

ATHLETIC TRAINING CURRICULUM

ATHLETIC TRAINING CURRICULUM SERVES AS THE FOUNDATIONAL FRAMEWORK FOR PREPARING STUDENTS AND PROFESSIONALS TO EXCEL IN THE FIELD OF SPORTS MEDICINE AND INJURY PREVENTION. THIS SPECIALIZED CURRICULUM IS DESIGNED TO EQUIP LEARNERS WITH COMPREHENSIVE KNOWLEDGE AND PRACTICAL SKILLS NECESSARY FOR THE ASSESSMENT, TREATMENT, AND REHABILITATION OF ATHLETIC INJURIES. IT INTEGRATES CORE SUBJECTS SUCH AS ANATOMY, PHYSIOLOGY, KINESIOLOGY, AND BIOMECHANICS WITH HANDS-ON CLINICAL EXPERIENCES AND EMERGENCY CARE TRAINING. UNDERSTANDING THE STRUCTURE AND COMPONENTS OF AN EFFECTIVE ATHLETIC TRAINING CURRICULUM IS ESSENTIAL FOR ACADEMIC INSTITUTIONS, EDUCATORS, AND ASPIRING ATHLETIC TRAINERS SEEKING CERTIFICATION AND CAREER ADVANCEMENT. THIS ARTICLE EXPLORES THE KEY ELEMENTS OF THE ATHLETIC TRAINING CURRICULUM, ITS ACADEMIC REQUIREMENTS, CLINICAL PRACTICE COMPONENTS, AND EMERGING TRENDS IN THE EDUCATION OF ATHLETIC TRAINERS. THE FOLLOWING SECTIONS OUTLINE THE ESSENTIAL FACETS THAT CONTRIBUTE TO A ROBUST AND INDUSTRY-RELEVANT PROGRAM.

- OVERVIEW OF ATHLETIC TRAINING CURRICULUM
- CORE ACADEMIC SUBJECTS IN ATHLETIC TRAINING
- CLINICAL EDUCATION AND PRACTICAL EXPERIENCE
- CERTIFICATION AND ACCREDITATION STANDARDS
- EMERGING TRENDS IN ATHLETIC TRAINING EDUCATION

OVERVIEW OF ATHLETIC TRAINING CURRICULUM

THE ATHLETIC TRAINING CURRICULUM IS A STRUCTURED EDUCATIONAL PLAN DESIGNED TO DEVELOP COMPETENT PROFESSIONALS CAPABLE OF MANAGING SPORTS-RELATED INJURIES AND PROMOTING ATHLETE HEALTH. IT COMBINES THEORETICAL KNOWLEDGE WITH PRACTICAL APPLICATION, PROVIDING A BALANCED APPROACH TO LEARNING. THE CURRICULUM TYPICALLY SPANS UNDERGRADUATE OR GRADUATE DEGREE PROGRAMS AND INCLUDES BOTH CLASSROOM INSTRUCTION AND HANDS-ON CLINICAL TRAINING. THE GOAL IS TO PREPARE STUDENTS FOR NATIONAL CERTIFICATION EXAMS AND PROFESSIONAL PRACTICE IN VARIOUS SETTINGS SUCH AS SCHOOLS, CLINICS, AND SPORTS ORGANIZATIONS.

PURPOSE AND GOALS

THE PRIMARY PURPOSE OF THE ATHLETIC TRAINING CURRICULUM IS TO CULTIVATE EXPERTISE IN INJURY PREVENTION, DIAGNOSIS, TREATMENT, AND REHABILITATION. IT AIMS TO PRODUCE GRADUATES WHO ARE SKILLED IN EMERGENCY CARE, THERAPEUTIC INTERVENTIONS, AND HEALTH PROMOTION STRATEGIES FOR ATHLETES. THE CURRICULUM ALSO EMPHASIZES ETHICAL PRACTICE, COMMUNICATION SKILLS, AND EVIDENCE-BASED DECISION-MAKING TO ENSURE HIGH STANDARDS OF PATIENT CARE.

