

2009 HIGH SCHOOL STUDENT ATHLETIC TRAINER CAMP
Michigan State University

SUNDAY, June 21 2009

1:00 pm -	3:00 pm	STUDENT REGISTRATION: North Wonders Hall Lounge
3:00 pm -	3:15 pm	Walk to Clare Bell Smith Academic Center/Auditorium
3:15 pm -	3:30 pm	OPENING REMARKS:
3:30 pm -	4:00 pm	Introductions
4:00 pm -	4:30 pm	<u>Athletic Training: An Allied Health Profession</u>
4:30 pm -	5:00 pm	<u>The Athletic Training Educational Experience:</u>
5:00 pm -	6:00 pm	Dinner: Wonders Hall Cafeteria
6:15 pm -	9:30 pm	<u>CPR/AED Certification (IM West)</u>
9:30 pm -	9:45 pm	Walk back to North Wonders Hall

MONDAY, June 22., 2009

(Meet in Jenison Field House Academic Classroom)

7:00 am -	8:00 am	Breakfast (Wonders Hall Cafeteria)
8:00 am -	8:10 am	Review/Planning of the Day
8:10 am -	9:15 am	<u>Laboratory: Introduction/ Taping Techniques</u>
9:15 am -	9:20 am	Break
9:20 am -	9:45 am	<u>Understanding Athletic Injury: Terminology and Classification</u>
9:45 am -	10:10 am	<u>Skin Wounds, Blood Borne Pathogens, and Universal Precautions</u>
10:10 am -	10:20 am	Break
10:20 am -	10:45 am	<u>Emergency Planning</u>
10:45 am -	11:30 am	<u>Laboratory:</u>
11:30 am -	1:00 pm	Lunch (Wonders Hall Cafeteria)
1:00 pm -	1:50 pm	<u>Laboratory Review: Lower Body Taping Techniques</u>
1:50 pm -	2:15 pm	<u>Environmental Concerns</u>
2:15 pm -	2:25 pm	Break
2:25 pm -	3:00 pm	<u>Common Injuries to the Lower Extremity:</u>
		<u>Interactive Lecture/Laboratory: Anatomy</u>
3:00 pm -	3:10 pm	Break
3:10 pm -	3:45 pm	<u>Common Injuries to the Lower Extremity</u>
		<u>Common Injuries</u>
3:45 pm -	4:30 pm	<u>Laboratory Review: Lower Extremity</u>
4:30 pm -	6:00 pm	Dinner (Wonders Hall Cafeteria)
6:00 pm -	6:30 pm	<u>Laboratory Wrapping Review (Level I)</u>
6:00 pm -	6:30 pm	<u>General Medical Conditions (Level II)</u>
6:30 pm -	7:30 pm	<u>Group Quiz Bowl</u>
7:30 pm -	7:40 pm	Daily Review/Questions
7:40 pm -	9:00 pm	Campus Athletic Training Room/ Facility Visitation Tour (F.B. Stadium, Munn Ice Arena, Breslin Center, Jenison)

TUESDAY, June 23, 2009

(Meet in Clare Bell Smith Academic Center/ Auditorium)

7:00 am -	8:00 am	Breakfast (Wonders Hall Cafeteria)
8:00 am -	9:00 am	<u>Laboratory Review: Lower Extremity</u> <u>Taping and Wrapping Review</u>
9:00 am -	9:10 am	Break
9:10 am -	9:40 am	<u>Common Injuries to the Upper Extremity:</u> <u>Interactive Lecture/Laboratory Anatomy</u>
9:40 am -	9:50 am	Break
9:50 am -	10:30 am	<u>Common Injuries to the Upper Extremity</u>
10:30 am -	10:40 am	Break
10:40 am -	11:30 am	<u>Laboratory Review: Upper Extremity</u>
11:30 am -	2:00 pm	Lunch/Free Time (Wonders Hall Cafeteria)

(Return to Clare Bell Smith Academic Center/ Auditorium)

2:00 pm -	2:45 pm	<u>Common Injuries to the Head, Face, Spine</u> <u>Interactive Lecture/Laboratory</u>
2:45 pm -	3:00 pm	Break
3:00 pm -	4:15 pm	<u>Laboratory: Emergency Evaluation/Transportation</u>
4:30 pm -	6:00 pm	Dinner (Wonders Hall Cafeteria)
6:00 pm -	6:45 pm	<u>Laboratory Review: Upper Extremity</u>
6:45 pm -	7:30 pm	<u>Laboratory: Modalities/Swim-Ex</u>
7:30 pm -	7:45 pm	Break/Ice Cream Sundae Night or Pizza Party
7:45 pm -	9:00 pm	<u>Open Topic/MSU Athletes: General Roundtable Time</u>

WEDNESDAY, June 24, 2009

(Meet in Clare Bell Smith Academic Center/ Auditorium)

7:00 am -	8:00 am	Breakfast (Wonders Hall Cafeteria)
8:00 am -	9:00 am	<u>Laboratory: Upper and Lower Extremity Taping and</u> <u>Wrapping Review</u>
9:00 am -	9:10 am	Break
9:10 am -	9:50 am	<u>General Injury Evaluation, Immediate Care, and</u> <u>Management of Athletic Injuries</u>
9:50 am -	10:45 am	<u>General Rehabilitation Goals/Ideas</u>
10:45 am -	11:15 am	<u>Strength Training and Conditioning/Tour Weight Room</u>
11:30 am -	12:15 pm	<u>Review/ Closing Comments</u>
12:15 am -	12:30 pm	Check-out

