

Principles Of Athletic Training A Competency Based Approach

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text is developed with the goal of helping prepare students to become competent health care professionals who will continue to enhance the ongoing advancement of the athletic training profession. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to incorporate the best available evidence to support the recommendations being made relative to patient care. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer. Practicing athletic trainers, physical therapists, and other health care professionals involved with physically active individuals will also find this text valuable. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following: SmartBook® 2.0- an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content. Access to your instructors homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course. Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.

Meant for students in athletic training, sports medicine, physical education, exercise science, physical therapy, and coaching. This text is useful as a introductory undergraduate text in athletic training. It emphasizes the prevention and management of athletic injuries, and provides information on the profession of athletic training.

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.

Principles of Athletic Strength & Conditioning brings together 17 top strength and conditioning professionals to create a comprehensive and practical guide to athletic development. It includes detailed chapters on the most important aspects of training athletes including program design, warm-up and flexibility, in-season training, speed training, neck strengthening, injury prevention, plyometrics, explosive power development, program administration, anatomy and physiology, conditioning, motivation, and making an impact on a young athlete. Principles of

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Athletic Strength & Conditioning includes sample programs, and many illustrations and photographs to bring the training concepts to life.

Administrative Topics in Athletic Training: Concepts to Practice is a dynamic text that addresses important administrative issues and procedures as well as fundamental concepts, strategies, and techniques related to the management of all aspects of an athletic training health care delivery system. Unlike traditional organization and administration textbooks, this text delivers a multitude of content focused on classical management theory. Drs. Gary Harrelson, Greg Gardner, and Andrew Winterstein have presented a balance of theory and application in Administrative Topics in Athletic Training: Concepts to Practice, including case studies and scenarios in each chapter to help students realize immediate application of the content. Content areas covered include:

- Leadership and management theory and concepts
- Risk management and legal issues
- Finance
- Human Resources
- Ethical issues
- Athletic Training Administration
- Medical records and documentation
- Insurance and reimbursement
- Organizational skills
- Improving organizational performance
- Employment issues
- Case studies

Unique benefits and features include:

- Extensive discussion of management theory
- Chapters on ethics and risk management
- Strong focus on professional development issues
- Presentation of unique reimbursement models
- Discussion of issues in the educational setting

With its valuable information, insightful theoretical concepts, helpful models, and practical case studies, Administrative Topics in Athletic Training: Concepts to Practice is a valuable text for any undergraduate, entry-level, or graduate education program in athletic training.

Designed for the athletic trainer and sports therapist, Rehabilitation Techniques in Sports Medicine is the definitive guide to the management of sports injuries. Experts from the field of sports medicine have contributed to this comprehensive, updated edition, which addresses all aspects of rehabilitation, including protocols for rehabilitating the wide variety of injuries athletes are prone to receive. Pros and cons of various rehabilitative modalities are discussed, as well as currently accepted techniques. This text is recognized as a handbook for any practitioners who manage rehabilitation programs for injured athletes.

Principles of Pharmacology for Athletic Trainers, Second Edition has expanded the comprehensive and unique aspect of pharmacology presented in the best-selling first edition by introducing new information on:

- Drug and treatment strategies.
- Aspects of Type 1 and Type 2 diabetes, including treatment strategies, the disease process, diagnosis & monitoring of diabetes, and issues that are important for the athletic trainer.
- The foundational concepts and pharmacological treatment of schizophrenia, depression, bipolar disorder, various anxiety disorders, and attention deficit-hyperactivity disorder.
- Discussion of herbal supplements, federal regulations, and safety & quality issues related to herbal supplements.

Dr. Joel Houglum and Dr. Gary Harrelson have updated Principles of Pharmacology for Athletic Trainers, Second Edition to be more user-friendly by incorporating revised information on pharmacokinetic and pharmacodynamic principles, making it even easier for students to

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understand, while still providing the depth of information desired by faculty. Features of the Second Edition:

- Educational prompts are provided in each chapter in the form of an advanced chapter organizer.
- Shadow boxes throughout to remind students of previously discussed topics.
- Summaries at the end of each section to reinforce learning.
- A section in each chapter on the role of the athletic trainer regarding the disease process and drug therapy.
- New ancillary materials specifically for faculty that include PowerPoint slides and test bank questions.

Principles of Pharmacology for Athletic Trainers, Second Edition will be the go-to resource to determine the best pharmacological treatment strategy and management by athletic trainers.

This market-leading text emphasizes the prevention and management of athletic injuries and remains the only text to cover all aspects of the profession of athletic training. It is a valuable resource in seeking professional certification. The text provides practical, career-oriented content for students in athletic training, sports medicine, physical education, physical therapy, and coaching.

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.

