KINE 2320 Introduction to Athletic Training
Fall 2003

STUDY GUIDE – Test #1

Test format: Multiple choice, short answer, essay/critical thinking

Test content: The test questions will be based on chapter readings, power points, class discussions, class notes, and worksheets (both chapter and lab).

CONTENT OVERVIEW

Chapter 1 – The Athletic Trainer and the Sports Medicine Team
- The Field of Sports Medicine
- Growth of Professional Sports Medicine Organizations
  - NATA
  - ACSM
  - NSCA
  - APTA
  - NCAA Committee on Competitive Safeguards and Medical Aspects of Sports
- The Sports Medicine Team
  - Roles & responsibilities of each:
    - Athletic trainer
    - Team physician
    - Coach
  - Educational Preparation of the Athletic Trainer
  - Performance domains of the Athletic Trainer
  - Competencies in Athletic Training
    - Content domains
  - Personal Qualities of the Athletic Trainer
- Employment Settings for the Athletic Trainer
- Recognition and Accreditation of the Athletic Trainer as an Allied Health Professional
- Requirements for Certification
  - Educational requirements
  - Certification exam
  - Continuing education requirements
  - Changes in requirements as of Jan. 1, 2004
- State Regulation of the Athletic Trainer
  - Licensure vs. registration vs. certification vs. exemption
- NATA vs. NATABOC vs. NATA Education Council vs. CAAHEP
  - Roles of each

Chapter 14 – Bloodborne Pathogens & Universal Precautions (pp. 364-374)
- What are bloodborne pathogens?
• What are the two most significant bloodborne pathogens? Which one of these has a higher possibility for transmission?
  ▪ associated signs & symptoms
  ▪ methods for prevention/risk reduction
  ▪ management strategies

• What is OSHA? What is its role?
• What are universal precautions? How are they used in treating an open wound?
• Exposure control plans
• Guidelines for sports participation

Chapter 15 – Using Therapeutic Modalities (pp. 376-388, 404-405)
• Conduction, convection, conversion
• Physiological effects of superficial heat & cold
  ▪ Table 15-2 on pg. 379
  ▪ Table 15-3 on pg. 383
• Equipment, Indications, Contraindications, Precautions, Application Procedures, Treatment Times & Special Considerations for:
  ▪ Ice massage
  ▪ Cold water immersion
  ▪ Ice bag
  ▪ Hot packs
  ▪ Whirlpool
  ▪ Paraffin

Chapter 12 – On-the-Field Acute Care & Emergency Procedures (pp. 301-337)
• Emergency Action Plan
  ▪ Components
  ▪ Roles of the emergency team
  ▪ Common equipment to be included
  ▪ UTA EAPs
• Primary & Secondary Survey
• Dealing with the Unconscious Athlete
• CPR
  ▪ One-rescuer
  ▪ Two-rescuer
  ▪ AED
• Obstructed Airway Management
  ▪ Conscious
  ▪ Unconscious
• Administering Supplemental Oxygen
• External Bleeding
• Wound Care
  ▪ Universal precautions
  ▪ Proper materials to be used in cleaning an open wound
  ▪ Proper steps for cleaning & dressing an open wound

• Shock
  ▪ Signs & symptoms
  ▪ Management

• Splinting
  ▪ General rules
  ▪ Types of splints

• Spine Board Techniques

• Manual Conveyance/Stretcher Carrying/Pool Extraction

SAMPLE QUESTIONS:

Multiple Choice:
Which of the following modalities transfers energy through convection?
  a. ice bag  d. whirlpool
  b. ice massage  e. ultrasound
  c. ice immersion

Short Answer:
Describe the roles of each of the following professional organizations.
  a. NATA
  b. CAAHEP

Describe the method of activating EMS when covering an event in Texas Hall.

Essay
Describe the components of an emergency action plan.

Critical Thinking
During the second quarter of the district playoff game, one of your defensive ends goes
down while making a hard tackle. On the same play, your middle linebacker is blocked
from behind and falls to the ground grabbing his right knee. Since you are the only
certified athletic trainer on the field, which athlete would you approach and treat first?
What factors would influence your decision?