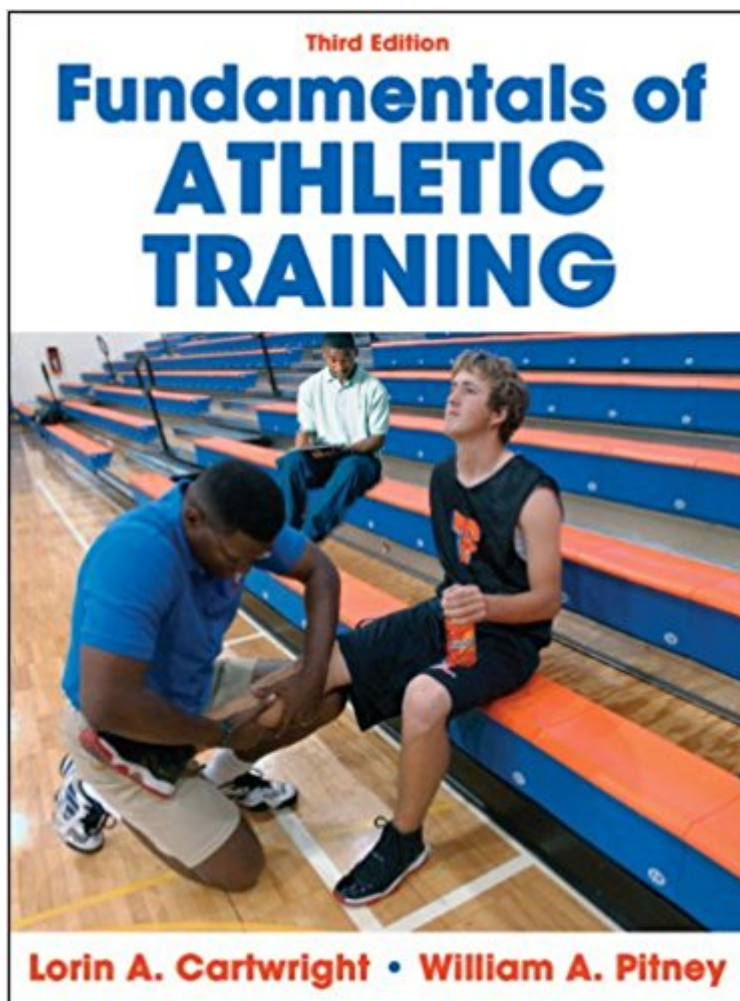


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# Fundamentals Of Athletic Training-3rd Edition



## Synopsis

Fundamentals of Athletic Training, Third Edition, explains foundational concepts in athletic training and presents injuries and illnesses commonly encountered by certified athletic trainers. Written specifically for high school students, this text develops the knowledge and skills of students assisting athletic trainers on the field and in the training room as well as those considering future careers as sports medicine professionals. In an engaging full-color layout, the updated third edition presents the latest developments in athletic training with regard to treatment, care, administration, and certification. These new and updated topics are covered:

- How to deal with more than one injury simultaneously
- How to work with athletes with differing cultural backgrounds
- Treatment and care of athletes with specific conditions or disabilities
- Facility design and modality safety
- Equipment ordering and maintenance
- The role of the athletic trainer in school emergencies

Fundamentals of Athletic Training, Third Edition, covers all of the introductory concepts that future athletic trainers need to know at a level that high school students can understand. The text begins with an overview of the athletic training profession and presents human anatomy and the physiology of injury and tissue healing. A quick reference list highlights where to find related anatomical drawings. It then presents comprehensive head-to-toe coverage of common injuries and includes an explanation of each injury with appropriate treatment protocols. The text also discusses various conditions, illnesses, and communicable diseases along with information on nutrition and the effects of therapeutic, recreational, and performance-enhancing drug use. Students will learn the fundamentals of rehabilitation and injury prevention techniques through the use of taping, wrapping, and protective equipment. The third edition includes new and updated learning features that add interest, depth, and opportunities for critical thinking. Special chapter vignettes titled "What would you do if . . .?" encourage students to consider how they might handle day-to-day challenges faced by athletic trainers. "The Real World" segments provide examples of experiences that athletic trainers currently working in the field encounter. Other highlighted elements offer additional information about challenging topics, suggestions for additional research and special projects, or direction for hands-on application of theories presented within the chapter. Fundamentals of Athletic Training, Third Edition, also includes fully updated and expanded instructor materials. Online access to the instructor guide, the test package, and a new image bank now provide convenient, one-source assistance for lecture and test preparation. As a bonus, instructors may request the Essentials of Interactive Functional Anatomy CD-ROM for use in their classrooms. This unique learning tool provides an engaging way to teach the basics of human anatomy. Fundamentals of Athletic Training, Third Edition, provides student athletic training

assistants with a clear understanding of the functions, skills, and activities they might encounter while assisting certified athletic trainers. By offering a solid introduction to the profession, this text will also pique the interest of students considering their career possibilities and act as a springboard to a future in athletic training and sports medicine.

## Book Information

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## Customer Reviews

Lorin A. Cartwright, MS, ATC, is assistant principal and athletic director at Pioneer High School in Ann Arbor, Michigan. As a teacher and the school's head athletic trainer for more than 15 years, she has extensive experience with all aspects of instruction of student athletic trainers. She was an adjunct professor in athletic training at the University of Michigan for three years. Cartwright earned a bachelor's degree in physical education from Grand Valley State University and a master's degree in education from the University of Michigan. Cartwright is the author of three books, including the popular *Preparing for the Athletic Trainers' Certification Exam*, and was the first woman and first high school athletic trainer to serve as the president of the Great Lakes Athletic Trainers' Association. She served as the investigative chair on the Ethics Committee for the National Athletic Trainers' Association (NATA) from 1998 to 2004 and was also an active member of NATA's National Membership Committee and the National Review Committee for Misconduct from 1988 through 1992. Highly regarded in her field, Cartwright was the recipient of the Great Lakes Athletic Trainers' Association Outstanding Educator Award in 2010, the Athletic Trainer Award from the Great Lakes Athletic Trainers' Association in 2002, the Most

Distinguished Athletic Trainer Award from the Michigan Athletic Trainers' Society in 1999, and the Distinguished Service Award from the National Athletic Trainers' Association in 1998. Her travels have taken her to Alaska, Italy, Nova Scotia, Sweden, Finland, and the Caribbean. Cartwright has been the athletic trainer for the amateur and semipro summer basketball league and the Michigan men's basketball all-star team, and she worked at the Olympic Trials for wrestling.

Cartwright resides in Ann Arbor, Michigan, where she enjoys woodworking, creating stained glass, and gardening in her free time. William A. Pitney, EdD, ATC, FNATA, is an associate professor in the department of kinesiology and physical education at Northern Illinois University. Dr. Pitney is a recognized leader in qualitative research in the athletic training profession and is a fellow of the National Athletic Trainers' Association. He has authored more than 25 peer-reviewed articles and two textbooks and is a section editor for the Journal of Athletic Training, in which he published one of the first articles on qualitative research. He is also the editor in chief for the Athletic Training Education Journal and the author of Qualitative Research in Physical Activity and the Health Professions, and he has served on the Great Lakes Athletic Trainers' Association Research Assistance Committee. Dr. Pitney earned a bachelor's degree in physical education with a specialization in athletic training from Indiana State University in 1988, a master's degree in physical education from Eastern Michigan University in 1992, and an EdD in adult continuing education from Northern Illinois University in 2000. In his leisure time, he enjoys mountaineering, bicycling, and running.

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