PROGRAM STRUCTURE

TYPICALLY, THE ATHLETIC TRAINING CURRICULUM IS ORGANIZED INTO SEQUENTIAL COURSES THAT BUILD FOUNDATIONAL KNOWLEDGE BEFORE ADVANCING TO SPECIALIZED TOPICS AND CLINICAL PRACTICE. PROGRAMS OFTEN REQUIRE COMPLETION OF GENERAL EDUCATION COURSES ALONGSIDE CORE ATHLETIC TRAINING CLASSES. THE CURRICULUM IS DESIGNED TO MEET ACCREDITATION REQUIREMENTS AND ALIGN WITH PROFESSIONAL COMPETENCIES ESTABLISHED BY GOVERNING BODIES.

CORE ACADEMIC SUBJECTS IN ATHLETIC TRAINING

THE ACADEMIC COMPONENT OF THE ATHLETIC TRAINING CURRICULUM ENCOMPASSES A RANGE OF SCIENTIFIC AND HEALTH-RELATED DISCIPLINES. THESE CORE SUBJECTS PROVIDE THE ESSENTIAL KNOWLEDGE BASE THAT SUPPORTS CLINICAL SKILLS AND PROFESSIONAL JUDGMENT IN ATHLETIC TRAINING PRACTICE.

ANATOMY AND PHYSIOLOGY

AN IN-DEPTH UNDERSTANDING OF HUMAN ANATOMY AND PHYSIOLOGY IS CRITICAL FOR ATHLETIC TRAINERS. THESE COURSES COVER THE STRUCTURE AND FUNCTION OF THE MUSCULOSKELETAL, CARDIOVASCULAR, AND NERVOUS SYSTEMS, PROVIDING INSIGHT INTO HOW INJURIES AFFECT THE BODY AND INFORM TREATMENT STRATEGIES.

KINESIOLOGY AND BIOMECHANICS

KINESIOLOGY STUDIES HUMAN MOVEMENT, WHILE BIOMECHANICS EXAMINES THE MECHANICAL PRINCIPLES UNDERLYING MOTION. TOGETHER, THESE SUBJECTS HELP STUDENTS ANALYZE ATHLETIC PERFORMANCE AND DEVELOP INJURY PREVENTION AND REHABILITATION PROGRAMS TAILORED TO INDIVIDUAL NEEDS.

EXERCISE PHYSIOLOGY AND NUTRITION

EXERCISE PHYSIOLOGY FOCUSES ON HOW PHYSICAL ACTIVITY INFLUENCES BODY SYSTEMS, WHILE NUTRITION EDUCATION ADDRESSES DIETARY FACTORS AFFECTING ATHLETE HEALTH AND RECOVERY. THESE SUBJECTS EQUIP STUDENTS WITH KNOWLEDGE TO OPTIMIZE PERFORMANCE AND SUPPORT OVERALL WELLNESS.

INJURY PREVENTION AND THERAPEUTIC MODALITIES

COURSES ON INJURY PREVENTION TEACH STRATEGIES TO REDUCE RISK FACTORS, WHILE THERAPEUTIC MODALITIES COVER TREATMENT TECHNIQUES SUCH AS MANUAL THERAPY, ELECTROTHERAPY, AND CRYOTHERAPY. THESE SUBJECTS ARE ESSENTIAL FOR EFFECTIVE CLINICAL INTERVENTION.

- EMERGENCY CARE AND FIRST AID
- PHARMACOLOGY RELATED TO SPORTS MEDICINE
- PSYCHOLOGY OF INJURY AND REHABILITATION
- HEALTH CARE ADMINISTRATION AND ETHICS

CLINICAL EDUCATION AND PRACTICAL EXPERIENCE

HANDS-ON CLINICAL EXPERIENCE IS A CORNERSTONE OF THE ATHLETIC TRAINING CURRICULUM, PROVIDING STUDENTS WITH OPPORTUNITIES TO APPLY THEORETICAL KNOWLEDGE IN REAL-WORLD SETTINGS UNDER SUPERVISION. THIS PRACTICAL TRAINING IS VITAL FOR DEVELOPING CLINICAL REASONING, TECHNICAL SKILLS, AND PROFESSIONAL COMMUNICATION.

