worksheets (both chapter and lab).
   
   Chapter 1
   Chapter 15
   Chapter 12
   Chapter 4
   Chapter 5

NEW test content: Test questions over Chapters 6 & 7 will be based on the chapter and article reading assignments, power points, class discussions, class notes, and worksheets (both chapter and lab).

NEW CONTENT OVERVIEW

Chapter 6 – Environmental Considerations
   
   NATA Position Statement on Fluid Replacement
   Exertional Heat Illness Consensus Statement
   NATA Position Statement on Lightning Policy

   Categories of Heat Illness
      Hyperthermia
      Heat cramps
      Heat exhaustion
      Exertional heat stroke
      Hyponatremia

   Prevention of heat illness
      NCAA guidelines for preventing heat illness
      NATA guidelines for preventing heat illness
      Fluid & electrolyte replacement
      Acclimatization
      Identifying susceptible individuals
      Selecting appropriate uniforms for the conditions
      Maintaining weight records
      Monitoring temperature & humidity readings

   Heat Index
      What is it? How is it determined? How is it used in decision making?

   Hypothermia
Chapter 6 – Environmental Considerations (cont.)

Altitude sickness

Lightning safety

Circadian dysrhythmia (jet lag) – what is it? How do you minimize the effects?

Chapter 7 – Protective Sports Equipment

Safety standards
NOCSAE
Avoiding litigation
Off the shelf vs. custom protective equipment
Fitting football helmets, shoulder pads, & mouthguards
Other protective equipment
Other helmets
Eyewear
Ear guards
Shoes
Sport specific protective equipment