PHYED 63.1 Course Outline as of Spring 2012

CATALOG INFORMATION

Dept and Nbr: PHYED 63.1 Title: APPL OF SPORT MED FALL
Full Title: Application of Sports Medicine/Athletic Training Fall
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	1.50	17	Lab Scheduled	26.25
		Contact DHR	0		Contact DHR	0
		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 Fall sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course 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 Fall sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course fulfills requirements for the National Athletic Trainers Association Certification, Board of Certification (BOC). (Grade or P/NP)

Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit:
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	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. Identify general knee and lower extremity anatomy and pathology.
2. Describe common athletic injuries of the knee, shin, and ankle.
3. Analyze preventive and therapeutic sports medicine approaches to injuries of the knee, shin, and ankle.
4. Organize an athletic event in terms of athletic training concerns.
5. Research and explain an aspect of sports medicine.
6. Discuss the personal qualities of a certified athletic trainer.
7. Describe and apply knowledge of basic psychology of sports injuries.

Lab Objectives (Under the supervision of a certified athletic trainer):
1. Assess injuries occurring in Fall sports.
2. Demonstrate prophylactic taping techniques for the ankle.
3. Apply ultrasound and muscle stimulation modalities.
4. Utilize protective devices appropriately for prevention of injuries to the knee and lower extremity.
5. Prepare proper athletic training equipment and supplies for an athletic event.

Topics and Scope:

I. Orientation
   A. Introduction to the field of sports medicine (review for students who have completed 63.1)
   B. Personal qualities of the certified athletic trainer
   C. 4-year colleges that offer the athletic training degree
II. Acute ankle injuries

A. General anatomy of the ankle pertaining to acute ankle injuries
B. Common acute injuries of the ankle
C. Assessment of ankle injuries
D. Therapeutic approaches

III. Shin splints
A. Common causes of shin pain
B. Assessment of shin pain
C. Therapeutic approaches

IV. Knee injuries
A. Basic anatomy of the knee
B. Common knee injuries in athletics
C. Assessment of knee injuries
D. Therapeutic approaches
E. Surgical repair options

V. Prevention of injuries to the knee, shin, and ankle

VI. Cadaver viewing and demonstration of the gross anatomy of the knee

VII. Modalities
A. Ultrasound
B. Muscle stimulation

VIII. Catastrophic injury in Fall sports

IX. Basic psychology of sports injuries

X. Giving an oral presentation (review for students who have completed PHYED 63.2)
A. Basic PowerPoint
B. Public speaking pointers
C. Tips for a successful presentation

XII. Organizing an athletic event (game or practice) in terms of athletic training requirements

Lab Topics:

I. Prophylactic taping techniques for knee, ankle, and shin

II. Protective devices
A. Knee and lower extremity
B. Others pertaining to fall sports

III. Assessment techniques for injuries of the knees and ankles

IV. Application of ultrasound and muscle stimulation modalities

Assignment:

Representative Assignments:

1. Note taking, reading of class hand-outs, participation in discussions
2. Short paper: Essay on the personal qualities of the certified athletic trainer
3. Cadaver viewing
4. Two to three written exams
5. Final Project: Written research paper and oral PowerPoint presentation on a sport medicine topic

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 knee and ankle injuries and other injuries occurring in Fall sports. (Class performances)

2. Practical exams (Performance exams):
   a. Demonstration of taping techniques for knee and ankle
      (Note that students who have completed 63.2 will demonstrate advanced ankle taping)
   b. Hands-on assessment methods for knee and ankle injuries
   c. Application of ultrasound and muscle stimulation modalities
3. Assisting with the sports medicine organization and set-up for Fall 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	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	Skill Demonstrations 10 - 30%

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, oral presentation	Other Category 20 - 30%

Representative Textbooks and Materials:
Essentials of Athletic Training, Daniel Arnheim et al, 2001
Instructor prepared materials