## KINES 62B Course Outline as of Fall 2015

# **CATALOG INFORMATION**

Dept and Nbr: KINES 62B Title: SPORTS MED LAB B Full Title: Sports Medicine Lab B Last Reviewed: 8/27/2018

| Units   |      | Course Hours per Week | N    | br of Weeks | <b>Course Hours Total</b> |        |
|---------|------|-----------------------|------|-------------|---------------------------|--------|
| 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:    | 00 - Two Repeats if Grade was D, F, NC, or NP |
| 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. This course continues the sports medicine student lab experience with the addition of basic 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 KINES 62A

## **Recommended Preparation:**

Eligibility for ENGL 100 or ESL 100

## **Limits on Enrollment:**

#### **Schedule of Classes Information:**

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course continues the sports medicine student lab experience with the addition of basic 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 KINES 62A 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:**

| AS Degree:<br>CSU GE: | Area<br>Transfer Area |            |           | Effective:<br>Effective: | Inactive:<br>Inactive: |
|-----------------------|-----------------------|------------|-----------|--------------------------|------------------------|
| <b>IGETC:</b>         | Transfer Area         |            |           | Effective:               | Inactive:              |
| CSU Transfer          | :Transferable         | Effective: | Fall 2011 | 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:

1. Apply basic concepts of prevention, recognition, emergency care, evaluation, management, treatment, rehabilitation and reconditioning of injuries resulting from physical activity.

2. Practice basic organization, administration and professional conduct within a sports medicine setting.

3. Display basic interpersonal communication skills with other members of the sports medicine team.

4. Define basic ethical and legal parameters that outline the role of both the athletic training student as well as the Certified Athletic Trainer.

## **Topics and Scope:**

- I. Basic prevention of athletic injuries
  - A. Prophylactic taping and wrapping
  - B. Prophylactic braces
  - C. Biomechanics
  - D. Conditioning
- II. Basic recognition and evaluation of athletic injuries
  - A. History
  - B. Observation/Inspection

- C. Palpation
- D. Special tests
- III. Basic emergency care of athletic injuries
  - A. First aid
  - B. CPR (Cardiopulmonary resuscitation)
  - C. AED (Automatic External Difibrillator)
  - D. Selection and use of appropriate emergency transportation equipment
  - E. Emergency care plan
- IV. Basic management, treatment, rehabilitation and reconditioning of athletic injuries
  - A. Therapeutic exercise and pracitce of basic 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. Basic organization and administration of a sports medicine facility
  - A. Maintaining injury care records
  - B. Safety and sanitation standards
  - C. Medical referrals
- VI. Basic professional development and responsibility
  - A. Continuing education requirements of a Certified Athletic Trainer (ATC)
  - B. Professional responsibility to the National Athletic Trainers' Association (NATA)

# 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

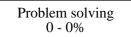
# Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Semester report, written assignments

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

Writing 10 - 30%



None

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

Practical competencies, skill demonstrations, skill performance quizzes

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

Final examination

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

Attendance, participation, completion of DHR

**Representative Textbooks and Materials:** 

Instructor prepared materials

| Skill Demonstrations |  |  |  |
|----------------------|--|--|--|
| 20 - 30%             |  |  |  |

| Exams   |  |  |  |  |
|---------|--|--|--|--|
| 0 - 10% |  |  |  |  |