CLINICAL ROTATIONS AND INTERNSHIPS

CLINICAL ROTATIONS TYPICALLY INVOLVE PLACEMENTS IN DIVERSE ENVIRONMENTS SUCH AS HIGH SCHOOLS, COLLEGES, PROFESSIONAL SPORTS TEAMS, HOSPITALS, AND REHABILITATION CENTERS. DURING THESE ROTATIONS, STUDENTS OBSERVE AND PARTICIPATE IN INJURY EVALUATION, TREATMENT, AND REHABILITATION PROCESSES, GAINING EXPOSURE TO A WIDE RANGE OF CASES.

SKILLS DEVELOPMENT AND COMPETENCY ASSESSMENT

THROUGHOUT CLINICAL EDUCATION, STUDENTS REFINE SKILLS INCLUDING TAPING, BRACING, EMERGENCY RESPONSE, AND THERAPEUTIC EXERCISE PRESCRIPTION. COMPETENCY IS REGULARLY ASSESSED THROUGH PRACTICAL EXAMS, PERFORMANCE EVALUATIONS, AND REFLECTIVE PRACTICE TO ENSURE READINESS FOR PROFESSIONAL ROLES.

INTERPROFESSIONAL COLLABORATION

THE CURRICULUM ENCOURAGES COLLABORATION WITH OTHER HEALTHCARE PROFESSIONALS SUCH AS PHYSICIANS, PHYSICAL THERAPISTS, AND NUTRITIONISTS. THIS INTERDISCIPLINARY APPROACH ENHANCES HOLISTIC CARE AND PREPARES STUDENTS FOR TEAMWORK IN COMPLEX SPORTS MEDICINE ENVIRONMENTS.

CERTIFICATION AND ACCREDITATION STANDARDS

MEETING CERTIFICATION AND ACCREDITATION STANDARDS IS ESSENTIAL FOR THE CREDIBILITY AND RECOGNITION OF AN ATHLETIC TRAINING CURRICULUM. ACCREDITED PROGRAMS ENSURE COMPLIANCE WITH INDUSTRY BENCHMARKS AND PREPARE GRADUATES FOR NATIONAL CERTIFICATION.

CERTIFICATION REQUIREMENTS

THE BOARD OF CERTIFICATION (BOC) ESTABLISHES THE CERTIFICATION STANDARDS FOR ATHLETIC TRAINERS IN THE UNITED STATES. CANDIDATES MUST GRADUATE FROM AN ACCREDITED PROGRAM, COMPLETE REQUIRED CLINICAL HOURS, AND PASS A COMPREHENSIVE CERTIFICATION EXAM TO BECOME CREDENTIALLED PROFESSIONALS.

PROGRAM ACCREDITATION

ACCREDITATION BODIES SUCH AS THE COMMISSION ON ACCREDITATION OF ATHLETIC TRAINING EDUCATION (CAATE) EVALUATE ATHLETIC TRAINING CURRICULA TO MAINTAIN QUALITY AND CONSISTENCY ACROSS EDUCATIONAL INSTITUTIONS. ACCREDITED PROGRAMS ADHERE TO RIGOROUS CRITERIA ENCOMPASSING CURRICULUM CONTENT, FACULTY QUALIFICATIONS, AND CLINICAL EXPERIENCES.

