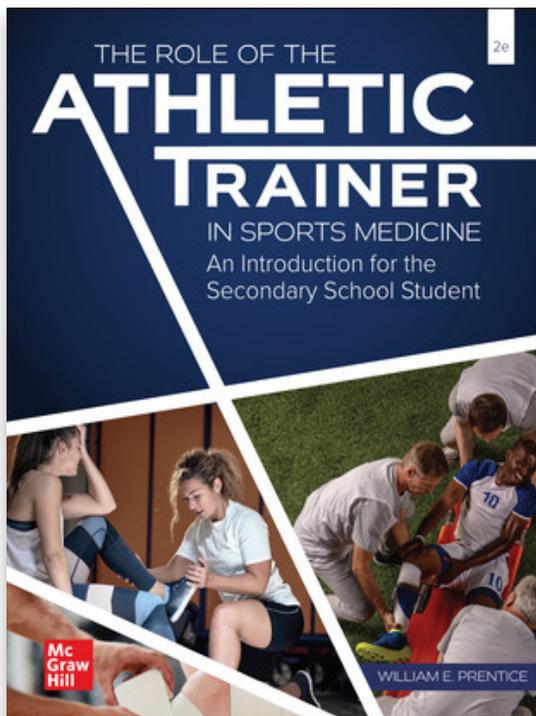


The Role of the Athletic Trainer in Sports Medicine: An Introduction for the Secondary School Student

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Discover the World of Athletic Training!

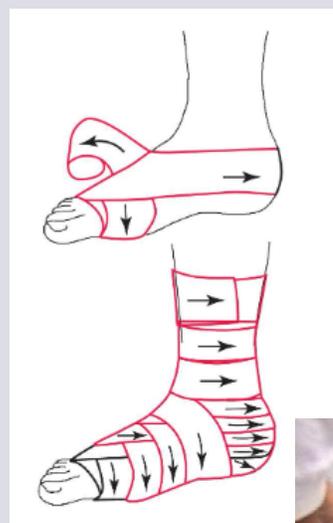
The Role of the Athletic Trainer in Sports Medicine introduces secondary school students who may be interested in pursuing a career in health care to the profession of athletic training and the field of sports medicine. It provides basic information for students of a variety of topics, all of which relate to health care for the athletic or physically active patient populations.problems.

Updated Content—National Standards

This updated 2nd edition is based on the Secondary School Sports Medicine Course Outline developed by the National Athletic Trainers Association (NATA). It maps to the 15 units identified in the NATA outline and incorporates the suggested key terms, objectives, and student applications and activities for each unit.

Key Features

- Updated content designed specifically for high school students
- Based on NATA standards
- Hands-on, interactive activities
- Extensive reference guide with source information in every unit
- Critical thinking exercises in each chapter engage students to solve real-life scenarios
- Over 150 questions and class activities for students to apply learned skills and techniques
- Vivid photos and illustrations with detailed procedures

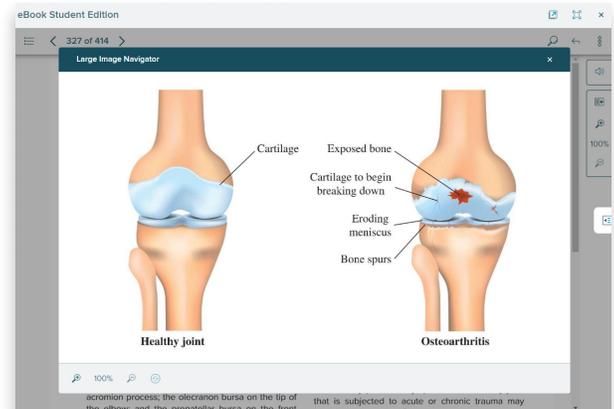


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Table Of Contents

- Chapter 1:** Investigating the Field of Sports Medicine
- Chapter 2:** Understanding the Concepts of Athletic Health Care Administration
- Chapter 3:** Analyzing Legal, Ethical, and Insurance Considerations in Sports Medicine
- Chapter 4:** Understanding the Basics of Training and Conditioning Techniques for Preventing Injuries
- Chapter 5:** Assessing Environmental Factors that Lead to Injury
- Chapter 6:** Understanding Sports Nutrition and Dietary Supplements
- Chapter 7:** Understanding Basic Taping, Wrapping and Bracing for Injuries
- Chapter 8:** Determining Appropriate Emergency Injury Management
- Chapter 9:** Recognizing and Preventing the Spread of Blood Borne Pathogens and Wound Care
- Chapter 10:** Investigating the Psychological Aspects of Injury
- Chapter 11:** Introduction to Rehabilitation and Modalities
- Chapter 12:** Basic Pharmacology and Substance Abuse
- Chapter 13:** Fundamental Concepts of Evaluation
- Chapter 14:** Identifying Basic Tissue Responses and Common Injuries
- Chapter 15:** Anatomy of the Human Body



Exploding Diagrams

Focus Box 4-2

Guidelines and precautions for stretching

The following guidelines and precautions should be incorporated into a sound stretching program:

- Warm up using a slow jog or fast walk before stretching vigorously.
- To increase flexibility, the muscle must be overloaded or stretched beyond its normal range but not to the point of pain.
- Stretch only to the point at which tightness or resistance to stretch or perhaps some discomfort is felt. Stretching should not be painful.
- Increases in range of motion will be specific to whatever joint is being stretched.
- Exercise caution when stretching muscles that surround painful joints. Pain is an indication that something is wrong; it should not be ignored.
- Avoid overstretching the ligaments and capsules that surround joints.
- Exercise caution when stretching the low back and neck. Exercises that compress the vertebrae and their disks may cause damage.
- Stretching from a seated position rather than a standing position takes stress off the low back and decreases the chances of back injury.
- Stretch those muscles that are tight and inflexible.
- Strengthen those muscles that are weak.
- Always stretch slowly and with control.
- Be sure to continue normal breathing during a stretch.
- Static and proprioceptive neuromuscular facilitation (PNF) techniques are most often recommended for individuals who want to improve their range of motion.
- Dynamic stretching should be done by those who are already flexible and/or are accustomed to stretching and should be done only after static stretching.
- Stretching should be done both before and after activity, at least three times per week to see minimal improvement, and five or six times per week to see maximum results.

Athletic Trainer's Checklist

The following is a checklist for those components that should be addressed in designing an injury rehabilitation program by an athletic trainer.

- | | |
|---|---|
| <input type="checkbox"/> Provide correct immediate first aid and management following injury, to limit or control swelling. | <input type="checkbox"/> Restore or increase muscular strength, endurance, and power. |
| <input type="checkbox"/> Reduce or minimize pain. | <input type="checkbox"/> Regain balance. |
| <input type="checkbox"/> Restore full range of motion. | <input type="checkbox"/> Maintain cardiorespiratory fitness. |
| <input type="checkbox"/> Reestablish neuromuscular control. | <input type="checkbox"/> Incorporate appropriate functional progressions. |
| <input type="checkbox"/> Improve core stability | <input type="checkbox"/> Use functional testing to assist in making return to play decisions. |

Useful Resources

Helpful Checklists

ISBN List

- Standard Student Bundle (Student Edition, Online Student Edition Subscription) **6-year:** 978-1-26-422191-2 | **1-year:** 978-1-26-422190-5
- Online Student Edition **6-year:** 978-1-26-441640-0 | **1-year:** 978-1-26-441641-7
- Print Student Edition 978-1-26-433293-9

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