KINES 63 Course Outline as of Fall 2019

CATALOG INFORMATION

Dept and Nbr: KINES 63 Title: SP MED: LOWER BODY INJ
Full Title: Sports Medicine: Lower Body Injuries
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 body injuries. This course will help the student prepare for a variety of professions within sports medicine and kinesiology.

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 body injuries. This course will help the student prepare for a variety of professions within sports medicine and kinesiology. (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:

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

CSU Transfer:	Transferable	Effective:	Fall 2011	Inactive:
UC Transfer:		Effective:		Inactive:

CID:

Certificate/Major Applicable:
Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Describe anatomical and physiological principles as related to lower extremity injuries.
2. Comprehensively evaluate, treat and rehabilitate injuries to the lower extremities.
3. Utilize evidence-based practice principles to the study of lower body injuries.

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

1. Perform general 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.
4. Define evidence-based practice principles and apply to lower body injury evaluation and treatment.

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 & 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
    3. Ultrasound
    4. Massage
    5. Traction
    6. Hydrotherapy
    7. Cryotherapy
    8. Heat therapy

IV. Four Phases of Rehabilitation for Lower Extremity Injuries
V. Medical Terminology of the Lower Extremities

All topics are covered in the lecture and lab portions of the course.

Assignment:

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

Lab-Related Assignments:
1. Participation in class discussion and lab practice

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%

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 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 Guide to Evidence-Based Clinical Practice. 16th ed. Prentice, William. McGraw-Hill. 2016
Instructor prepared materials