

## **Performance Nutrition: The Keys to Recovery**

Discuss the importance of recovery nutrition.

Explain proper fueling and recovery nutrition for athletes.

Review nutrition support for injured athletes.

## **The Barometer and Outlook of Athletic Training**

Understand the historical evolution of the formal education and clinical training of certified athletic trainers.

Understand the education/training and requirements for today's certified athletic trainer.

Appreciate various factors that are driving educational and clinical expansion, as well as limitations to expansion of scope of practice of the certified athletic trainer.

Understand future directions for athletic trainers pursuing various practice settings through accredited residency programs, Board of Athletic Training Specialties, and internationalization of athletic training.

## **Linking Rehabilitation and Training**

Describe how to progress volumes and intensities in return-to-play training programs.

Recognize when to properly apply eccentric activities in rehabilitation and return-to-play training.

Apply neuromuscular integration and potentiation principles in rehabilitation training situations.

## **Internal Brace Ligament Augmentation - Is it here to Stay?**

Describe Internal Brace Ligament Augmentation and its advantages compared to traditional ligament reconstruction.

Identify appropriate surgical procedures and anatomical structures in which Internal Brace Ligament Augmentation is used.

Recognize the impact of Internal Brace Ligament Augmentation on post-operative recovery and rehabilitation.

## **Case Study: Open Ankle Dislocation in a High School Football Athlete**

Recognize proper medical interventions to be employed in the management of an open ankle dislocation.

Understand the indications and possible complications of ORIF specific to open ankle dislocations.

## **Administrative Responsibilities and Reporting Structures in**

### **Emergency Planning**

Understand best practices in athletics health care administration in regards to administrative structure and medical management.

List the typical models of supervisory relationships in sports medicine and summarize the advantages/disadvantages of each.

Describe catastrophic incident management guidelines.

## **Primary Assessment and Management of Orthopaedic Trauma**

Implement a thorough primary assessment for orthopedic emergencies in athletics.

Identify appropriate initial treatment and advanced care strategies.

Apply proper first aid and splinting techniques when required.

## **Tech Tools for the Athletic Trainer**

Identify areas of one's practice in which technological tools would make a positive impact in patient safety and/or professional responsibility.

Identify and recognize specific technological tools that can be used in one's practice to increase workflow efficiency.

## **Cannabis: What Do You Need to Know?**

Review the world-wide history of cannabis from the earliest centuries to the current state.

Differentiate between THC and CBD.

Describe the endocannabinoid system and how it relates to cannabis.

## **East Meets West: Using Yoga as a Rehabilitation Tool**

Learn how to develop, modify, and implement anatomically sound yoga rehabilitation.

Review myofascial lines and meridians for a more "full-body" treatment approach.

Apply, through a hands-on approach, the use of movement for evaluation and performance assessment tools.

## **Not Just a Gut Feeling... Sports-Related Acute Abdominal Injuries**

Recognize life threatening sports related abdominal injuries.

Apply initial evaluation, diagnosis, and treatment methods for acute and chronic abdominal injuries in athletes.

Interpret and modify return to play guidelines for various clinical scenarios relating to abdominal injuries.

## **Identification and Management of Mental Health Conditions: Taking Care of the Entire Athlete**

List the different types of mental health disorders.

Identify stressors and triggering events to psychological concerns in student-athletes.

Construct a referral network of providers for evaluation and care for an athlete with mental health disorders.

Generate a plan to address psychological concerns in student-athletes.

Investigate the legal liability when developing a plan to manage athletes with mental health disorders.