

Athletic trainers do more than tape



NATHAN MORRISON

PERSONAL COLUMN

letic training education program there are six seniors, three juniors, five sophomores and six freshmen. Lisa Braun, director of athletic training education, said, "Their role is to observe and learn from the upperclassmen and certified athletic trainers, and to practice the skills they are being taught."

Sitting in the basement corner and through the tunnel of Stewart Field House is the Southwestern College Athletic Training Facility. Unless you are one of the 300-some student athletes, a coach or have something to do with athletic training you may never know the facility exists. This facility is stocked with adequate tape supplies, bracing and first aid equipment. However, the facility itself could not operate if this is the only thing it was used for.

Athletic training is an allied health care profession which is on the move. An athletic trainer does not just tape and give out water. They are there from the start of an athletic injury to the very end of the injury. These individuals practice medicine along the six domain lines: prevention of injuries, clinical evaluations and diagnosis, immediate care of injuries, treatment-rehabilitation-reconditioning, organization and administration and professional development. Therefore, if you were thinking along the lines of the guy who works in the gym to get you fit, then you are thinking the wrong way. He is a personal trainer.

Let's take it from an athlete's point of view. Tyler Lampert, physical education senior, said, "It is an individual who is qualified to treat, rehabilitate and evaluate athletic injuries acquired by athletes."

If you are someone who is not involved with athletic training you might think along these lines. "An athletic trainer is someone who provides support, care and encouragement for athletes," said Elyse Byram, philosophy & religious studies senior.

Both of them are correct. Athletic trainers are board certified and licensed individuals. They not only work at colleges for various teams, but they are professionals in clinics, corporate factories, the military and even theater and performing arts. Therefore, not only do they treat athletic injuries, but these individuals practice in on the job injuries and various others.

Southwestern is equipped with an athletic training education program, which is one of 14 accredited programs within the state of Kansas. Athletic training students spend numerous hours on the courts and fields watching practices and games. At the same time they develop proficiencies and competencies within the domains set up by a commission of accreditation.

Many people see the hours spent watching practices and games as time wasted, but the only way to learn the full process is to be there from start to finish. Within the ath-

The students at Southwestern observe in various health care facilities from orthopedic clinics in Wichita to the emergency room at William Newton Hospital in Winfield. Through this, they experience the health care profession in many different aspects and develop knowledge of team effort. In fact, the National Athletic Training Association's theme for their promotion month of March is "Sports safety is a team effort".

In order for an injured athlete to get back to his or her normal competing self, it takes more than just a doctor. It takes the doctor, the athletic trainer, the radiologist and the therapist. This is leaving out some professions, but it takes proper communication to correctly assist the injured player.

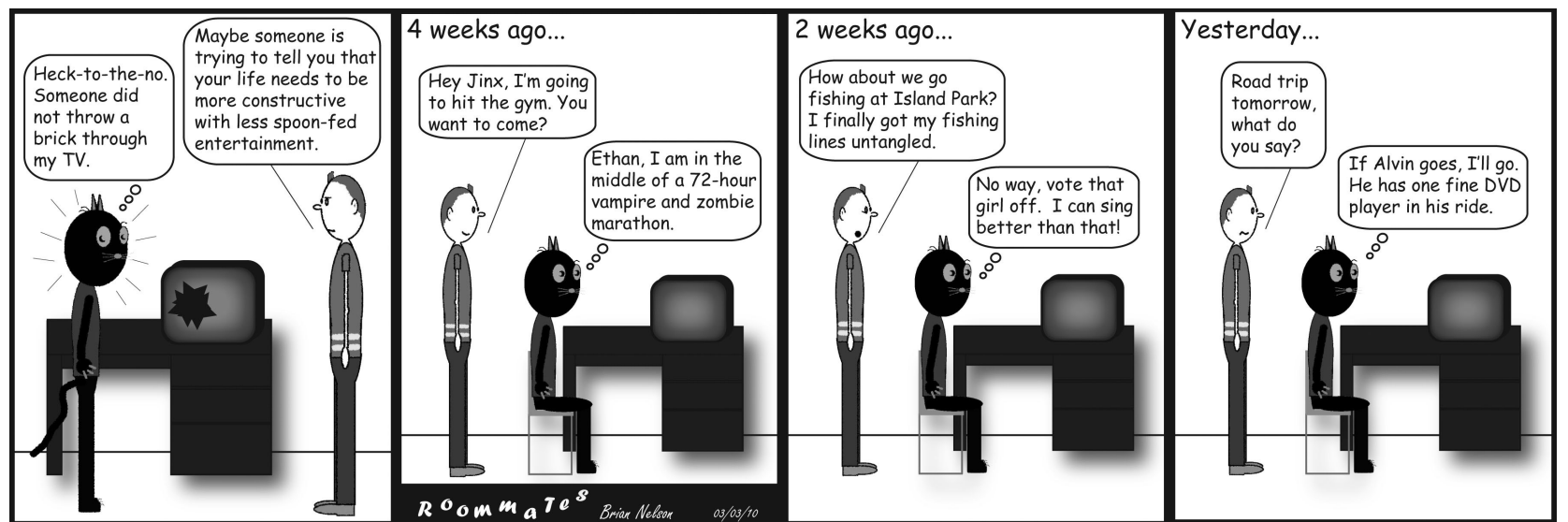
Amanda Beadle, head athletic trainer said, "When a student athlete is injured and SC's athletic training staff is in need of additional support, we are capable of getting appointments usually within 24-72 hours. With such a quick turn around on diagnosis we are able to not only return student athletes sooner, but also able to alert coaches to potential holes in their line ups and for how long they should expect that student athlete to be out."

