

**KINES 62A Course Outline as of Fall 2011****CATALOG INFORMATION**

Dept and Nbr: KINES 62A Title: SPORTS MED LAB A

Full Title: Sports Medicine Lab A

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 observe and learn the principles and protocols of sports medicine and athletic training in a supervised lab setting. This course starts the student with general athletic training room and event observation. 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 or Current Enrollment in KINES 4

**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 observe and learn the principles and protocols of sports medicine and athletic training in a supervised lab setting. This course starts the student with general athletic training room and event observation. 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 or Current Enrollment in KINES 4

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 2011	Inactive:
<b>UC Transfer:</b>		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. Describe principles of prevention of injuries to the physically active.
2. Recognize common injuries to the physically active.
3. Explain proper emergency care of injuries to the physically active.
4. Describe appropriate management, treatment, rehabilitation and reconditioning of athletic injuries.
5. Explain proper organization and administration of a sports medicine facility including knowledge of ethical, legal and safety parameters.
6. Explain the topic of professional development and responsibility in relation to Certified Athletic Trainers (ATCs).

**Topics and Scope:**

- I. Prevention of athletic injuries (Observation)
  - A. Prophylactic taping and wrapping
  - B. Prophylactic braces
  - C. Biomechanics
  - D. Conditioning
- II. Recognition and evaluation of athletic injuries (Observation)
  - A. History
  - B. Observation/Inspection

- C. Palpation
- D. Special tests
- III. Emergency care of athletic injuries (Observation)
  - 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. Management, treatment, rehabilitation and reconditioning of athletic injuries (Observation)
  - A. Therapeutic exercise
  - B. Therapeutic modalities
  - C. Rehabilitation equipment
  - D. Manual techniques
  - E. Return to participation protocol
- V. Organization and administration of a sports medicine facility (Observation)
  - A. Maintaining injury care records
  - B. Safety and sanitation standards
  - C. Medical referrals
  - D. Interpersonal communication skills within sports medicine team
  - E. Ethical and legal parameters
- VI. Professional development and responsibility (Observation)
  - 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)  
 Written assignments  
 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	Writing 10 - 30%
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**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Practical competencies, skill demonstrations, skill performance quizzes

Skill Demonstrations  
20 - 30%

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

Final examination

Exams  
0 - 10%

**Other:** 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