CONTINUING EDUCATION AND PROFESSIONAL DEVELOPMENT

CERTIFIED ATHLETIC TRAINERS MUST ENGAGE IN CONTINUING EDUCATION TO MAINTAIN THEIR CREDENTIALS AND STAY CURRENT WITH ADVANCEMENTS IN THE FIELD. PROGRAMS OFTEN INTEGRATE PROFESSIONAL DEVELOPMENT COMPONENTS TO FOSTER LIFELONG LEARNING AND ADHERENCE TO EVOLVING BEST PRACTICES.

EMERGING TRENDS IN ATHLETIC TRAINING EDUCATION

THE ATHLETIC TRAINING CURRICULUM CONTINUES TO EVOLVE IN RESPONSE TO NEW RESEARCH, TECHNOLOGY, AND SOCIETAL NEEDS. MODERN PROGRAMS INCORPORATE INNOVATIVE TEACHING METHODS AND UPDATED CONTENT TO ENHANCE STUDENT

LEARNING AND PROFESSIONAL PREPAREDNESS.

INTEGRATION OF TECHNOLOGY

ADVANCEMENTS SUCH AS WEARABLE DEVICES, TELEMEDICINE, AND SIMULATION-BASED LEARNING ARE INCREASINGLY INCORPORATED INTO THE CURRICULUM. THESE TECHNOLOGIES FACILITATE REAL-TIME INJURY MONITORING, REMOTE CONSULTATIONS, AND INTERACTIVE CLINICAL TRAINING EXPERIENCES.

FOCUS ON EVIDENCE-BASED PRACTICE

CURRENT CURRICULA EMPHASIZE CRITICAL APPRAISAL OF RESEARCH AND APPLICATION OF EVIDENCE-BASED INTERVENTIONS. THIS APPROACH ENSURES THAT ATHLETIC TRAINERS EMPLOY THE MOST EFFECTIVE AND SCIENTIFICALLY SUPPORTED TECHNIQUES IN PATIENT CARE.

EMPHASIS ON MENTAL HEALTH AND WELLNESS

RECOGNIZING THE IMPORTANCE OF PSYCHOLOGICAL FACTORS IN ATHLETIC PERFORMANCE AND RECOVERY, EDUCATIONAL PROGRAMS NOW INCLUDE CONTENT ON MENTAL HEALTH ASSESSMENT, STRESS MANAGEMENT, AND COUNSELING STRATEGIES TAILORED TO ATHLETES.

DIVERSITY AND INCLUSION

PROGRAMS ARE INCREASINGLY ADDRESSING CULTURAL COMPETENCE AND INCLUSIVITY TO PREPARE ATHLETIC TRAINERS FOR DIVERSE POPULATIONS. THIS FOCUS SUPPORTS EQUITABLE CARE AND EFFECTIVE COMMUNICATION ACROSS DIFFERENT DEMOGRAPHIC GROUPS.

FREQUENTLY ASKED QUESTIONS

WHAT ARE THE CORE COMPONENTS OF AN ATHLETIC TRAINING CURRICULUM?

THE CORE COMPONENTS TYPICALLY INCLUDE ANATOMY AND PHYSIOLOGY, INJURY PREVENTION, CLINICAL EVALUATION AND DIAGNOSIS, THERAPEUTIC INTERVENTIONS, REHABILITATION TECHNIQUES, EMERGENCY CARE, AND PROFESSIONAL DEVELOPMENT.

HOW DOES AN ATHLETIC TRAINING CURRICULUM PREPARE STUDENTS FOR CERTIFICATION EXAMS?

THE CURRICULUM ALIGNS WITH THE BOARD OF CERTIFICATION (BOC) EXAM CONTENT BY COVERING ESSENTIAL KNOWLEDGE AND SKILLS, PROVIDING CLINICAL EXPERIENCES, AND INCORPORATING EXAM PREPARATION RESOURCES AND PRACTICE TESTS.

WHAT ROLE DOES CLINICAL EXPERIENCE PLAY IN AN ATHLETIC TRAINING CURRICULUM?

