



Driving Directions

From Nashville

- Take I-24E to Murfreesboro Exit 80.
- Turn left New Salem Rd/TN-99 and go .4 miles to Middle Tennessee State Blvd.
- Turn right on Middle Tennessee State University Blvd and go 3.5 miles to Faulkinberry Dr.
- Turn right on Faulkinberry Dr.
- The first building to the left is the Alumni Memorial Gym (AMG).

From Chattanooga

- Take I-24W toward Murfreesboro.
- Take Murfreesboro exit 80.
- Turn right New Salem Rd/TN-99 and go .4 miles to Middle Tennessee State Blvd.
- Turn right on Middle Tennessee State University Blvd and go 3.5 miles to Faulkinberry Dr.
- Turn right on Faulkinberry Dr.
- The first building to the left is the Alumni Memorial Gym (AMG).

From Columbia

- 7 Take I-65N to TN 840E exit 59.
- 8 Take exit 53A onto I-24E towards Chattanooga.
- Take either exit 76 or exit 78B and follow the directions from Nashville above.

What to Bring:

- Registration form and fee
- Notebook, pen and paper
- Comfortable shoes and attire
- Positive attitude!!

Contact information:

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MTSU ATHLETIC TRAINING WORKSHOP

When: March 21, 2020

**Where: MTSU Alumni
Memorial Gym, 2610
Middle Tennessee Blvd**

Time: 8am-5pm



What is Athletic Training:

Athletic trainers are certified health care providers who impart knowledge and skill to address the many facets of athletic activity.

From preventing, treating, and assessing injuries to facilitating rehabilitation and return to activity along with counseling on proper nutrition and general health and wellness.

It's much more than taping a sprained ankle or standing on a sideline at a game.

Schedule of events:

Registration	7:00-8:00
Opening	8:00 - 8:15
Basic anatomy	8:15 - 8:45
Common ankle injuries	8:45 - 9:30
Break	9:30 -10:00
Ankle Taping Lab	10:00 -10:45
Ankle Rehab	10:45 - 11:30
Lunch	11:30 - 12:15
Stretching Lab	12:15- 1:00
Employment in AT	1:00 - 1:45
Modality Lab	1:45 - 2:30
Spine Boarding	2:30 - 3:15
Break	3:15 - 3:30
Quiz Bowl/ Jeopardy	3:30 - 4:30
Closing and Evals	4:30 - 5:00

Event Information:

\$15 - Pre- registration (3/14)

\$20 - Day of event (3/21)

*T-shirt and lunch provided



What to Expect:

This workshop will introduce high school students to the profession of Athletic Training and educate them on specific topics related to Athletic Training.

The topics in this workshop will be taught by senior athletic training students who will soon sit for the certification exam to become Certified Athletic Trainers.

There will be lectures and labs covering a wide range of topics. Students who attend the workshop will have an opportunity to learn different aspects of the Athletic Training Field through instructional hands-on activities.