

**KINES 4 Course Outline as of Summer 2011****CATALOG INFORMATION**

Dept and Nbr: KINES 4 Title: CARE &amp; PREV OF ATHL INJ

Full Title: Care and Prevention of Athletic Injuries

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 cover concepts of prevention, recognition, emergency care, evaluation, management, treatment, rehabilitation and reconditioning of injuries resulting from physical activity and athletics. Legal and ethical issues, interpersonal communication skills, professionalism, organization, and administration of a sports medicine facility will also be included. This course is a requirement 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 cover concepts of prevention, recognition, emergency care, evaluation, management, treatment, rehabilitation and reconditioning of injuries resulting from physical activity and athletics. Legal and ethical issues, interpersonal communication skills,

professionalism, organization, and administration of a sports medicine facility will also be included. This course is a requirement 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:**

Major Applicable Course

## **COURSE CONTENT**

**Outcomes and Objectives:**

Upon completion of this course, the student will be able to (under Certified Athletic Trainer supervision):

1. Describe the history of the Athletic Training profession.
2. Summarize the educational preparation necessary to become a Certified Athletic Trainer.
3. Define the role of an Athletic Trainer and the various members of 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. Field of athletic training
  - B. Sports medicine team
- II. Accredited athletic training programs
  - A. Entry-level Bachelor's program

- B. Entry-level Master's program
- 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

### Assignment:

1. Textbook reading (10-40 pages per week)
2. Textbook assignments (5-10 review questions per week)
3. Exams - practical/written (5-10 practical and written exams)
4. Laboratory skill practice (1 hour per week)
5. Quizzes (1-10)
6. Research paper

### 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

Writing  
10 - 30%

**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 lab skill practice and skill practical examinations

Skill Demonstrations  
20 - 30%

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

Multiple choice, true/false, matching items, completion, quizzes

Exams  
30 - 50%

**Other:** 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). William E. Prentice & Daniel Arnheim: 2009.  
Instructor prepared materials