

**KINES 62C Course Outline as of Fall 2019****CATALOG INFORMATION**

Dept and Nbr: KINES 62C Title: SPORTS MED EXPERIENCE C

Full Title: Sports Medicine Experience C

Last Reviewed: 8/27/2018

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: 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 clinical setting. This course continues the sports medicine student experience with the addition of intermediate level practical application of sports medicine and athletic training skills. The practical experience gained in this course will help the student prepare for a variety of professions within sports medicine and kinesiology and prepares students for success in Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training programs.

**Prerequisites/Corequisites:**

Course Completion of KINES 62B

**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 clinical setting.

This course continues the sports medicine student experience with the addition of intermediate level practical application of sports medicine and athletic training skills. The practical experience gained in this course will help the student prepare for a variety of professions within sports medicine and kinesiology and prepares students for success in Commission on Accreditation of Athletic Training Education (CAATE) accredited athletic training programs. (Grade or P/NP)

Prerequisites/Corequisites: Course Completion of KINES 62B

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:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2012	Inactive:
<b>UC Transfer:</b>		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. Illustrate and integrate intermediate concepts of prevention and care of injuries resulting from physical activity.
2. Practice intermediate management, communication, conduct in a sports medicine setting.
3. Define intermediate ethical and legal parameters pertaining to the sports medicine setting.

### **Objectives:**

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

1. Apply intermediate concepts of prevention, recognition, emergency care, evaluation, management, treatment, rehabilitation and reconditioning of injuries resulting from physical activity.
2. Practice intermediate organization, administration and professional conduct within a sports medicine setting.
3. Display intermediate interpersonal communication skills with other members of the sports medicine team.
4. Define intermediate ethical and legal parameters that outline the role of all members of the sports medicine team.

### **Topics and Scope:**

- I. Intermediate Prevention of Athletic Injuries
  - A. Prophylactic taping, bracing and wrapping
  - B. Nutrition and hydration
  - C. Biomechanics
  - D. Conditioning
- II. Intermediate Recognition and Evaluation of Athletic Injuries
  - A. History
  - B. Observation/Inspection
  - C. Palpation
  - D. Special tests
- III. Intermediate 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. Intermediate Management, Treatment, Rehabilitation and Reconditioning of Athletic Injuries
  - A. Therapeutic exercise and practice of intermediate 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. Intermediate Organization and Administration of a Sports Medicine Facility
  - A. Maintaining injury care records
  - B. Safety and sanitation standards
  - C. Medical referrals
- VI. Intermediate Understanding of Professional Development and Responsibility
  - A. Continuing education
  - B. Professional ethics

**Assignment:**

- 1. Completion of DHR under Certified Athletic Trainer supervision (weekly hours by arrangement-6 per week)
- 2. Practical Competencies (30-50)
- 3. Semester Report (1-2 pages)
- 4. Skill performance quizzes (1-2 per week)
- 5. 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	Writing 10 - 30%
<b>Problem Solving:</b> Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.	
None	Problem solving 0 - 0%
<b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams.	
Practical competencies, skill performance quizzes	Skill Demonstrations 20 - 30%
<b>Exams:</b> All forms of formal testing, other than skill performance exams.	
Final examination	Exams 0 - 10%
<b>Other:</b> 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