

KINES 62D Course Outline as of Fall 2012**CATALOG INFORMATION**

Dept and Nbr: KINES 62D Title: SPORTS MED LAB D

Full Title: Sports Medicine Lab D

Last Reviewed: 1/27/2025

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	2.00	Lab Scheduled	0	6	Lab Scheduled	0
		Contact DHR	6.00		Contact DHR	105.00
		Contact Total	6.00		Contact Total	105.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 105.00

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 33 - 3 Enrollments Total

Also Listed As:

Formerly:

Catalog Description:

This course will provide the student with the opportunity to learn and apply the principles and protocols of sports medicine and athletic training in a supervised lab setting. The D level of this course continues the sports medicine student lab experience with the addition of advanced level practical application of sports medicine and athletic training skills. 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:

Course Completion of KIN 62C (or KINES 62C)

Recommended Preparation:

Eligibility for ENGL 100 or ESL 100

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

Description: This course will provide the student with the opportunity to learn and apply the principles and protocols of sports medicine and athletic training in a supervised lab setting. The

D level of this course continues the sports medicine student lab experience with the addition of advanced level practical application of sports medicine and athletic training skills. 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: Course Completion of KIN 62C (or KINES 62C)

Recommended: Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Transfer Credit: CSU;

Repeatability: 3 Enrollments Total

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:	Transferable	Effective: Fall 2012	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Not Certificate/Major Applicable

COURSE CONTENT

Outcomes and Objectives:

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

1. Apply advanced concepts of prevention, recognition, emergency care, evaluation, management, treatment, rehabilitation and reconditioning of injuries resulting from physical activity.
2. Practice advanced organization, administration and professional conduct within a sports medicine setting.
3. Display advanced interpersonal communication skills with other members of the sports medicine team.
4. Define advanced ethical and legal parameters that outline the role of both the athletic training student as well as the Certified Athletic Trainer.
5. Topics for repeating students:

The nature of the sports medicine and athletic training experience is such that the skills practiced depend on which sports are in season and the specific injuries encountered, therefore the skills mastered change from semester to semester. The following are examples of how the outcomes will vary for the repeating student. All of the competencies covered above will be improved and mastered with subsequent repeats of the course.

- I. Alternate taping methods

- II. Advanced construction of braces
- III. Advanced injury assessment skills
- IV. Advanced modalities and rehabilitation techniques
- V. Higher levels of responsibility

Topics and Scope:

- I. Advanced prevention of athletic injuries
 - A. Prophylactic taping and wrapping
 - B. Prophylactic braces
 - C. Biomechanics
 - D. Conditioning
- II. Advanced recognition and evaluation of athletic injuries
 - A. History
 - B. Observation/Inspection
 - C. Palpation
 - D. Special tests
- III. Advanced emergency care of athletic injuries
 - A. First aid
 - B. CPR (Cardiopulmonary resuscitation)
 - C. AED (Automatic External Defibrillator) use
 - D. Selection and use of appropriate emergency transportation equipment
 - E. Emergency care plan
- IV. Advanced management, treatment, rehabilitation and reconditioning of athletic injuries
 - A. Therapeutic exercise and practice of advanced rehabilitation techniques
 - B. Therapeutic modalities
 - 1. Traction
 - 2. Massage
 - 3. Laser therapy
 - 4. Light therapy
 - C. Rehabilitation equipment
 - D. Manual techniques
 - E. Return to participation protocol
- V. Advanced organization and administration of a sports medicine facility
 - A. Maintaining injury care records
 - B. Safety and sanitation standards
 - C. Medical referrals
- VI. Advanced understanding of professional development and responsibility
 - A. Continuing education requirements of a Certified Athletic Trainer (ATC)
 - B. Professional responsibility to the National Athletic Trainers' Association (NATA)

Topics for repeating students:

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- II. Advanced construction of braces
- III. Advanced injury assessment skills

- IV. Advanced modalities and rehabilitation techniques
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Assignment:

Completion of DHR under Certified Athletic Trainer supervision (weekly hours by arrangement-6 per week)

Practical Competencies (30-50)

Semester Report (1-2 pages)

Skill performance quizzes (1-2 per week)

Final exam

Topics for repeating students:

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- IV. Advanced modalities and rehabilitation techniques
- V. Higher levels of responsibility

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.

Semester report, written assignments

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.

Practical competencies, skill demonstrations, skill performance quizzes

Skill Demonstrations
20 - 30%

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

Final examination

Exams
0 - 10%

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

Attendance, participation, completion of DHR

Other Category
50 - 60%

Representative Textbooks and Materials:

Instructor prepared materials