CLINICAL EXPERIENCE IS CRUCIAL AS IT ALLOWS STUDENTS TO APPLY THEORETICAL KNOWLEDGE IN REAL-WORLD SETTINGS, DEVELOP HANDS-ON SKILLS, AND GAIN SUPERVISED PRACTICE IN INJURY ASSESSMENT AND REHABILITATION.

ARE THERE SPECIFIC COURSES FOCUSED ON INJURY PREVENTION IN ATHLETIC TRAINING

PROGRAMS?

YES, COURSES ON INJURY PREVENTION TEACH STRATEGIES TO REDUCE INJURY RISK, INCLUDING PROPER TRAINING TECHNIQUES, CONDITIONING, EQUIPMENT USE, AND EDUCATION ON RECOGNIZING EARLY SIGNS OF INJURY.

HOW IS TECHNOLOGY INTEGRATED INTO MODERN ATHLETIC TRAINING CURRICULA?

TECHNOLOGY INTEGRATION INCLUDES THE USE OF SOFTWARE FOR INJURY DOCUMENTATION, MOTION ANALYSIS TOOLS, REHABILITATION DEVICES, TELEHEALTH PLATFORMS, AND LEARNING MANAGEMENT SYSTEMS TO ENHANCE EDUCATION AND PRACTICE.

WHAT IS THE IMPORTANCE OF INTERDISCIPLINARY LEARNING IN AN ATHLETIC TRAINING CURRICULUM?

INTERDISCIPLINARY LEARNING PROMOTES COLLABORATION WITH OTHER HEALTHCARE PROFESSIONALS SUCH AS PHYSICIANS, PHYSICAL THERAPISTS, AND NUTRITIONISTS, IMPROVING COMPREHENSIVE PATIENT CARE AND COMMUNICATION SKILLS.

HOW DO ATHLETIC TRAINING PROGRAMS ADDRESS EMERGENCY CARE AND PREPAREDNESS?

PROGRAMS INCLUDE TRAINING IN EMERGENCY RESPONSE PROTOCOLS, CPR, FIRST AID, USE OF AUTOMATED EXTERNAL DEFIBRILLATORS (AEDs), AND MANAGEMENT OF ACUTE INJURIES TO ENSURE READINESS IN CRITICAL SITUATIONS.

WHAT ARE THE CURRENT TRENDS INFLUENCING CHANGES IN ATHLETIC TRAINING CURRICULA?

CURRENT TRENDS INCLUDE INCREASED FOCUS ON CONCUSSION MANAGEMENT, MENTAL HEALTH AWARENESS, EVIDENCE-BASED PRACTICE, TELEMEDICINE, AND CULTURAL COMPETENCY IN HEALTHCARE DELIVERY.

HOW DO ATHLETIC TRAINING CURRICULA INCORPORATE EVIDENCE-BASED PRACTICE?

CURRICULA TEACH STUDENTS TO CRITICALLY EVALUATE RESEARCH, APPLY SCIENTIFIC FINDINGS TO CLINICAL DECISION-MAKING, AND STAY UPDATED WITH THE LATEST ADVANCEMENTS TO ENSURE EFFECTIVE AND SAFE PATIENT CARE.

ADDITIONAL RESOURCES

1. *PRINCIPLES OF ATHLETIC TRAINING: A COMPETENCY-BASED APPROACH*

THIS COMPREHENSIVE TEXTBOOK COVERS THE FUNDAMENTAL CONCEPTS OF ATHLETIC TRAINING, EMPHASIZING A COMPETENCY-BASED LEARNING APPROACH. IT PROVIDES DETAILED INFORMATION ON INJURY PREVENTION, ASSESSMENT, TREATMENT, AND REHABILITATION. IDEAL FOR STUDENTS, IT INTEGRATES CLINICAL SKILLS WITH THEORETICAL KNOWLEDGE TO PREPARE FUTURE ATHLETIC TRAINERS FOR REAL-WORLD CHALLENGES.

