Foundations of Athletic Training
Prevention, Assessment, and Management
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FOURTH EDITION

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Preface

Four major goals were established for the fourth edition of *Foundations of Athletic Training*. The primary goal was to provide the most current and comprehensive content related to the prevention, assessment, and management of injuries and illnesses sustained by physically active individuals. A second goal was to acknowledge the importance and significance of the *Role Delineation Study* (RDS) published by the Board of Certification. The RDS identifies the essential knowledge and skills for the athletic trainer and serves as a blueprint for the development of the certification examination. Acknowledging the importance of the RDS, each chapter begins by identifying the specific RDS competencies covered within that chapter. A third goal was to enhance learning potential through the actual presentation of information. In particular, an extensive color art program is provided. This new format is designed to provide realistic and accurate visualizations of musculoskeletal anatomy, injuries and medical conditions, assessment techniques, and management techniques. The fourth goal also pertained to content presentation. In an effort to continue our tradition of providing special pedagogical features in a visually pleasing format, multicolor borders and formatting have been used to identify critical boxes, field strategies, and tables as a way to highlight key information.

*Foundations of Athletic Training* has undergone extensive review from leaders in the athletic training field. The review process has been instrumental in enabling us to achieve our goal of developing the most comprehensive text available for athletic training educators and students.

**KEY FEATURES IN THIS EDITION**

The chapters have been reorganized into seven parts: Foundations of Injury Management, Injury Assessment and Rehabilitation, Axial Region, Upper Extremity, Lower Extremity, Systemic Conditions, and Special Considerations. Many chapters have been expanded to reflect the ever-increasing body of knowledge in the athletic training profession. This expansion is particularly evident in the presentation of information on spinal conditions. Specifically, the chapter “Spinal Conditions” has been divided into two chapters, namely “Cervical and Thoracic Spinal Conditions” and “Lumbar Spinal Conditions.”

**PEDAGOGICAL FEATURES**

Several pedagogical features have been utilized to enhance the text’s usefulness as a teaching tool. These in-text features include:

- **Art and Photography Program.** A new color art and photography program supplements the material presented in the text. Using an innovative approach that involves drawings within a human model, the illustration of musculoskeletal anatomy provides a detailed and realistic depiction of structures.

- **BOC Competencies.** As previously noted, the beginning of each chapter includes a list of the BOC competencies addressed in that chapter. This information should be useful to both educators and students.

- **Learning Objectives.** Each chapter opens with a series of learning objectives that identify the key concepts in the chapter.

- **Critical Thinking Scenarios.** Critical thinking scenarios are found at the beginning of most of the major sections in each chapter. These scenarios are intended to encourage the student to critically analyze information and apply decision-making knowledge and skills.
Key Terminology. Important terms are bolded within the text. In addition to the explanation of the term in the chapter, these terms are also defined in the glossary.

Critical Information Boxes. These boxes are interspersed throughout each chapter. They are intended to highlight and summarize important information.

Tables. Several chapters have tables that expand on pertinent information discussed in the text. This format allows a large amount of didactic knowledge to be organized in an easy-to-read summary of information.

Field Strategies and Management Algorithms. In several chapters, field strategies and management algorithms are utilized to present the clinical application of cognitive knowledge.

Summary. Each chapter has a summary of key concepts discussed in the text.

References. Updated references are provided. The majority of the references have been published within the last five years. The exceptions are primarily references to original ground-breaking research.

Glossary and Index. An extensive glossary of terms gathered from the highlighted words in the individual chapters is provided at the end of the book. In addition, a comprehensive index contains cross-references to locate specific information within the text.

ANCILLARY MATERIALS

Online resource centers are available to both athletic training educators and athletic training students on the book’s companion website at thePoint.com/Anderson4e.

Instructor’s Resource Center

The online resource center is organized by chapters and includes the following:

PowerPoint Presentations. The PowerPoint presentations were developed with an understanding that instructors and students adopt a variety of strategies when using PowerPoint. The slides provide detailed rather than general information, recognizing that it is simpler for an educator to delete rather than add information. In addition, given the tendency of many students to take notes verbatim from a slide, an effort was made to condense the actual wording of statements to streamline the note-taking process. The presentations can be downloaded and customized to meet specific needs.

Supporting Lecture Notes. The lecture notes correspond to the individual slides comprising the PowerPoint presentations. The notes are not intended to serve as an actual lecture. Rather, they are designed to provide the instructor with information that supports the material presented on the slides. As such, the notes include additional explanation and background information, as well as examples of concepts.

Teaching Strategies. The teaching strategies provide additional experiences and instructional methods to complement the learning process. In particular, the teaching strategies provide an active, problem-solving, and critical-thinking approach to learning. For example, Chapters 10–18 contain differential diagnosis problems intended to engage the learner in the analysis of clinical signs and symptoms.