In these instances the athletic trainer helps out in many different aspects. When someone rolls their ankle, it might just be a simple sprain. The athletic trainer could rule out possible fracture at no medical cost to the athlete. When there is no athletic trainer this athlete might go to emergency room and pay expensive costs for the fees and x-rays. They not only spend a ton of money, but they also crowded the emergency room with something that is not an emergency.

What happens when an athlete is practicing in the heat and they go out with a heat stroke? If no one, including coaches, does not know what to do the athlete may die. This can be prevented if a trained individual is there watching practice, and this is why institutions are hiring athletic trainers. It not only reduces liabilities, but it can save a person's life in emergency situations.

This March help the athletic trainers celebrate National Athletic Training Month. Sports safety is a team effort; it takes not only the athlete, coach and athletic trainer, but also proper communication from everyone to make sure the risks are low and individuals can develop to their best competition levels.

Nathan Morrison is a senior majoring in athletic training. You may e-mail him at nathan.morrison@sckans.edu.



Mythological film captures modern audience

By Brian Nelson
Editor in chief

MOVIE REVIEW

Director Chris Columbus has brought life to another fantasy novel, though this one's main character does not discover that he is a wizard. He discovers that he is the son of Poseidon, the god of sea and earthquakes, as found in Greek mythology.

"Percy Jackson & the Olympians: The Lightning Thief" is based on the first book out of a series of five written by Rick Riordan. The book was released June 28, 2005, while the movie debuted recently on Feb. 12.

In the film, Percy Jackson seems to be another ordinary high school student, until Greek mythology explodes into his life. Zeus' lightning bolt has been stolen and he is blaming the nephew he has never met, Percy, for the crime.

Following the discovery of his heritage, Percy's mother falls victim to a disturbing disappearance, while

Percy is left at Camp Half-Blood with other students who have some sort of mythological base.

The storyline seems to follow an outline all too familiar to that of the "Harry Potter" series by J.K. Rowling, though with enough alterations to allow it to stand fresh and on its own.

Percy like Harry discovers that he is not a normal guy, and is then opened into a hidden world, which remains hidden to the public. Like Harry, Percy is teamed up with two friends. And as found in "Harry Potter" one of those friends is a girl, while the other is a guy. They train in a magically sealed school and then start off on the traditional hero's quest. Percy, like Harry, is apparently the chosen one.

Though similar to Harry Potter, Percy Jackson (Logan Lerman) stands as a new and likable charac-

ter. The hero engages the viewer in the beginning of the film with how long he can hold his breath under water.

From that point, it does not take long for the plot to jump into action and the mythical world is introduced. The transaction is more sudden than expected, but still keeps viewers engaged. From there, action continues as the mysteries of Percy Jackson's life begin to unfold.

All characters in the film appear to be well-cast, including a character known as Mr. Burner, who is none other than Pierce Brosnan, who has proven he can play the role of a centaur. Other mythological characters expected to be seen include Zeus, Hades, Athena and, of course, the dreaded Medusa.

For those familiar with Greek mythology, the film proves to be pleasing and well-researched. One of the only possible downfalls could be

contributed to the sound track, which contains several popular songs running in the background, rather than a constant theme.

The music such as "Poker Face," playing in a casino, would have thrived better in any other film, other than a fantasy. Familiar music breaks the unconscious distinction of what is real and what is not.

The film, however, is worth viewing and is sure to gain more fans within the pages of the book series from which it was based from. "Percy Jackson & the Olympians: The Lightning Thief" proves to be an excellent appetizer for those who are awaiting "Harry Potter and the Deathly Hollows" release next November.

"Percy Jackson & the Olympians" is currently showing at the Cowley Cinema 8.

Brian Nelson is a senior majoring in English. You may e-mail him at brian.nelson@sckans.edu.

Owning up to mistakes reveals human qualities

By Cameron Siefkes
Managing editor

EDITORIAL

The scent of buttery popcorn is lingering. The room is illuminated only by the light of the television and on the screen, a selection is displayed. Clicking play is the obvious choice.

As the movie progresses, the lines are flawless, delivered as only a professional actor could. A truly amazing performance with no errors has been witnessed by all.