2. *ESSENTIALS OF ATHLETIC TRAINING: FOUNDATIONS, SKILLS, AND TECHNIQUES*

A PRACTICAL GUIDE THAT INTRODUCES THE CORE SKILLS AND TECHNIQUES ESSENTIAL FOR ATHLETIC TRAINERS. THE BOOK BALANCES FOUNDATIONAL THEORY WITH HANDS-ON APPLICATIONS, INCLUDING EMERGENCY CARE, TAPING, AND THERAPEUTIC MODALITIES. IT SERVES AS A VALUABLE RESOURCE FOR BOTH BEGINNERS AND ADVANCED PRACTITIONERS IN ATHLETIC TRAINING.

3. *CLINICAL SPORTS MEDICINE*

THIS TEXT OFFERS AN IN-DEPTH EXPLORATION OF SPORTS MEDICINE PRINCIPLES RELEVANT TO ATHLETIC TRAINING. COVERING A WIDE RANGE OF MUSCULOSKELETAL INJURIES, IT PROVIDES DIAGNOSTIC STRATEGIES, TREATMENT OPTIONS, AND REHABILITATION PROTOCOLS. THE BOOK IS WIDELY USED IN ATHLETIC TRAINING PROGRAMS FOR ITS CLINICAL RELEVANCE AND EVIDENCE-BASED APPROACH.

4. *THERAPEUTIC MODALITIES IN SPORTS MEDICINE*

FOCUSED ON THE USE OF PHYSICAL AGENTS IN INJURY MANAGEMENT, THIS BOOK DETAILS VARIOUS THERAPEUTIC MODALITIES

USED BY ATHLETIC TRAINERS. IT EXPLAINS THE PHYSIOLOGICAL EFFECTS, INDICATIONS, CONTRAINDICATIONS, AND APPLICATION TECHNIQUES OF MODALITIES SUCH AS ULTRASOUND, ELECTRICAL STIMULATION, AND CRYOTHERAPY. THE TEXT SUPPORTS CURRICULUM LEARNING WITH PRACTICAL EXAMPLES AND CASE STUDIES.

5. *FOUNDATIONS OF ATHLETIC TRAINING: PREVENTION, ASSESSMENT, AND MANAGEMENT*

THIS TITLE SERVES AS A FOUNDATIONAL RESOURCE, OUTLINING THE ESSENTIAL COMPONENTS OF ATHLETIC TRAINING FROM INJURY PREVENTION TO MANAGEMENT. IT INTEGRATES ANATOMY, BIOMECHANICS, AND NUTRITION CONCEPTS WITH CLINICAL PRACTICES. THE BOOK ALSO EMPHASIZES ETHICAL AND PROFESSIONAL RESPONSIBILITIES IN ATHLETIC TRAINING.

6. *REHABILITATION TECHNIQUES FOR SPORTS MEDICINE AND ATHLETIC TRAINING*

FOCUSED ON REHABILITATION, THIS BOOK PROVIDES DETAILED PROTOCOLS FOR RESTORING FUNCTION AFTER SPORTS-RELATED INJURIES. IT COVERS THERAPEUTIC EXERCISES, MANUAL THERAPY, AND FUNCTIONAL TRAINING, SUPPORTING ATHLETIC TRAINERS IN DESIGNING INDIVIDUALIZED REHAB PROGRAMS. THE TEXT INCLUDES CASE STUDIES TO ILLUSTRATE APPLICATION IN VARIOUS SPORTS CONTEXTS.

7. *EMERGENCY CARE AND TRANSPORTATION OF THE SICK AND INJURED*

AN AUTHORITATIVE GUIDE ON EMERGENCY MEDICAL CARE, THIS BOOK IS ESSENTIAL FOR ATHLETIC TRAINERS DEALING WITH ACUTE INJURIES. IT DETAILS ASSESSMENT, STABILIZATION, AND TRANSPORT PROCEDURES FOR EMERGENCY SITUATIONS ENCOUNTERED ON THE FIELD. THE CURRICULUM ALIGNS WITH NATIONAL STANDARDS FOR EMERGENCY RESPONSE AND CARE.

