

PHYED 4 Course Outline as of Fall 2003

CATALOG INFORMATION

Dept and Nbr: PHYED 4 Title: INTRO TECHS OF ATHL TRNG
Full Title: Introduction to Techniques of Athletic Training
Last Reviewed: 8/27/2018

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	3.00	17.5	Lecture Scheduled	52.50
Minimum	3.00	Lab Scheduled	1.00	17.5	Lab Scheduled	17.50
		Contact DHR	0		Contact DHR	0
		Contact Total	4.00		Contact Total	70.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 105.00

Total Student Learning Hours: 175.00

Title 5 Category: AA Degree Applicable
Grading: Grade Only
Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP
Also Listed As:
Formerly: PE 72

Catalog Description:
Procedures, methodologies, and techniques in the care and prevention of athletic injuries with hands on application of prophylactic taping, rehabilitation, conditioning, prevention of injury and therapeutic equipment.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100.

Limits on Enrollment:

Schedule of Classes Information:
Description: Procedures, methods, working techniques in care & prevention of athletic injuries.
(Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100.
Limits on Enrollment:
Transfer Credit: CSU;UC.

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:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Outcomes and Objectives:

At the end of the semester the student will:

- I. Demonstrate an understanding of the academic preparation necessary to become an athletic trainer.
- II. Develop expertise to tape basic athletic injuries.
- III. Develop the basic concept of rehabilitating various athletic injuries.
- IV. Evaluate and analyze conditioning protocols for different sports.
- V. Develop elevative techniques for common athletic injuries.

Topics and Scope:

- I. GENERAL CONSIDERATIONS
 - A. Laws of physiology
 - B. Causes of athletic injury
 - C. Recognition, evaluation and general care of athletic injuries
- II. RECOGNITION AND MANAGEMENT OF SPECIFIC INJURIES AND CONDITIONS
 - A. Sprains
 - B. Strains
 - C. Contusions
 - D. Joint separations
 - E. Joint dislocations
- III. DEMONSTRATION AND APPLICATION OF THERAPEUTIC MODALITIES
 - A. Cryotherapy
 - B. Hydrotherapy
 - C. Massage
 - D. Thermotherapy
 - E. Electrical therapy
- IV. DISCUSSION OF REHABILITATION
 - A. In relation to sprains, strains, contusions, joint separations and joint dislocations.
- V. TAPING AND WRAPPING

A. Practical application in all phases of prophylactic taping.

VI. CONDITIONING

A. Discussion of various conditioning programs:

1. general
2. pre-season
3. in-season
4. post-season
5. off-season

VII. PREVENTION OF INJURY

A. Discussion of the preventative measures taken to minimize athletic injuries.

1. proper fitting of protective sports equipment
2. field conditions

VIII. CARE OF ATHLETIC INJURIES

A. Methodologies in the care of sport related injuries

1. principles of assessment
2. treatment following acute injury
3. emergency plan

VIX. PSYCHOLOGICAL ASPECTS OF SPORT INJURY

1. stress in sports
2. reacting to athletes with injuries

Assignment:

1. Read Texts
2. Read handouts
3. Exams - practical/written

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.

Term papers, book for selected readings and develop taping wk&

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, Quizzes and Taping practicum

Skill Demonstrations
20 - 40%

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

Multiple choice, True/false, Matching items, Completion

Exams
30 - 50%

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

ATTENDANCE

Other Category
10 - 40%

Representative Textbooks and Materials:

SPORTS MEDICINE: Essentials of Athletic Training;
By Dan Amheim, William Prentice, 1995, 4th Edition