

**KINES 4 Course Outline as of Fall 2019****CATALOG INFORMATION**

Dept and Nbr: KINES 4 Title: INTRO TO SPORTS MED

Full Title: Introduction to Sports Medicine

Last Reviewed: 8/27/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	1.00	6	Lab Scheduled	17.50
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 4

**Catalog Description:**

This course will introduce the student to the field of sports medicine. Injury recognition, injury management, professional ethics, legal issues, interpersonal communication skills in an allied health setting, medical documentation, universal precautions, professionalism, psychosocial intervention, basic first aid concepts, tissue healing, therapeutic modalities, therapeutic rehabilitation exercises, and organization and administration of a sports medicine facility will also be included. This course is an elective for the Fitness, Nutrition and Health Certificate and Major.

**Prerequisites/Corequisites:****Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

**Limits on Enrollment:****Schedule of Classes Information:**

Description: This course will introduce the student to the field of sports medicine. Injury recognition, injury management, professional ethics, legal issues, interpersonal communication



skills in an allied health setting, medical documentation, universal precautions, professionalism, psychosocial intervention, basic first aid concepts, tissue healing, therapeutic modalities, therapeutic rehabilitation exercises, and organization and administration of a sports medicine facility will also be included. This course is an elective for the Fitness, Nutrition and Health Certificate and Major. (Grade Only)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	
<b>UC Transfer:</b>	Transferable	Effective:	Fall 1981	Inactive:	

**CID:**

**Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Describe various sports medicine professions including the educational preparation necessary for each profession.
2. Describe the nature of athletic injury, as well as prevention, evaluation, treatment, rehabilitation and taping and bracing of athletic injuries.
3. Display effective communication and professionalism in a sports medicine setting, and understand legal and ethical issues in sports medicine.
4. Explain general organization and administration of a sports medicine facility.

### **Objectives:**

At the conclusion of this course, the student should be able to:

(under Certified Athletic Trainer supervision):

1. Describe various sports medicine professions.
2. Summarize the educational preparation necessary for various sports medicine professions.
3. Define the role of each sports medicine professional on the sports medicine team.
4. Describe the nature of injury.
5. Recall proper injury prevention techniques.
6. Identify the basic principles of injury evaluation.
7. Explain proper treatment of athletic injuries.
8. Illustrate knowledge of injury rehabilitation.



9. Develop fundamental skills necessary to tape or brace an athletic injury.
10. Perform effective communication with sports medicine team.
11. Apply professionalism and legal and ethical issues in the field of athletic training.
12. describe general organization and administration of a sports medicine facility.

## **Topics and Scope:**

### **I. Introduction to Sports Medicine**

- A. Professions
- B. Sports medicine team

### **II. Educational Preparation**

- A. Athletic trainer
- B. Physical therapist
- C. Occupational therapist
- D. Physician assistant
- E. Emergency medicine
- F. Physician
- G. Chiropractor
- H. Other allied health fields

### **III. Nature of Injury**

- A. Inflammatory process
- B. Healing process

### **IV. Athletic Injuries**

- A. Prevention: environmental concerns
- B. Evaluation
- C. Treatment
- D. Rehabilitation
  1. Healing process considerations
  2. Philosophies of a rehabilitation program
  3. Phases
  4. Muscle re-education
  5. Range of motion/flexibility
  6. Aquatic therapy
  7. Cardiovascular rehabilitation

#### **E. Modalities**

1. Ultrasound
2. Electrical stimulating currents
3. Therapeutic lasers
4. Intermittent compression
5. Traction
6. Massage

### **V. Psychosocial Intervention**

- A. Personality
- B. Attitude
- C. Aggression
- D. Anxiety
- E. Social influences
- F. Motivation
- G. Perception of pain

### **VI. Taping, Bracing and Protective Equipment**

- A. Guidelines
  1. Preparation



- 2. Application
- 3. Removal
- B. Purpose
- C. Fitting
- VII. Effective Communication with Sports Medicine Team
  - A. Athletes
  - B. Medical professionals
  - C. Coaches
  - D. Parents
  - E. Medical referral system and emergency action plan
- VIII. Professionalism, Legal and Ethical Issues in Sports Medicine
  - A. Conduct
  - B. Attire
  - C. Medical confidentiality
    - 1. HIPAA- Health Insurance Portability and Accountability Act
    - 2. FERPA- Family Educational Rights and Privacy Act
  - D. Ethics in sports medicine
  - E. Other legal concerns in sports medicine
- IX. Organization and Administration of a Sports Medicine Facility
  - A. Inventory
  - B. Supply order
  - C. Documentation
  - D. Organization

All topics are covered in the lecture and lab portions of the course.

### **Assignment:**

#### Lecture-Related Assignments:

1. Textbook reading (10-40 pages per week)
2. Textbook assignments (5-10 review questions per week)
3. Quizzes (1-10)
4. Research paper

#### Lecture- and Lab-Related Assignments:

1. Exams - practical/written (5-10 practical and written exams)

#### Lab-Related Assignments:

1. Laboratory skill practice (1 hour per week)

### **Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Review questions, research paper
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Writing 10 - 30%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.



None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Class lab skill practice and skill practical examinations	Skill Demonstrations 20 - 30%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Multiple choice, true/false, matching items, completion, quizzes	Exams 30 - 50%
<b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.	
Attendance and participation	Other Category 10 - 30%

**Representative Textbooks and Materials:**

Essentials of Athletic Training (8th). Arnheim, Daniel and Prentice, William. McGraw- Hill: 2009 (classic)

Instructor prepared materials