Reference Materials. Each chapter contains a variety of materials intended to supplement the information presented in the text. For example, Chapter 1 provides sample forms pertaining to legal considerations. Chapters 10–18 include handouts that pertain to the injury assessment process (i.e., history, observation/inspection, palpation, and testing). The handouts provide an extensive amount of information in an organized and easy-to-read format.

Worksheets. Utilizing a variety of formats, the exercises in the worksheets require students to demonstrate knowledge and comprehension, as well as apply, analyze, synthesize, and evaluate
information. In addition, some exercises incorporate the use of psychomotor skills. Answer sheets are provided for the worksheets.

- **Image Bank.** A bank of the various illustrations contained in the text is provided.

- **Articles and Web Links.** A list of articles and websites that are pertinent to information in various chapters is provided as a supplement for obtaining additional information.

- **Test Bank.** The bank includes more than 1,500 sample test questions composed of multiple choice, matching, true/false, and short answer questions. The program will allow faculty to add/customize their own test questions.

- **WebCT and Blackboard-Ready Cartridges.**

**Student Resource Center**

The online resource center for students will contain two of the same features available through the instructor’s resource center, namely the reference materials and the web links. In addition, the student resource center will include the following:

- **Stedman's Audio Glossary.** The glossary available in the text will also be readily accessible online.

- **Articles and Web Links.** A list of articles and websites that are pertinent to information in various chapters is provided as a supplement for obtaining additional information.

- **Electronic Flash Cards.** Interactive flash cards can be an effective way to study important terms and concepts. Students will have the option to view cards by term/concept or by definition.

- **Reference Materials.** Each chapter contains a variety of materials intended to supplement the information presented in the text. For example, Chapter 1 provides sample forms pertaining to legal considerations. Chapters 9–18 include handouts that pertain to the injury assessment process (i.e., history, observation/inspection, palpation, and testing). The handouts provide an extensive amount of information in an organized and easy-to-read format.

- **Quizzes.** Quizzes will utilize a variety of testing formats, including multiple choice and N-wise multiple choice. These formats are similar to those used on the BOC certification examination.

- **Drag and Drop Figure Labeling.** The images can be labeled by dragging the correct descriptor to the corresponding element of the figure.

In addition, purchasers of the text can access the searchable Full Text On-line by going to the *Foundations of Athletic Training* website at thePoint.com/Anderson4e. See the inside front cover of this text for more details, including the passcode you will need to gain access to the website.

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MKA
CHAPTER OPENING ELEMENTS

Each chapter begins with the following elements, which will help you get off to the right start.

Outcomes
These are the learning objectives that you need to meet after reading the chapter content. (Here’s a tip: Read them again after finishing the chapter as a self-test.)

Role Delineation Competencies
Pay close attention to the domains and tasks in this listing. Defined by the Board of Certification Role Delineation Study, 5th Edition, these represent the essential knowledge and skills you will need as an athletic trainer—and that you will be expected to master on the certification examination.
SPECIAL FEATURES

The new and unique aspects of this edition are shown and explained here so that you can make the most of them.

Full-Color Design and Artwork
We’ve completely redesigned this edition—it is now bursting with full color and brand new illustrations and photographs. These will enhance your learning potential by providing accurate and realistic representations of anatomy, common injuries and medical conditions, and assessment and management techniques.

Critical Thinking Questions and Answers
This tried-and-true feature gives you a realistic scenario and then poses a question, which is answered at the end of the section. Use these to practice your critical-thinking, problem-solving, and decision-making skills—they’ll serve you well in the future.
Field Strategies
Here is where you get hands-on. These boxes will tell and show you in a step-by-step manner how to perform skills, conduct assessments, and teach injury prevention exercises.

Management Algorithms
Within the Field Strategies, you’ll find these logical algorithms to guide your management of specific injuries and conditions.

EMS Alerts
Sometimes injuries and medical conditions can become life-threatening, so situations in which the athletic trainer should immediately call for an EMS response and transport are highlighted and explained.
Links
The learning doesn’t stop with this textbook! Additional tables, boxes, Field Strategies, and sample forms are available to you at the companion website, thePoint. Look for these so you don’t miss these opportunities to expand your knowledge base.

ADDITIONAL LEARNING AND TEACHING RESOURCES
This textbook features a power companion website:
http://thepoint.lww.com/anderson4e

STUDENT RESOURCE CENTER
- Clinically oriented anatomy images
- Drag-and-drop image labeling
- Audio glossary
- Chapter quizzes
- Electronic flashcards
- Web links for supplemental information
- Additional reference material, such as boxes, tables, Field Strategies, and sample forms to support chapters
- PLUS: Video clips from Acland’s DVD Atlas of Human Anatomy

INSTRUCTOR’S RESOURCE CENTER
- Instructor’s Manual with Teaching Strategies, Lecture Notes, Worksheets, Answers, and Handouts
- Test generator
- Image collection
- PowerPoint presentations
- BOC Correlation Chart
- Web links for supplemental information
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