

# Registration Form

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State/Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 School Name: \_\_\_\_\_  
 Grad Year: \_\_\_\_\_

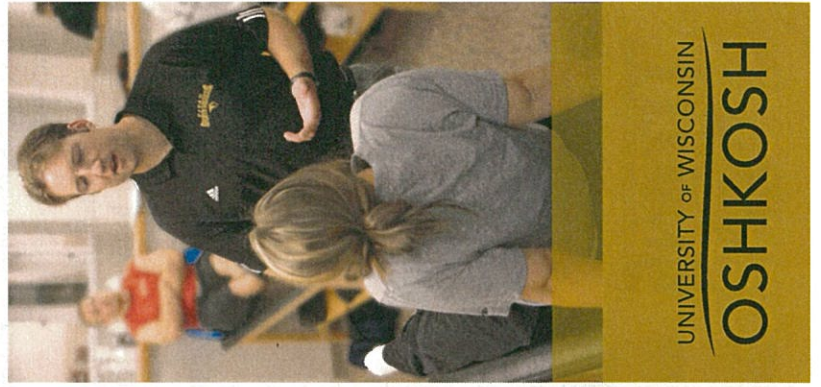
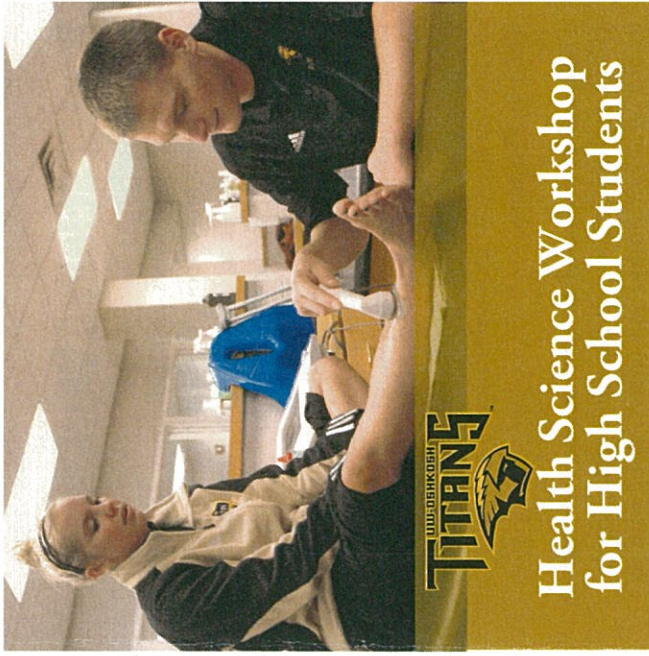
NON-PROFIT ORGANIZATION  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 239  
 OSHKOSH WISCONSIN

- I will attend the UW O Health Science Workshop for High School Students. Fee: \$50 includes instruction, workshop notebook, t-shirt and lunch.
- I will attend the pre-workshop information session on UW O's Kinesiology & AT Programs (no additional fee.)
- I will attend the post-workshop campus tour hosted by Admissions (no additional fee.)
- Registration fee enclosed: \_\_\_\_\_  
 Check # \_\_\_\_\_ Check amount: \_\_\_\_\_

T-shirt size: (check one)  
 small  medium  large  extra large  XXL

Please make your check payable to: *UW Oshkosh*.  
 Unless otherwise requested, your cashed check will be your receipt.  
**Mail to:**  
 Kinesiology Department Workshop  
 UW-Oshkosh  
 800 Algoma Blvd.  
 Oshkosh, WI 54901

UNIVERSITY OF WISCONSIN  
**OSHKOSH**  
 University of Wisconsin Oshkosh  
 Kinesiology Department  
 Albee Hall  
 Oshkosh, WI 54901



# Health Science Workshop

This workshop provides an opportunity for students to understand more about the health care and fitness professions available to UW Oshkosh Kinesiology and Athletic Training Program graduates.

Participants will learn and practice various skills used by UW O students. High school students who want to learn more about the professions and enhance their skills will benefit from this workshop. They will have an opportunity to interact with the faculty, staff and students of the UW Oshkosh Kinesiology and Athletic Training Programs.

There will be two panel discussions, one with current UW O students and one with current professionals from a variety of settings and careers, along with six break out sessions where participants will practice hands-on skills.

Students will participate in each break out session. The sessions are hands-on and topics will include:

- Shoulder Rehabilitation Techniques
- Dynamic Warm-up Activities
- Knee Splinting & Crutching
- Thermal Modalities Experience
- Ankle Taping Skills
- Head/Concussion Evaluation

If you have a disability and desire special accommodations, please advise us by the registration deadline (November 25, 2019.) All requests will be kept confidential. UW Oshkosh is an Equal Opportunity/ Affirmative Action institution.



## Objectives

- To learn different types of hot and cold modalities and when to use them
- To practice and understand the evaluation process of head injuries
- To demonstrate proper techniques for ankle taping that are efficient and functional
- To design warmups that prepare athletes for practice or sport-specific competition
- To introduce rehab techniques focused on return to play after a shoulder injury
- To properly apply knee splints and teach crutching techniques

**An optional pre-workshop session that will highlight the Kinesiology major and the New UW Oshkosh Masters Athletic Training Program will be offered.**

## Program Schedule

### Pre-workshop

8:30 a.m. Registration  
9:00 a.m. Kinesiology and MSAT Info Session

### Workshop

9:00 a.m. Registration  
9:45 Workshop Opening Remarks  
10:00 Breakout Session  
10:30 Breakout Session  
11:00 Breakout Session  
11:40 Lunch and Student Panel  
12:15 p.m. Health Careers Professional Panel  
1:00 Breakout Session  
1:30 Breakout Session  
2:00 Breakout Session  
2:40 Taping Competition/Wrap-up  
3:00 Optional Campus Tour

**Cancellation Policy:** If we receive notice of cancellation by the registration deadline (November 25, 2019), you will receive a full refund of the fees. No refunds will be made for cancellations received after the registration deadline. UW Oshkosh reserves a right to cancel any program due to insufficient enrollment as well as the right to limit enrollment due to excessive demand.

# Workshop Information

**Date:** Saturday, December 7, 2019

**Registration for pre-workshop:** 8:30-9:00 a.m.

**Pre-Workshop Session:** If you are interested in the pre-workshop session regarding the Kinesiology and Athletic Training Program at UW O, please mark the appropriate box on the registration form or show up early.

**Registration:** 9:00-9:45 a.m.

**Workshop time:** 9:45-3:00

**Location:** UW Oshkosh Kolf Sports Center, Room 161

**Fee:** \$50 fee includes instruction, panel discussions workshop notebook, t-shirt, and lunch.

**Note:** Participants should wear athletic attire to facilitate participation in breakout sessions. Please do not wear jeans or tight fitting clothing.

**Registration Deadline:** November 25, 2019. After this date please call Dr. Robert Sipes at the number below to inquire about registration.

**Questions:** For questions about the program contact Robert C. Sipes, Department Chair and AT Program Director, at (920) 424-1298 or [sipesr@uwosh.edu](mailto:sipesr@uwosh.edu).

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