PHYED 63.2 Course Outline as of Fall 2006

CATALOG INFORMATION

Dept and Nbr: PHYED 63.2 Title: APPL OF SPORT MED SPRING
Full Title: Application of Sports Medicine/Athletic Training Spring
Last Reviewed: 3/13/2006

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	2.50	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	2.50	Lab Scheduled	0	17	Lab Scheduled	0
		Contact DHR	1.50		Contact DHR	26.25
		Contact Total	3.50		Contact Total	61.25
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00 Total Student Learning Hours: 131.25

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 provides students with the opportunity to study sports injuries associated with Spring sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course partially fulfills requirements for the National Athletic Trainers Association, Board of Certification (BOC).

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: This course provides students with the opportunity to study sports injuries associated with Spring sports. Emphasis is placed on injury management methodologies and safe return of the athlete to competition. The lab component of this course partially fulfills requirements for the National Athletic Trainers Association, Board of Certification (BOC). (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 2006	Inactive:	Spring 2012
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. Identify general shoulder girdle anatomy and pathology.
2. Describe common sports injuries of the shoulder girdle.
3. Analyze preventive and therapeutic sports medicine approaches to injuries of the shoulder girdle.
4. Research and explain an aspect of sports medicine.
5. Discuss the roles and responsibilities of a certified athletic trainer.
6. Create a personal resume for careers related to sports medicine.
7. Describe emergency procedures specific to an athletic setting (game or practice).

Lab Objectives: (under the supervision of a certified athletic trainer)
1. Assess injuries occurring in spring sports.
2. Demonstrate prophylactic taping techniques for common injuries occurring in spring sports including acute ankle and thumb injuries.
3. Apply thermotherapy and cryotherapy modalities to injured athletes.
4. Prepare proper athletic training equipment and supplies for spring sports events.

Topics and Scope:

I. Orientation
   A. Intro to the field of sports medicine (review for students who have completed 63.1)
   B. Roles and responsibilities of the certified athletic trainer
   C. Course requirements for matriculation to 4-year colleges/universities with the BOC athletic training curriculum

D. National certification process

II. The shoulder girdle
A. General anatomy
B. Common injuries
C. Assessment of shoulder injuries
D. Prevention of shoulder injuries
E. Therapeutic approaches for injuries of the shoulder girdle

III. Catastrophic injury in spring sports

IV. Cadaver viewing and demonstration

VI. Modalities
A. Thermotherapy
B. Cryotherapy

VII. Emergency procedures for games and practices
B. Contacting emergency personnel
C. Accessibility to venue for emergency personnel/vehicles
D. Use of emergency transportation equipment such as spine board, stretcher, splints

VIII. Resumes for careers in sports medicine

IX. Interview techniques for employment in sports medicine fields

X. Giving an oral presentation (review for students who have completed PHYED 63.1)
A. Basic PowerPoint
B. Public speaking pointers
C. Tips for a successful presentation
D. Gross anatomy of the shoulder

Lab Topics:

I. Prophylactic taping techniques for acute ankle injuries and simple and severe thumb injuries (Note that students who have taken PHYED 63.1 will learn advanced ankle taping protocol.)

II. Assessment techniques for injuries of the shoulder girdle

III. Application of thermotherapy and cryotherapy modalities

Assignment:

Representative Assignments:

1. Note taking, reading of class-hand outs, participation in discussions
2. Short paper: Essay on the roles and responsibilities of the certified athletic trainer
3. Cadaver viewing
4. Two to three written exams
5. Create a resume or revise a currently established resume according to suggested guidelines
6. Final Project: Written research paper and oral presentation with PowerPoint on a sports medicine topic approved by instructor

Lab Assignments: (under supervision of certified athletic trainer)

1. Assisting in training room with all phases of athletic injury assessment, prevention, and use of therapeutic approaches (therapeutic exercise, therapeutic modalities) in relation to shoulder injuries and other injuries occurring in spring sports. (Class performances)
2. Practical exams (Performance exams):
   a. Demonstration of taping techniques for ankle and thumb (Note that

students who have completed 63.1 will demonstrate advanced ankle taping)
   b. Hands-on assessment methods for shoulder injuries
   c. Application of thermotherapy and cryotherapy modalities
3. Assisting with athletic training set-up for spring sporting events (part of participation grade)
4. Written and oral injury reports and creation of treatment protocols for injured athletes (This assignment is not graded.)

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.

essay, researh paper, resume	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, Oral presenation	Skill Demonstrations 20 - 40%

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

Multiple choice, True/false, Matching items, Completion	Exams 20 - 40%

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

Attendance and participation	Other Category 10 - 20%

Representative Textbooks and Materials:
Essentials of Athletic Training, Daniel Arnheim et al, 2001
Instructor prepared materials