8. *SPORTS NUTRITION FOR ATHLETIC TRAINING AND PERFORMANCE*

THIS BOOK EXPLORES THE ROLE OF NUTRITION IN ATHLETIC PERFORMANCE AND INJURY RECOVERY. IT PROVIDES GUIDELINES ON DIETARY PLANNING, SUPPLEMENTATION, AND HYDRATION TAILORED FOR ATHLETES. ATHLETIC TRAINING STUDENTS LEARN TO INTEGRATE NUTRITION STRATEGIES INTO COMPREHENSIVE CARE PLANS FOR OPTIMAL ATHLETE HEALTH.

9. *LEGAL AND ETHICAL ISSUES IN ATHLETIC TRAINING*

ADDRESSING THE IMPORTANT LEGAL AND ETHICAL CONSIDERATIONS, THIS TITLE GUIDES ATHLETIC TRAINERS THROUGH PROFESSIONAL RESPONSIBILITIES AND RISK MANAGEMENT. TOPICS INCLUDE LIABILITY, CONFIDENTIALITY, AND INFORMED CONSENT, ENSURING ADHERENCE TO INDUSTRY STANDARDS AND REGULATIONS. THE BOOK PREPARES STUDENTS TO NAVIGATE COMPLEX ETHICAL SCENARIOS IN THEIR PRACTICE.

Athletic Training Curriculum

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athletic training curriculum: Athletic Training and Therapy Leamor Kahanov, Ellen K. Payne, 2022 This graduate-level textbook instills evidence-based knowledge of contemporary practices in athletic training and health care. Integrating essential competencies outlined by the NATA, BOC, and CAATE, future athletic trainers will build a foundation for clinical expertise to improve patient outcomes.

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athletic training curriculum: An Athletic Trainers' Guide to Sports Nutrition Damon Amato, 2024-06-01 An Athletic Trainer's Guide to Sports Nutrition fills the void of a subject area that is underrepresented in current athletic trainer curriculums despite its importance in the field. Damon Amato has created a text that can be easily read and understood by health care professionals yet is in-depth enough to create a solid understanding of how the body works, and easy enough to then pass on the information to athletes to help them eat ideally based on their specific sport, goal, and situation. Giving a physiology background is necessary to lay the foundation for understanding why certain recommendations in the text are given; however, only the necessary details are included to focus on what is pertinent for athletic trainers to understand while advising athletes. Some topics covered inside include: Basics of human nutrition Disordered eating and eating disorders in athletes Supplements Eating optimally for injury recovery Nutrient timing Special situations An Athletic Trainer's Guide to Sports Nutrition gives athletic training clinicians and students the information and tools necessary to aid athletes in maintaining peak performance in nutrition, and fills the void left in the current athletic training curriculum.

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purchase is access to a companion website that includes videos, a glossary, and various web resources. Updated Features Include: New injury spotlights for the upper and lower extremity and general medical conditions Updated information from athletic training students on keys to success New career spotlights from athletic trainers working in a broad range of career settings Updated information on historic changes in athletic training, including the upcoming transition to master's degree for professional preparation Updated web resources Additional resources for instructors Complete redesign of text layout and updated images Athletic Training Student Primer: A Foundation for Success, Third Edition is a must have for students taking the first step into a career in athletic training.

athletic training curriculum: Arnheim's Principles of Athletic Training: A Competency-Based Approach William E. Prentice, 2010-02-23 This ISBN is for the standalone book only! Arnheim's Principles of Athletic Training: A Competency-Based Approach is the leading text in the athletic training field. The text is designed to lead the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. Now in its 14th edition, Arnheim's Principles of Athletic Training continues to innovate, with several new features available with the new edition: Connect Athletic Training: the first online learning management system for the athletic training course, featuring assignable labs, videos, Internet exercises, an optional integrated ebook, and more Full color photographs and illustrations throughout the entire text Expanded coverage of athletic trainers working in a variety of employment settings

athletic training curriculum: Therapeutic Modalities William E. Prentice, 2009 This text is a contributed work by well-known trainers and educators, written under the direction of Dr. Prentice. The 6/e continues to be the only text developed specifically for athletic trainers. This text is also appropriate for those physical therapists that are involved in a sports medicine curriculum.

