

SPRING 2

ATP 7321

PSYCHOLOGICAL ASPECTS OF SPORTS INJURY

TBD

Instructor: Summer Ott, Psy.D.
Office: Memorial Hermann Sports Medicine
Phone: (281) 309-4020
Email: summner.d.ott@uth.tmc.edu
Office Hours: Monday:
Tuesday:
Wednesday:
Thursday:
Friday

Course Description:

ATP 7321. PSYCHOLOGICAL ASPECTS OF SPORTS INJURY. Credit 3 Hours.
Prerequisites: Formal acceptance for progression into the Master's Degree in Athletic Training. Examines the knowledge, skills, that the athletic trainer must possess to recognize and intervene, and when appropriate, refer to a recognized professional; the socio-cultural, mental, emotional, and physical behaviors of athletes and others involved in physical activity.

Textbook(s):

Arvinen-Barrow, M. & Walker, N. (2013). The Psychology of Sport Injury and Rehabilitation. Publisher: Routledge. ISBN: 978-0415695893

Course Objectives:

Upon successful completion of this course students will be able to demonstrate the appropriate knowledge and skill base to understand the basic principles of:

1. Describe the basic principles of personality traits, trait anxiety, locus of control, intrinsic and extrinsic motivation, as well as explain the theoretical background of psychological and emotional responses to injury and forced inactivity as they affect patient interactions. (PS-1, PS-2)
2. Describe how psychosocial considerations affect clinical decision making related to return to activity or participation. (PS-3)
3. Explain the importance of educating patients, parents/guardians, and others regarding the condition in order to enhance the psychological and emotional well-being of the patient. (PS-6)
4. Describe the psychological techniques and interventions that can be used to motivate and facilitate a patient's physical, psychological and return to activity needs during injury rehabilitation. (PS-7, PS-8)
5. Describe the psychosocial factors that affect persistent pain sensation and perception and identify multidisciplinary approaches for assisting patients with persistent pain. (PS-9).
6. Explain the impact of sociocultural issues that influence the nature and quality of healthcare received and formulate and implement strategies to maximize client/patient outcomes. (PS-10)
7. Identify and describe the basic signs and symptoms of mental health disorders, substance abuse, and personal/ social conflict and the role of various mental health care providers and the ability to identify and refer clients/patients to these health care providers (PS-11, PS-12, PS-13, PS-16)
8. Identify the symptoms and clinical signs of substance misuse/abuse and common eating disorders, the psychological and socio-cultural factors associated with each, the impact on an individual's health and physical performance, the need for proper referral to a healthcare professional. (PS-14, PS-15)
9. Describe the psychological and emotional responses to a catastrophic event, the potential need for a psychological intervention and a referral plan for all parties affected by the event. (PS-17).
10. Identify and describe the signs, symptoms, physiological, and psychological responses of clients/patients with disordered eating or eating disorders as well as appropriate management and referral consistent with current practice guidelines. (PHP-46, PHP-47)
11. Select and integrate appropriate psychosocial techniques into a patient's treatment or rehabilitation program to enhance rehabilitation adherence, return to play and overall outcomes. (CIP-7)
12. Recognize and refer at risk individuals and individuals with psychosocial disorders and/or mental health emergencies. (CIP-8)
13. Develop an appropriate management plan that establishes a professional helping relationship with the patient. (CIP-8)
14. Ensure interactive support and education for the patient. (CIP-8)

15. Encourage the athletic trainer's role of informed patient advocate in a manner consistent with current practice guidelines. (CIP-8)

Retention and Progression Procedures & Policy:

After students have been formally accepted into the Master of Athletic Training Program at the University of Houston the ATS must maintain a G.P.A. of 3.0 or above and receive no more than one grade of "C" in any of the required Master of Athletic Training Program courses. When a student falls below the required G.P.A. and/or receives a grade of "C" in two or more classes, the ATS will be removed from the Master of Athletic Training Program.

Should the student who has been removed from the Master of Athletic Training Program wish to file a grievance, he/she must follow the guidelines as defined at the following link:

<http://www.uh.edu/class/students/graduate/academics-planning/policies-procedures/index.php>

Evaluation Methods:

Total Possible:

Grading Scale:

100-93:	A
92-85:	B
84-77:	C
76-69:	D
<69:	F

ADA STATEMENT

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the Center for Students with Disabilities at ext. 3-5400 for more assistance.

ACADEMIC HONESTY

Honesty in your academic work is important in developing professional integrity. Students are to maintain a high standard of academic honesty, including doing your best work and reporting academic misconduct and plagiarism. At all times you must present your own, original work. Any student who commits academic misconduct will receive a zero for that assignment, and depending on the nature of the violation, may fail the class and be reported to the university for disciplinary action.