

**Course Outline**

**COURSE:** KIN 3                      **DIVISION:** 40                      **ALSO LISTED AS:** PE 3

**TERM EFFECTIVE:** Spring 2018                      **CURRICULUM APPROVAL DATE:** 04/24/2017

**SHORT TITLE:** INTRO ATHLETIC TRNG

**LONG TITLE:** Introduction to Athletic Training

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
4	18	Lecture:	3	54
		Lab:	3	54
		Other:	0	0
		Total:	6	108

**COURSE DESCRIPTION:**

An introductory course in athletic training/sports medicine. This course will familiarize the student with the six domains of athletic training: prevention; clinical evaluation and diagnosis; immediate care; treatment, rehabilitation, and reconditioning; organization and administration; and professional responsibility. Also included is hands-on experience in the training room and at athletic events. Previously listed as PE 3. **ADVISORY:** Allied Health 30 and eligible for English 260.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

**REPEATABILITY:** N - Course may not be repeated

**SCHEDULE TYPES:**

- 02 - Lecture and/or discussion
- 03 - Lecture/Laboratory
- 04 - Laboratory/Studio/Activity

**STUDENT LEARNING OUTCOMES:**

1. Develop, demonstrate and apply the basic skills of athletic training relative to the daily operations of an athletic training facility.

Measure of assessment: performance, role playing, exams

Year assessed, or planned year of assessment: 2015

Semester: Fall

2. Assess an athletic injury, explain the basic anatomy and physiology involved in that injury, recognize the mechanics of that injury and provide an appropriate treatment for that injury.

Measure of assessment: demonstration, oral report, exams

Year assessed, or planned year of assessment: 2015

## **CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS**

Curriculum Approval Date: 04/24/2017

6 Lecture

6 Lab Hours

Presentation of syllabus and term paper requirements. The qualifications, responsibilities and legal issues involved in the athletic training profession will be discussed. Lectures on basic anatomy and physiology of injuries, injury prevention, periodization with conditioning and basic medical terminology will be provided.

Quiz.

SPO: Define what it means to be an athletic trainer. Discuss the factors which help prevent athletic injuries.

Tour and discussion of athletic training facilities, equipment, supplies and training room administration.

Presentations on physiological responses to injury - inflammation response. Cellular reactions to stress will be demonstrated.

SPO: Demonstrate how to clean, disinfect, stock, file and record all athletic injuries into chart notes for the training room facility. Recognize and record the physiological aspects of physical performance.

9 Lecture

9 Lab Hours

Presentations on the soft tissue anatomy and bony anatomy of the foot, ankle and lower leg; the knee; and the thigh, pelvis and hip.

SPO: Assess, describe, define and write a report on lower leg injuries; knee injuries and thigh, pelvis and hip injuries.

Continue discussion on soft tissue and bones. Begin a functional assessment for the lower leg and supporting structures; the knee and supporting structures; and the thigh, pelvis, hip and supporting structures. Taping and bracing will be included.

SPO: Recognize, assess, write a report, and verbalize information about lower leg injuries; knee injuries; and thigh, pelvis and hip injuries.

9 Lecture

9 Lab Hours

Lecture on emergency plans. The legal ramifications regarding proper policy and procedures will be discussed. Review of lower extremity anatomy, including mechanisms of injury, signs and symptoms of injury and treatment of injury. Midterm.

SPO: Define, recognize and describe the information pertinent to an emergency plan. They will be able to assess, describe, define and write a report on lower extremity injuries.

Walking tour of campus facilities, making note of telephone placements and access roads as they relate to an emergency plan. Review lower extremity information presented during lectures. Review midterm. Begin a discussion on upper body anatomy.

SPO: Assess, describe, define and write reports for upper extremity injuries.

6 Lecture

6 Lab Hours

Presentations on the soft tissue anatomy and bony anatomy of the shoulder and the elbow, wrist and hand.

SPO: Assess, describe, define and write a report for shoulder injuries and elbow, wrist and hand injuries.

Continue with soft tissue and bones. Begin functional assessments of the shoulder and supporting structures and the elbow, wrist and hand and their supporting structures. Taping and bracing will be included.

SPO: Recognize, assess and verbalize information relating to shoulder and elbow, wrist and hand injuries.

9 Lecture

9 Lab Hours

Cervical, thoracic and lumbar spine soft tissue and bony anatomy will be presented. Lectures on thoracic and abdominal injuries.

SPO: Assess, describe, define and write about cervical, thoracic, lumbar and abdominal injuries. They will discuss their homework assignment. Finish working on term paper.

Continue with presentation on soft tissue and bones. Begin functional assessments of cervical, thoracic, lumbar spine, abdominal and supporting structures injuries. Taping and bracing will be included.

SPO: Recognize, assess and discuss spine, abdominal and thoracic injuries.

6 Lecture

6 Lab Hours

Lecture on soft tissue anatomy and bony anatomy of the head. Presentations of term papers.

SPO: Assess, describe, define and write about head injuries. They will discuss their term paper.

Continue with information about the soft tissue and bones of the head. Begin a functional assessment of head injuries and supporting structures.

SPO: Recognize, assess and discuss head injuries.

6 Lecture

6 Lab Hours

Discussion on skin injuries and infectious diseases. Review of all material covered in preparation for practical exam.

SPO: Assess, describe, define and write about skin injuries and infectious diseases.

Continue with presentation on skin injuries and infectious diseases. Begin functional assessments of supporting structures. This will include taping and bandaging. Complete practical exam portion of the final.

SPO: Recognize, assess and discuss skin injuries and infectious diseases.

2 Hours

Written final.

Lab content:

### **OUT OF CLASS ASSIGNMENTS:**

Required Outside Hours: 12

Assignment Description: HW: Read related chapters in the textbook. Assignment - Medical Terminology.

Required Outside Hours: 18

Assignment Description: Read appropriate chapters in the textbook. Research two articles relating to the material discussed in class and write a report. Work on term paper.

Required Outside Hours: 18

Assignment Description: Read related chapters in the text. Work on term paper. Develop an Emergency Plan.

Required Outside Hours: 12

Assignment Description: Read chapters in the textbook relating to the lecture material. Continue work on term paper.

Required Outside Hours: 18

Assignment Description: Read appropriate chapters in the textbook.

Required Outside Hours: 12

Assignment Description: Read related chapter in the textbook. Library project related to lecture material.

Required Outside Hours: 12

Assignment Description: Read appropriate textbook chapter. Review material for practical and written finals.

### **METHODS OF INSTRUCTION:**

Lecture, Demonstration, Guided Practice, Video Analysis and Interpretation, Discussion.

### **METHODS OF EVALUATION:**

Writing assignments

Percent of total grade: 30.00 %

Written homework; Essay exams; Term papers; Other: Note taking

Problem-solving assignments

Percent of total grade: 30.00 %

Homework problems; Field work; Quizzes; Exams

Skill demonstrations

Percent of total grade: 25.00 %

Field work; Performance exams

Problem-solving assignments

Percent of total grade: 15.00 %

### **REPRESENTATIVE TEXTBOOKS:**

Required Representative Textbooks

Prentice, William E.. Arnhem's Principles of Athletic Training: A Competency-Based Approach, 15th Edition, or other appropriate college level text.. McGraw-Hill,2014.

ISBN: 0078022649

Reading Level of Text, Grade: 14th Verified by: Publisher

### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201170

UC TRANSFER:

Transferable UC, effective 201170

### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: KIN

CSU Crosswalk Course Number: 3

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000535085

Sports/Physical Education Course: Y  
Taxonomy of Program: 127000