



WILLIAM E. PRENTICE

athletic training

AN INTRODUCTION TO PROFESSIONAL PRACTICE

Detailed Contents

Preface, vi

Applications at a Glance, x

PART I Professional Development and Responsibilities, 1

- 1 The Athletic Trainer and the Sports Medicine Team, 1
 - Historical Perspectives, 1
 - Sports Medicine and Athletic Training, 3
 - The Sports Medicine Team, 12
 - The Athletic Trainer, 12
 - Responsibilities of the Team Physician, 22
 - Responsibilities of the Coach, 24
 - Referring the Athlete to Other Medical and Nonmedical Support Services and Personnel, 26
 - Employment Settings for the Athletic Trainer, 29
 - Recognition and Accreditation of the Athletic Trainer as an Allied Health Professional, 33
 - Requirements for Certification as an Athletic Trainer, 35
 - State Regulation of the Athletic Trainer, 37
 - The Physical Therapist and the Athletic Trainer, 38
 - Future Directions for the Athletic Trainer, 39
 - Summary, 40
 - Websites, 41
- 2 Health Care Administration in Athletic Training, 44
 - Establishing a System for Athletic Training Health Care, 44
 - Athletic Training Program Operations, 45
 - Designing an Athletic Training Facility, 51
 - Record Keeping, 56
 - The Computer as a Tool for the Athletic Trainer, 67
 - Collecting Injury Data, 68
 - Summary, 71
- 3 Legal Concerns and Insurance Issues, 75
 - Legal Concerns of the Coach and Athletic Trainer, 75
 - Insurance Considerations, 79
 - Third-Party Reimbursement, 82
 - Summary, 86
 - Websites, 87

PART II Preventing Injury and Minimizing Risk, 89

- 4 Training and Conditioning Techniques, 89
 - The Relationship Between Athletic Trainers and Strength and Conditioning Coaches, 89
 - Principles of Conditioning, 90
 - Warm-Up and Cooldown, 91
 - Improving and Maintaining Flexibility, 92

- The Importance of Muscular Strength, Endurance, and Power*, 102
 - Cardiorespiratory Endurance, 113
 - Fitness Assessment, 120
 - Periodization in Training and Conditioning, 120
 - Summary, 125
 - Websites, 125
- 5 Nutritional Considerations, 129
 - Nutrition Basics, 129
 - Energy Sources, 130
 - Regulator Nutrients, 132
 - Nutrient Requirements and Recommendations, 136
 - Nutrition and Physical Activity, 140
 - Prevent Nutrition, 145
 - Weight Control and Body Composition, 150
 - Summary, 157
 - Websites, 157
 - 6 Environmental Considerations, 161
 - Hyperthermia, 161
 - Hypothermia, 172
 - Altitude, 176
 - Overexposure to Sun, 177
 - Lightning Safety, 178
 - Air Pollution, 179
 - Circadian Dysrhythmia (Jet Lag), 180
 - Synthetic Turf, 181
 - Summary, 182
 - Websites, 183
 - 7 Protective Gear and Sports Equipment, 186
 - Safety Standards for Sports Equipment and Facilities, 186
 - Legal Concerns in Using Protective Equipment, 186
 - Equipment Reconditioning and Recertification, 188
 - Using Off-the-Shelf versus Custom Protective Equipment, 188
 - Head Protection, 189
 - Face Protection, 193
 - Trunk and Thorax Protection, 197
 - Lower Extremity Protective Equipment, 200
 - Elbow, Wrist, and Hand Protection, 208
 - Construction of Protective and Supportive Devices, 210
 - Summary, 214
 - Websites, 214
 - 8 Bandaging and Taping, 217
 - Bandaging, 217
 - Nonelastic and Elastic Adhesive Taping, 224
 - Summary, 243
 - Websites, 244
 - 9 Mechanisms and Characteristics of Sports Trauma, 246
 - Mechanical Injury, 246
 - Soft-Tissue Trauma, 248

Skin Injuries, 248
Skeletal Muscle Injuries, 249
Synovial Joints, 254
Bone Trauma, 261
Nerve Trauma, 267
Body Mechanics and Injury Susceptibility, 268
Summary, 269
Websites, 270

PART III *Injury Management*, 272

10 *On-the-Field Acute Care and Emergency Procedures*, 272
The Emergency Action Plan, 272
Principles of On-the-Field Injury Assessment, 275
The Primary Survey, 276

The Secondary Survey, 290
Emergency Emotional Care, 299
Moving and Transporting the Injured Athlete, 299
Proper Fit and Use of the Crutch or Cane, 307
Summary, 309
Websites, 310

11 *Bloodborne Pathogens*, 313
Virus Reproduction, 313
Bloodborne Pathogens, 314
Bloodborne Pathogens in Athletics, 317
Universal Precautions in an Athletic Environment, 319
Summary, 323
Websites, 323

Glossary, G-1
Credits, C-1
Index, I-1