Learning Objectives (BOC List)

Alan Degarno, MS, CSCS, ATC

• *Examining Relationships Between Bunkie Testing and Athletic Injury*

• Lecture using PowerPoint presentation

• **Learning Objective(s):** Describe how the Bunkie test is used in the context of assessing relative risk of injury for athletes

• **Relevant AT Domain(s):** Injury Prevention, Clinical Eval. & Diagnosis

Willard W. Peveler PH.D

• *Resistance Training for Endurance Athletes: Research and Practical Application*

• Lecture using PowerPoint presentation

• **Learning Objective(s):** Summarize the potential improvements and benefits of an off-season resistance-training program on endurance athletes

• **Relevant AT Domain(s):** Injury Prevention & Wellness Protection

Andy Bosak, Ph.D., EP-C, CSCS, *D

• *“Utilizing Sport Science Technology to Improve Athletic Performance.”*

• Lecture using PowerPoint presentation

• **Learning Objective(s):**
  
  o Session attendees will have learned the various, yet basic types of “athlete monitoring tools” (ie. Omegawave, Catapult, FirstBeat, etc.) and be able to determine which laboratory and/or field based test to use in order to obtain the necessary athlete information.

  o Session attendees will be able to determine how laboratory data applies to field/court application and will be able to understand various data collection barriers to team sport performance.

  o Session attendees will have learned the concepts of overtraining and detraining while also understanding the appropriate monitoring tools to use for proper analysis of particular team sport seasons.
• Relevant AT Domain(s): Injury Prevention & Wellness Protection

Robert Panariello, MS, PT, ATC, CSCS
• Bridging the Medical-Performance Training Gap During the Sport Rehabilitation and Performance Enhancement Training of the Athlete

• Lecture using PowerPoint Presentation

• Learning Objective(s)
  o Identify the different physical qualities and training principles necessary for optimal athletic performance as well as their role in the rehabilitation setting

• Relevant AT Domain(s): Injury/Illness Prevention & Wellness Protection: “Maintain or improve physical conditioning for the individual or group by designing and implementing programs (e.g., strength, flexibility, CV fitness) to minimize the risk of injury and illness”

Jerry Shreck, ATCL, NCSF-CPT
• Assessing the Risk & Preventing ACL Tears
• Lecture using PowerPoint presentation

• Learning Objective(s)
  1. Explain how movement analysis can be used to identify whether an athlete is at an increased risk of an ACL injury
  2. List examples of corrective exercises and/or techniques that have the potential to decrease an athlete’s risk of an ACL injury.

• Relevant AT Domain(s): Clinical Evaluation & Diagnosis

James F. Cerullo, PhD, ATC, CSCS
• Variations of the Squat: Kinematics to Consider
• Lecture using PowerPoint presentation

• Learning Objective(s)
  • Describe how range of motion and mode of squatting exercise (machine vs. free effects the ligaments and menisci of the knee

• Relevant AT Domain(s): Injury Prevention/ Wellness Protection
Martin A Fees, MS, PT, ATC, CSCS

- Hands on use of neuromuscular electrical stimulation (NMES)
- Lecture with hands on demonstration
- Learning Objective(s)
  - Summarize past and current research on the use of NMES
  - Describe programs for strength augmentation in healthy athletes using NMES
- Relevant AT Domain(s): Treatment and Rehabilitation

Lori Swaldi DPT, VSC & Tom Swaldi DPT, ATC, CSCS

- Proprioception After Knee Injury
- Lecture using PowerPoint presentation
- Learning Objective(s)
  - Define proprioception as it relates to the overall balance system
  - Distinguish the difference in amount and type of mechanoreceptors in the knee inert structures.
  - Explain how injury to the inert knee structures affects mechanoreceptors
  - Understand how changes in mechanoreceptors after injury may or may not affect proprioception and overall balance.
  - Apply given knowledge of proprioceptive changes to the knee to a Rehabilitation protocol and treatment plan.
- Relevant AT Domain(s): Injury Prevention and Wellness Protection / Rehabilitation and Treatment

Cam Davidson MS, CSCS, SCCC, USAW

- Implementation of Postural Restoration Concepts into Training Programs
- Lecture using PowerPoint Presentation
- Learning Objective(s)
  - Explain how postural restoration and breathing techniques can be used to prevent low back pain and increase hip mobility
- Relevant AT Domain(s): Injury prevention, treatment & rehabilitation

Kate Decker, CSCS, USAW, ART Provider, FST Provider Level III- Medical, NCTMB, MMP, Contracted Advanced Muscle Therapist

- Understanding Fascia
- Lecture using PowerPoint Presentation
- Learning Objective(s)
  - Identify restrictions in soft tissue that accumulate from repetitive patterns in sports
Identify strength and stretch rebalancing practices that can assist in reducing problems with soft tissue.

**Relevant AT Domain(s):** Injury Prevention & Treatment and Rehabilitation

Tony Decker, MS, CSCS

- "Utilizing Partial Movements in Training the Injured Athlete"
- Lecture Using PowerPoint Presentation
- **Learning Objective(s):**
  - Describe the proper indications and contra-indications as applied to the Olympic Lift exercises and the healing process of the human body in order to ensure safe return to competition.
- **Relevant AT Domain(s):** Treatment & Rehab + Injury Prevention/Wellness Protection

Thomas Newman, Med, ATC, LAT & W. E. Buckley, PhD, MBA, ATC, LAT

- *The Effects of Prophylactic Ankle Bracing on Dynamic Reach Distance and Obstacle Course Performance in Military Cadets*
- Lecture using PowerPoint Presentation
- **Learning Objective(s):**
  - Describe how prophylactic ankle bracing can be used to potentially reduce the risk of ankle sprains and ankle related injuries during “high-risk” military activities.
- **Relevant AT Domain(s):** Minimize risk of injury and illness of individuals and groups impacted by or involved in a specific activity through awareness, education, and intervention

Timothy Harvey, MS, CSCS

- *Selected Performance Enhancing Substances in Exercise and Sport- Dietary and Pharmacologic*
- Lecture using PowerPoint Presentation
- **Learning Objective(s):**
  - One of the major challenges for today’s coach, athletic trainer, or personal trainer is to accurately and appropriately disseminate evidence-based knowledge to athletes and/or active individuals regarding the safe and effective use of common, or uncommon, ergogenic aids, including a plethora of nutritional and/or pharmacologic substances. By the end of this presentation, attendees should be able to summarize the benefits of the ergogenic aids creatine, MCAA;s, MCT;s, protein, antioxidants, and selected vitamins,, their potential side effects, and how to recognize substance abuse.
- **Relevant AT Domain(s):** Injury/Illness Prevention & Wellness Protection: “educating participants on nutrition and performance enhancing drugs”

Darin Thomas, MS, CSCS

- *A Strength and Conditioning Program to Develop Young Athletes*
• Lecture using PowerPoint Presentation

• **Learning Objective(s):**
  - Describe the benefits of a strength and conditioning program for young athletes.
  - Recommend restraint and guidelines on young athletes participating in a strength program
  - Identify the stages of child strength/fitness training

• **Relevant AT Domain**
  - **Injury Prevention/Wellness Protection:** Maintain or improve physical conditioning for the individual or group by designing and implementing programs (e.g., strength, flexibility, CV fitness) to minimize the risk of injury and illness.