The credits have rolled and the selection screen comes back on. The curious viewer goes to extras and sees the option of the bloopers. Of course, eager to see what kind of hilarious mistakes the actors have made, the viewer is enticed to click enter.

Bloopers are the best part of a DVD. There is nothing better than watching the actors goof off and more importantly mess up. Yes, even the super humans of Hollywood make mistakes.

The pure enjoyment of watching the bloopers comes from watching someone else mess up and don't we just love watching others do that every once in a while? It's kind of twisted, but it's a fact. We take pleasure when we are not the ones who flub up.

Then the time comes when we have our own screw ups. Something is said without thinking first or a decision, which we know better than to make, is made. That is when the situation turns serious and we expect no laughing. No one can possibly know that we are not perfect.

In lighthearted situations, it is amazing to see another person who can poke fun at their own mistakes and move on. However, the opposite happens quite often.

The annoying part is when someone cannot fess up to a mistake. People jump on the defensive and simply cannot admit

that just maybe, they are faulted. Admitting to being wrong or less than perfect is sometimes the best thing a person can do in the midst of a mistake. The next stage is even harder to swallow.

At the end of the day, once alone with the mistakes we've made, regret slowly creeps in. We tell ourselves we shouldn't have snapped at our friend or that we should have studied harder. However, it is wrong to regret those decisions we've made because it is those mistakes which prove we are human.

What brings further annoyance is when the same mistake is made over and over again. Why would anyone want to feel the same embarrassment, guilt or shame caused by that error? The same advice is given all the time, but it is very valid. Learn from the mistake and do everything possible to not commit it again.

This time of the year sometimes brings the most mistakes for students. Assignments are left until the last minute, A is chosen

when the correct answer is B and people are on edge in anticipation of a much needed break. Take responsibility for those actions which are seen as less than pristine, but more importantly never look at them with regret because that can be an even bigger mistake.

It would be amazing to go back in time and fix the mistakes, but it is impossible. So, acknowledge it, don't regret it and look in the mirror and realize there is a human staring back. And remember the next time when you call someone out on a mistake, just how humiliating that can feel.

It is okay to watch the bloopers and to create some along the way. The mistakes are what make us human and sometimes the measure of a truly great person, is their ability to poke fun at their own errors.

Cameron Siefkes is a senior majoring in communication. You may e-mail her at cameron.siefkes@sckans.edu.

Word on the Hill "What is the most important thing an athletic trainer does?"

By Sally McGuire and Allyssa Zentner



"They encourage the team and cheer them on and help them become a better team."
Nishan Hovsepian
computer science junior



"I'd have to say encouragement would be the most important thing just that the athletes know someone's there and actually cares about them and cares whether they're hurt or not."
Emma Shrack
biology junior



"Helping athletes recover from whatever injury as quickly as possible in order to get them in optimal shape for whatever their next athletic endeavor should be."
Johnny Behnken
business sophomore



"Make sure the players are ready to play the game."
Matt Tria
business freshman



"Teaching all the proper workouts for all the ligaments, and the joints, and all the stuff you need so that you don't sprain something or pull something."
Aron Pfingsten
English freshman



"Help the athletes and let the coaches know what's going on."
Bryce Johnson
sports management senior



"After injuries, the athletic trainers help with rehabilitation."
Caitlin McCurdy
psychology sophomore



"Take care of athletes' injuries."
Cheryl Rude
Director of Leadership Studies



"Help take care of athletes."
Dorothy Pleas
Director of Campus Life



"Make sure the athletes are okay."
Elyne Fell
biology junior



"They're a pace-setter. They set the pace for enthusiasm, optimism."
Nadyne Miller
Java Jinx employee



"They go to all the games and are there to help if a player gets injured."
Julie Wilke
Americorp VISTA

The Collegian Staff

- Editor in Chief Brian Nelson
- Managing Editor Cameron Siefkes
- News/Opinion Editor Samantha Gillis
- Features/Photo Editor Alejandra Rojas
- Sports Editor Paige Carswell
- Web Editor Tony Marolf
- Assistant Web Editor Jacob Tafoya
- Staff Clinton Dick, Korie Hawkins, Sally McGuire, Lea Shores, Allyssa Zentner
- Faculty Adviser Stacy Sparks

The Collegian is the official student newspaper of Southwestern College in Winfield, Kansas. It is published and distributed during the fall and spring semesters. News contributions will be accepted by sending an e-mail to collegian@sckans.edu or campus mail addressed to: The Collegian, Southwestern College, 100 College Street, Winfield, KS 67156. Editorials are written by the Collegian staff members and do not necessarily represent the views of The Collegian or Southwestern College. Letters to the editor are encouraged. To be published, letters must be verified, either with a signature or some other means of identifying the writer. All letters are subject to editing. Subscription rates: first copy free to students, faculty and visitors to Southwestern College and \$35 per school year mailed. The Collegian is also available in electronic version at scolllegian.com and scupdate.org.

kacponline.org