athletic training curriculum: *Basic Athletic Training* Ken Wright, Scott Barker, Jason Bennett, Randy Deere, 2013 This is a comprehensive introduction to current philosophies, procedures, and practices related to the care and prevention of athletic injuries. It is written and edited by Board of Certification (BOC) certified athletic trainers as a comprehensive introduction to current philosophies, procedures, and practices related to the care and prevention of athletic injuries. This new edition provides comprehensive beginner and intermediate-level instruction on the principles of sports medicine and athletic training. The athletic training student will learn the basics of athletic training and have a working knowledge of common preventive, evaluation, treatment, and rehabilitation techniques in sports medicine.

athletic training curriculum: *Management Strategies in Athletic Training, 5E* Konin, Jeff, 2019 Management Strategies in Athletic Training, Fifth Edition, prepares students and athletic trainers to address the many administrative and managerial challenges they will face in an increasingly complex and changing health care environment.

athletic training curriculum: Management Strategies in Athletic Training Richard Ray, 2005 Updated and invigorated, Management Strategies in Athletic Training, Third Edition, helps readers deal creatively with the management challenges athletic trainers face on the job. Like its predecessor, the new edition uses a case-study approach to teach students theories of organization and administration and to apply them to real-world situations in the profession of athletic training. The text, part of Human Kinetics' Athletic Training Education Series, is an excellent resource for athletic trainers who want comprehensive knowledge of management theory and practice. The book's organization strategies can also be applied beyond athletic training to a variety of fields related to sports medicine, making it a valuable resource for any sports medicine professional. In addition to 10 updated chapters, Management Strategies in Athletic Training, Third Edition, offers new sections on finding a job and planning conferences, plus current coverage of -health insurance concerns, -new administrative standards from the National Athletic Trainers' Association (NATA), -prescription medications, -application of the Americans with Disabilities Act, -computer hardware and software applications, -reimbursement for athletic training services, and -emergency action plans. Designed to encourage critical thinking, Management Strategies in Athletic Training, Third

Edition, opens and closes each chapter with realistic and fascinating case studies presenting real-world dilemmas faced by athletic trainers. Students are challenged to analyze and apply the principles in the chapters to solve the kinds of problems they'll face from day to day as professionals. To support learning, the text includes tools such as chapter objectives, boldfaced key terms, review statements for each major section, a running glossary as well as a complete glossary at the end of the book, chapter summaries, sample administrative forms that readers can both study and adapt to their own work situations, review questions, and an index. Special elements and appendixes also provide direction for deeper study by referring students to Internet resources, other Athletic Training Education Series texts, sample forms for athletic training program analysis, and material on regulations and ethics in athletic training. The instructor guide is loaded with additional case studies, course projects, chapter worksheets, and a sample course syllabus, all of which can be used for organizing classes, testing students' knowledge, and creating exciting learning experiences. A test bank also is included. Human Kinetics' Athletic Training Education Series contains five outstanding textbooks, each with its own superb supporting instructional resources. Featuring the work of respected athletic training authorities, the series was created to parallel and expound on the content areas established by the NATA Educational Council. Management Strategies in Athletic Training, Third Edition, addresses the following NATA content areas: Health Care Administration, Professional Development and Responsibilities, Risk Management and Injury Prevention, and Acute Care of Injury and Illness. To learn more about the books in this series, visit the Athletic Training Education Series Web site at www.HumanKinetics.com/AthleticTrainingEducationSeries

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