Designed for physiotherapists, sports scientists and lecturers and students of physical education, this text provides a thorough overview of the field of athletic training, from general foundations to specific injury prevention and management techniques. It looks at organizational and administrative considerations, giving information on the budgeting and purchasing of supplies, training room design and operation and the importance of record keeping and legal concerns. Injury prevention through maintenance and improvement of cardiorespiratory endurance is discussed, and the text also provides coverage of many new topics, such as the rapid form immobilizer, various types of artificial surfaces, the McConnell technique for treating patellofemoral pain, new illustrations of various mobilization techniques, injuries to the temporomandibular joint and acupressure and acupuncture. Taking a case-study approach, this book includes sample management and exercises rehabilitation plans.

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.

Health Sciences & Nutrition

An introduction and vital knowledge base for Athletic Trainers. An introduction to successful medical business practices related to the Athletic Training profession. This work explains concepts in athletic training and presents injuries and illnesses encountered by certified athletic trainers. The book discusses various conditions, illnesses and diseases along with information on nutrition and the effects of therapeutic, recreational and performance-enhancing drug use.

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Acute and Emergency Care in Athletic Training is an invaluable text for students in athletic training programs. It provides them with the necessary information to examine, treat, and manage common acute injuries and illnesses.

"This text integrates basic medical concepts and related scientific information to provide a strong foundation of general athletic training practices. Using a problem-solving approach to prevention, recognition, assessment, management, and disposition of sports-related injuries and diseases, this text provides athletic trainers and athletic training students with the most extensive, challenging content in a user-friendly format. New Content - This edition features a new chapter on Psychological Intervention Strategies"--Provided by publisher.

A Doody's Core Title for 2015! Principles of Athletic Training: A Competency-Based Approach is designed to be used by athletic trainers in courses concerned with the scientific, evidence-based and clinical foundations of athletic training and sports medicine. The text leads the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As the student progresses from beginning to end, he or she will understand the complexities of the profession of athletic training. An over-arching goal of the text is to make certain that each and every one of the educational competencies identified by the Education Council is specifically covered. After using this text the student should be able to apply the appropriate techniques and concepts in the day-to-day performance of his or her job as an athletic trainer.

Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect® is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following: •

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Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780077475604 .

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The latest edition of this in-depth look at athletic injuries of the shoulder has been updated to feature 16 new chapters, additional illustrations and algorithms, an added focus on arthroscopic treatments, and pearls that highlight key information. Additional contributing authors give you a fresh spin on new and old topics from rehabilitation exercises to special coverage of female athletes, pediatrics, and golfers. This book offers coverage of arthroscopy, total joint replacement, instability, football, tennis, swimming, and gymnastic injuries, rotator cuff injuries, and much, much more! The large range of topics covered in this text ensures that it's a great resource for orthopaedists, physical therapists, athletic trainers, and primary care physicians. Presents a multidisciplinary approach to the care of the shoulder, combining contributions from the leaders in the field of orthopedic surgery, physical therapy, and athletic training. Demonstrates which exercises your patients should perform in order to decrease their chance of injury or increase strength following an injury through illustrated exercises for rehabilitation and injury prevention. Illustrates how the shoulder is affected during activity of certain sports with a variety of tables and graphs. Covers a large range of topics including all shoulder injuries to be sufficiently comprehensive for both orthopaedists and physical therapists/athletic trainers. Features 16 new chapters, including Internal Impingement, Bankarts: Open vs. Arthroscopy, Adhesive Capsulitis of the Shoulder, Cervicogenic Shoulder Pain, Proprioception: Testing and Treatment, and more. Details current surgical and rehabilitation information for all aspects of shoulder pathology to keep you up-to-date. Organizes topics into different sections on anatomy, biomechanics, surgery, and rehabilitation

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for ease of reference.

Athletic trainers have a responsibility to provide high-quality pharmaceutical care while meeting both legal and ethical requirements. *Clinical Pharmacology in Athletic Training* empowers athletic trainers with a functional understanding of pharmacology that enables them to formulate a treatment plan intended to mitigate disease and improve the overall health of their patients. This text incorporates the most up-to-date content from the 2020 Commission on Accreditation of Athletic Training Education (CAATE) standards, and it emphasizes interprofessional practice to enable future and current athletic trainers to collaborate with other health professionals in a manner that optimizes the quality of care. *Clinical Pharmacology in Athletic Training* begins by addressing drug legislation and the legal aspects of the athletic trainer's role in sport medication. The text provides an overview of pharmacokinetics and pharmacodynamics with an emphasis on concepts relevant to clinical practice. Students are introduced to the generic and brand names, general classifications, and appropriate administration of drugs and are guided toward appropriate online reference materials. Part II of this text describes common medications for pain, inflammation, and infections. Part III includes medications for specific conditions, including respiratory, cardiovascular, gastrointestinal, neurological, gynecological, and mental health conditions. The text also includes current information on opioid analgesics, cannabis, and cannabinoid-based medications. *Clinical Pharmacology in Athletic Training* teaches students to administer appropriate pharmacological agents for the management of the patient's condition. The information includes indications, contraindications, dosing, interactions, and adverse reactions. The following features are included to aid in the learning process: Chapter objectives set the stage for the main topics covered in the chapter. Key terms are boldfaced to indicate terms of special importance, and a glossary of definitions is included at the back of the book. Red Flag sidebars highlight warnings and precautions for certain medications or medicolegal issues. Evidence in Pharmacology sidebars highlight recent research regarding medications. Clinical Application sidebars present real-life stories from the field of athletic training. Case studies highlight specific therapeutic medication applications and are accompanied by questions that prompt readers to think critically about the issues presented. Quick reference drug tables describe medication types, generic and brand names, pronunciations, common indications, and other special considerations for the athletic trainer. Over the past decade, there has been an increased emphasis on pharmacology in athletic training. *Clinical Pharmacology in Athletic Training* will equip students with appropriate skills and competencies, prepare them to meet patient needs, and enable them to work in interprofessional teams.

