

**KINES 63 Course Outline as of Fall 2011****CATALOG INFORMATION**

Dept and Nbr: KINES 63 Title: LOWER EXTREMITY INJURIES

Full Title: Lower Extremity Injury Evaluation, Treatment and Rehab

Last Reviewed: 8/27/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	6	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00

Total Student Learning Hours: 157.50

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 covers the evaluation, treatment and rehabilitation of lower extremity injuries. This course will help the student prepare for transfer to a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program. The practical experience gained in this course will also complement other physical education and healthcare majors and professions.

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

Eligibility for ENGL 100 or ESL 100

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

Description: This course covers the evaluation, treatment and rehabilitation of lower extremity injuries. This course will help the student prepare for transfer to a Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training program. The practical experience gained in this course will also complement other physical education and healthcare

majors and professions. (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 2011	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

**Certificate/Major Applicable:**

Major Applicable Course

## **COURSE CONTENT**

**Outcomes and Objectives:**

Upon completion of this course, students will be able to:

1. Perform orthopedic evaluations on lower extremity injuries.
2. Develop and implement treatment plans for injuries to the lower extremities.
3. Develop, modify and implement rehabilitation programs for injuries to the lower extremities.

**Topics and Scope:**

- I. Definition of the lower extremities
  - A. Foot
  - B. Ankle
  - C. Lower leg
  - D. Knee
  - E. Thigh
  - F. Hip
  - G. Pelvis
  - H. Abdomen
  - I. Thorax
- II. Evaluation of lower extremity injuries
  - A. History
    1. Past history
    2. Present history
  - B. Inspection/Observation
    1. Swelling
    2. Discoloration

- 3. Deformity
- C. Palpation
  - 1. Bony
  - 2. Soft tissue
- D. Special/Functional Tests
  - 1. Stress tests
  - 2. Special tests
  - 3. Neurological tests
  - 4. Circulatory examination
- III. Treatment of lower extremity injuries
  - A. First Aid
  - B. Modalities
    - 1. Infrared modalities
    - 2. Electrical stimulation
      - a. Interferential current
      - b. Biphasic current
      - c. Iontophoresis
      - d. Premod
      - e. Hi-Volt
    - 3. Ultrasound
      - a. Continuous
      - b. Pulsed
      - c. Phonophoresis
- IV. Four phases of rehabilitation for lower extremity injuries

### Assignment:

- 1. Textbook reading (40-60 pages per week)
- 2. Quizzes (1-3)
- 3. Participation in class discussion and lab practice
- 4. Written examinations (2-5)
- 5. Practical/Performance exams (2-5)
- 6. Memorization of Lower Extremity Clinical Evaluations (3 hours per week)
- 7. Evidence-based research project (7-10 pages)
- 8. Practicing lab modalities and rehabilitation techniques outside of class (1-3 hours 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.

Research project	Writing 10 - 20%
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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%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

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

Written exams (2-5), Quizzes (1-3)

Exams  
20 - 40%

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

Participation in class discussions and lab practice

Other Category  
10 - 20%

**Representative Textbooks and Materials:**

Principles Of Athletic Training: A Competency-based Approach, William E. Prentice, 2010  
Instructor prepared materials