PHYED 62 Course Outline as of Summer 2012

CATALOG INFORMATION

Dept and Nbr: PHYED 62 Title: SPORTS MEDICINE LAB
Full Title: Sports Medicine Lab
Last Reviewed: 3/13/2006

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	17.5	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:	34 - 4 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 athletic training in a supervised lab setting. This course partially fulfills the requirements of the National Athletic Trainers Association, Board of Certification.

Prerequisites/Corequisites:
Completion of or concurrent enrollment in PHYED 4 OR PHYED 63.1 OR PHYED 63.2

Recommended Preparation:

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 athletic training in a supervised lab setting. This course partially fulfills the requirements of the National Athletic Trainers Association, Board of Certification. (Grade or P/NP)
Prerequisites/Corequisites: Completion of or concurrent enrollment in PHYED 4 OR PHYED 63.1 OR PHYED 63.2

Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: 4 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:	Effective:	Inactive:
UC Transfer:	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
(under Certified Athletic Trainer supervision):
1. Apply specific and appropriate taping, wrapping, or prophylactic devices to prevent injury or re-injury, adhering to principles of biomechanics and injury mechanism.
2. Fabricate and fit custom protective braces utilizing appropriate materials to protect specific parts of the body from injury during athletic activity.
3. Determine the pathology and extent of injury through interview and/or observation of the athlete.
4. Assess an injury using bilateral comparison, if appropriate.
5. Perform specific injury assessment tests drawing on knowledge of anatomy, physiology, and biomechanics.
6. Administer first aid using standard, approved techniques, and activate the emergency plan, if appropriate to provide necessary medical care.
7. Select and employ emergency transportation equipment (e.g.spine boards, stretchers, and splints) following approved techniques.
8. Design rehabilitation or reconditioning programs for the injured athlete using standard procedures for therapeutic exercise and modalities to restore functional status.
9. Select appropriate rehabilitation equipment, manual techniques, and therapeutic modalities as determined by analysis of a particular injury and accepted standards of care.
10. Maintain injury care records of an injured athlete that comply with standard athletic training practices.
11. Comply with safety and sanitation standards as related to facilities and equipment.

12. Demonstrate the appropriate use of universal precautions to prevent the transmission of infectious diseases.
13. Apply established plans that include emergency and referral systems specific to various athletic settings.
14. Demonstrate interpersonal communication skills during interactions with others (e.g., parents, coaches, colleagues, athletes).
15. Adhere to ethical and legal parameters that define the role of both the student trainer and Certified Athletic Trainers.

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The nature of the training room 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.
Upon completion of the course the repeating student will be able to:
1. Explain and demonstrate variations of prophylactic taping, wrapping and brace construction (i.e. acute, chronic, activity-specific, position-specific).
2. Apply prophylactic methods to a variety of body parts.
3. Perform advanced testing methods for assessment of injuries.
4. Utilize a variety of modalities and techniques for management of sports injuries.

Topics and Scope:

I. Prevention of athletic injuries
   A. Prophylactic taping and wrapping
   B. Fabrication of protective braces
   C. Biomechanics
   D. Conditioning
II. Recognition, evaluation, and immediate care of athletic injuries
   A. History
   B. Observation
   C. Interview
   D. Inspection - bilateral comparison
   E. Specific tests
   F. Administering first aid
   G. Selection and use of emergency transportation equipment such as spine boards, stretchers, splints
III. Managing sports injuries
   A. Therapeutic exercise
   B. Therapeutic modalities
   C. Rehabilitation equipment
   D. Manual techniques
   E. Evaluating the readiness of the injured athlete to return to Activity - functional testing.
IV. Health Administration
   A. Maintaining injury care records
   B. Safety and sanitation standards
   C. Emergency and referral system plans
V. Professional development and responsibility

A. Interpersonal communication skills for athletic trainers (for communication with parents, coaches, colleagues, and athletes)
B. Ethical and legal parameters
1. For student athletic trainers
2. For certified athletic trainers

Topics for repeating students:

I. Alternate taping methods
II. Advanced construction of braces
III. Advanced injury assessment tests
IV. Advanced modalities and techniques
V. Higher levels of responsibility

Assignment:

Under the supervision of a Certified Athletic Trainer the student will act as a student trainer in the training room and at sporting events assisting in all aspects of student athlete assessment and injury care including but not limited to:

1. Assessment of sports injury through observation and interview
2. Inspection of injured areas using bilateral comparison
3. Performance of specific tests on an injured area
4. Administration of first aid
5. Activation of the emergency plan, if appropriate, to provide necessary medical care
6. Selection and use of emergency equipment for transport of injured athletes
7. Designing of rehabilitation or reconditioning programs for the injured athlete using therapeutic exercise and modalities
8. Selection of appropriate rehabilitation equipment, manual techniques, and therapeutic modalities for a particular injury
9. Evaluation of the functional status of an injured athlete to ensure a safe return to participation
10. Maintenance of injury care records of the injured athlete
11. Maintenance of facilities and equipment to ensure a safe environment
12. Following of universal precautions to prevent the transmission of infectious diseases
13. Referring of athletes to appropriate health care professionals to facilitate proper care
14. Practice of interpersonal communication skills through interaction with others (e.g., parents, coaches, colleagues, athletes)
15. Adherence to ethical and legal parameters for student trainers

Assignments pertaining to student evaluation:

1. Performance of above will be demonstrated by the student through the course of dealing with injured athletes throughout the semester. (class performances)
2. One to four practical tests of ability to assess a joint-related injury and recommend treatment protocol (problem solving)
3. One skill test on prophylactic taping (performance exam)
4. One skill test on constructing a brace (performance exam)
5. Maintaining records on injured athletes

Students repeating the course will perform more advanced assessment tests; demonstrate more advanced prophylactic taping methods and/or taping for

different body parts; and construct a brace using different methods and/or construct a brace for a different body part. Practical tests will vary depending on the types of injuries encountered in the training room.

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.

None, This is a degree applicable course but assessment tools based on writing are not included because problem solving assessments and skill demonstrations are more appropriate for this course.	Writing 0 - 0%

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

Assessment of injuries, treatment protocols	Problem solving 10 - 30%

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

Class performances, Performance exams	Skill Demonstrations 40 - 60%

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

None	Exams 0 - 0%

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

Attendance, participation, professionalism, record keeping	Other Category 30 - 40%

Representative Textbooks and Materials:
Instructor prepared materials