Waiting in the training room? Have downtime on the field? Take this portable workbook with you wherever you go to confidently prepare for the competencies required by the BOC and meet the challenges you'll face in clinical and practice. Draw on true-to-life experiences to enhance your critical-thinking and clinical-reasoning skills and effectively evaluate, assess, and diagnose your patients. Clinical scenarios in every chapter mirror the scenarios and related questions you'll find on the certification exam.

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

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PracticeMcGraw-Hill Education

Prepare athletic trainers to provide emergency treatment for acute sports-related injuries and illnesses in children, adolescents, and adults—on and off the field. Noted practitioners and educators address all aspects of the evaluation and management of the full-range of medical problems that may be encountered. From emergency evaluation and airway management through the major categories of injury, this timely text meets a critical need in the classroom and in practice.

Core Concepts in Athletic Training and Therapy provides a balanced introduction to the knowledge, skills, and clinical abilities that span the profession of athletic training. Students in athletic training, coaching, or other health care fields will find current information covering the breadth of theory and application of athletic training, including evidence-based practice, prevention and health promotion, clinical examination and diagnosis, acute and emergency care, therapeutic interventions, and health care administration. It also presents advanced topics of pathophysiology and psychological response to sport injury to better prepare students for continued study. Compared to other introductory athletic training texts, Core Concepts in Athletic Training and Therapy is the only text that aligns with the newest athletic training education competencies from the National Athletic Trainers' Association (2011). Written by a team of respected athletic training educators with experience at the professional and collegiate levels, the text breaks new ground by condensing key concepts to a comprehensive level while not overwhelming students with content that will be addressed in depth in advanced courses. Numerous features assist students in learning the fundamentals:

- Each of the six parts opens with a discussion of the competencies that are covered in that part and concludes with a reference list of those competencies by description and number, making it easy to monitor the knowledge required.
- A companion web resource contains 41 clinical proficiency exercises, carefully chosen to complement the introductory level of the text and align with required educational objectives. The modules may be completed online or printed, and cross-references at the end of each chapter guide students to the appropriate modules to apply the chapter content.
- Case studies sprinkled throughout the text demonstrate real-world situations and include critical thinking questions that underscore principles of rehabilitation and exercise.
- Full-color photographs depict specific conditions and techniques, giving students an accurate picture of real practice.
- For instructors, a complete set of ancillaries assists in preparing and presenting lectures, leading class discussion, and planning assignments and assessments. In addition, Core Concepts in Athletic Training and Therapy is the first text to offer a complete chapter on evidence-based practice, the newest educational competency required of entry-level athletic trainers by the NATA. The rest of the text introduces general information about life as an athletic trainer, such as training, education, licensure, certification, employment opportunities, and the roles in a sports medicine team.

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The core of the text then focuses on required knowledge and skills related to injury prevention, injury recognition and classification (including region-specific examination strategies, basic objective tests, physical exam strategies, and injury mechanisms), acute care, therapeutic interventions, and the role of pharmaceuticals in the healing process. To round out the text, it addresses health care administration and discusses strategies for the management of athletic training programs. With learning features and a web resource that integrate clinical learning into an introductory course, *Core Concepts in Athletic Training and Therapy* is the essential resource for current and future athletic trainers. Long after its first use, it will prove a valuable reference for athletic training students as they progress through the curriculum, prepare for certification, and begin careers in the profession. *Core Concepts in Athletic Training and Therapy* is part of Human Kinetics' Athletic Training Education Series. Featuring the work of respected authorities in athletic training, this collection of outstanding textbooks, each with its own supporting instructional resources, parallels and expounds on the content areas in the accreditation standards of the NATA Education Council.

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, Arheim'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

Evidence-Based Practice in Athletic Training provides essential information on the fundamentals of evidence-based practice (EBP) for students who are working toward certification in athletic training and for athletic trainers who wish to stay up to date on best practices in the field.

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