

**PHYED 63.2 Course Outline as of Fall 2006****CATALOG INFORMATION**

Dept and Nbr: PHYED 63.2 Title: APPL OF SPORT MED SPRING

Full Title: Application of Sports Medicine/Athletic Training Spring

Last Reviewed: 3/13/2006

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.50	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.50	Lab Scheduled	0	17	Lab Scheduled	0
		Contact DHR	1.50		Contact DHR	26.25
		Contact Total	3.50		Contact Total	61.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 131.25

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

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

Also Listed As:

Formerly:

**Catalog Description:**

This course provides students with the opportunity to study sports injuries associated with Spring sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course partially fulfills requirements for the National Athletic Trainers Association, Board of Certification (BOC).

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

Eligibility for ENGL 100 or ESL 100

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

Description: This course provides students with the opportunity to study sports injuries associated with Spring sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course partially fulfills requirements for the National Athletic Trainers Association, Board of Certification (BOC).  
(Grade or P/NP)

Prerequisites/Corequisites:

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

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 2006	Inactive:	Spring 2012
<b>UC Transfer:</b>		Effective:		Inactive:	

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

Upon completion of this course, the student will be able to:

1. Identify general shoulder girdle anatomy and pathology.
2. Describe common sports injuries of the shoulder girdle.
3. Analyze preventive and therapeutic sports medicine approaches to injuries of the shoulder girdle.
4. Research and explain an aspect of sports medicine.
5. Discuss the roles and responsibilities of a certified athletic trainer.
6. Create a personal resume for careers related to sports medicine.
7. Describe emergency procedures specific to an athletic setting (game or practice).

Lab Objectives: (under the supervision of a certified athletic trainer)

1. Assess injuries occurring in spring sports.
2. Demonstrate prophylactic taping techniques for common injuries occurring in spring sports including acute ankle and thumb injuries.
3. Apply thermotherapy and cryotherapy modalities to injured athletes.
4. Prepare proper athletic training equipment and supplies for spring sports events.

### **Topics and Scope:**

#### **I. Orientation**

- A. Intro to the field of sports medicine (review for students who have completed 63.1)
- B. Roles and responsibilities of the certified athletic trainer
- C. Course requirements for matriculation to 4-year colleges/universities with the BOC athletic training curriculum

- D. National certification process
- II. The shoulder girdle
  - A. General anatomy
  - B. Common injuries
  - C. Assessment of shoulder injuries
  - D. Prevention of shoulder injuries
  - E. Therapeutic approaches for injuries of the shoulder girdle
- III. Catastrophic injury in spring sports
- IV. Cadaver viewing and demonstration
- VI. Modalities
  - A. Thermotherapy
  - B. Cryotherapy
- VII. Emergency procedures for games and practices
  - B. Contacting emergency personnel
  - C. Accessibility to venue for emergency personnel/vehicles
  - D. Use of emergency transportation equipment such as spine board, stretcher, splints
- VIII. Resumes for careers in sports medicine
- IX. Interview techniques for employment in sports medicine fields
- X. Giving an oral presentation (review for students who have completed PHYED 63.1)
  - A. Basic PowerPoint
  - B. Public speaking pointers
  - C. Tips for a successful presentation
  - D. Gross anatomy of the shoulder

#### Lab Topics:

- I. Prophylactic taping techniques for acute ankle injuries and simple and severe thumb injuries (Note that students who have taken PHYED 63.1 will learn advanced ankle taping protocol.)
- II. Assessment techniques for injuries of the shoulder girdle
- III. Application of thermotherapy and cryotherapy modalities

#### **Assignment:**

#### Representative Assignments:

- 1. Note taking, reading of class-hand outs, participation in discussions
- 2. Short paper: Essay on the roles and responsibilities of the certified athletic trainer
- 3. Cadaver viewing
- 4. Two to three written exams
- 5. Create a resume or revise a currently established resume according to suggested guidelines
- 6. Final Project: Written research paper and oral presentation with PowerPoint on a sports medicine topic approved by instructor

#### Lab Assignments: (under supervision of certified athletic trainer)

- 1. Assisting in training room with all phases of athletic injury assessment, prevention, and use of therapeutic approaches (therapeutic exercise, therapeutic modalities) in relation to shoulder injuries and other injuries occurring in spring sports. (Class performances)
- 2. Practical exams (Performance exams):
  - a. Demonstration of taping techniques for ankle and thumb (Note that

- students who have completed 63.1 will demonstrate advanced ankle taping)
- b. Hands-on assessment methods for shoulder injuries
  - c. Application of thermotherapy and cryotherapy modalities
3. Assisting with athletic training set-up for spring sporting events (part of participation grade)
  4. Written and oral injury reports and creation of treatment protocols for injured athletes (This assignment is not graded.)

### 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.

essay, research paper, resume

Writing  
20 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams, Oral presentation

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Multiple choice, True/false, Matching items, Completion

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation

Other Category  
10 - 20%

### Representative Textbooks and Materials:

Essentials of Athletic Training, Daniel Arnheim et al, 2001  
Instructor prepared materials