

Course Outline

COURSE: KIN 4A **DIVISION:** 40 **ALSO LISTED AS:** KIN 3A

TERM EFFECTIVE: Spring 2015 **CURRICULUM APPROVAL DATE:** 05/12/2014

SHORT TITLE: ATH TRN PRACTICUM I

LONG TITLE: Athletic Training Practicum I

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	0	0
		Lab:	6	108
		Other:	0	0
		Total:	6	108

COURSE DESCRIPTION:

This course provides students majoring in Kinesiology with the opportunity to apply the knowledge and skills in KIN 3. Emphasis is placed on handling an emergency situation, acute injury management, prevention of athletics injuries, wrapping and taping techniques and basic injury rehabilitation. This course has the option of a letter grade or pass/no pass. Successful completion (C grade) requires the students to complete 75 hours of lab work in addition to the course's academic requirements. This course was previously listed as KIN 3A. **ADVISORY:** KIN 3

PREREQUISITES:

COREQUISITES:

CREDIT STATUS: D - Credit - Degree Applicable

GRADING MODES

- L - Standard Letter Grade
- P - Pass/No Pass

REPEATABILITY: N - Course may not be repeated

SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity

STUDENT LEARNING OUTCOMES:

1. Translate the material presented during class demonstrations.

Measure: Practical Exam

PLO: 1,3,7

ILO: 7,2,1

GE-LO:

Year assessed or anticipated year of assessment: Spring 2010

2. Develop a general strength and conditioning program for injury prevention which includes utilizing stretching techniques.

Measure: Worksheet, Practical Exam

PLO: 6,7

ILO: 7,2,1

GE-LO:

Year assessed or anticipated year of assessment: Spring 2015

3. Identify specific anatomical structures associated with athletic taping and wrapping techniques.

Measure: Demonstration, Practical Exam, Written Exam

PLO: 5,7

ILO: 7,2,1

GE-LO:

Year assessed or anticipated year of assessment: Spring 2010

4. Apply the information and skills presented in class; including acute injury assessment in life threatening and non-life threatening situations (primary and secondary survey); and develop a basic athletic injury rehabilitation plan.

Measure: Practical Exam, Demonstration

PLO: 5,6,7

ILO: 2,7,1,4

GE-LO:

Year assessed or anticipated year of assessment: Spring 2010

PROGRAM LEARNING OUTCOMES:

After completing the Kinesiology major a student will be able to:

1. List and describe five career options available in the field of kinesiology.
2. Describe and critically analyze the role of physical activity and its impact on health, society and quality of life.
3. Discuss the history and broad content within the discipline of kinesiology and develop skills to enable the synthesis of concepts across disciplines.
4. Identify critical elements of motor skill performance, combine motor skills into appropriate sequences for the purpose of improving skill learning, and demonstrate competent motor skill performance in a variety of physical activities.
5. Identify the skeletal and muscular structures of the human body.
6. Utilize measurement concepts (qualitative and quantitative) to assess student/client performance and program effectiveness.
7. Describe and demonstrate effective verbal and nonverbal communication skills.

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

Curriculum Approval Date: 05/12/2014

6 Hours:

Content: Review of athletic training room policies and procedures (administration, blood borne pathogens, emergency action plan for each athletic facility, and management of environmental concerns).

SPO: Recognize and describe athletic training room operating procedures and emergency action plans.

6 Hours:

Content: Overview of current rehabilitation programs, including histories and a brief musculoskeletal review of specific injuries. A presentation of the practical applications of medical terminology will be presented.

SPO: Identify injuries specific to the current field of athletics and apply medical terminology during athletic training room coverage as well as athletic games and practices.

6 Hours:

Content: Continued coverage of the athletic training room and all athletic events and practices. Review of taping skills: continued practice of these skills. A review of game situation injury recognition will take place.

SPO: Demonstrate the proper taping skills required for various athletic injuries and/or treatment. Analyze an injury and discuss a course of treatment.

12 Hours:

Content: Continued coverage. Instruction on the prevention of lower extremity injuries.

SPO: Demonstrate strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the lower extremity, respectively. Describe the role of pre-participation examinations as they relate to injury prevention.

12 Hours:

Content: Continued coverage of the athletic training room, athletic events and practices. Instruction on the prevention of upper extremity injuries.

SPO: Describe strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the upper extremity, respectively.

12 Hours:

Content: Continued coverage. Continued instruction on the prevention of upper extremity injuries and an introduction to the prevention of trunk and cranial injuries. Review for mid-term.

SPO: Describe strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the trunk, respectively. Discuss the prevention of head, neck, face, eyes, nose, throat, and ear injuries.

6 Hours:

Content: Midterm (both practical and written). Continued coverage of the athletic training room and athletic practices and games.

SPO: Complete practical and written midterm. Utilize the skills learned to date at various athletic practices and games as well as in the training room.

18 Hours:

Content: Introduction to following emergency action plans, principles of on the field injury assessment and primary survey. Introduce injury report writing and medical HIPAA laws. Continued coverage of the athletic training room, athletic events and practices.

SPO: Follow an emergency action plan, using a mock situation, and demonstrate skills in recognizing a life threatening situation by assisting with sustaining life. Correctly prepare an injury report. Discuss the medical HIPAA laws and explain how they apply in an athletic training setting.

18 Hours:

Content: Continued coverage. Introduction to conducting a secondary assessment and off the field assessment, including moving an injured athlete, emergency splinting, and setting up a first aid treatment plan.

SPO: Recognize non-life threatening musculoskeletal injuries and demonstrate splinting and transportation techniques using a mock situation.

10 Hours:

Content: Review of all the information and skills presented throughout the semester in preparation for the final. Lab log and lab reports will be turned in.

SPO: Apply the skills and knowledge learned throughout the semester in practical situations.

2 Hours:

Final (written and practical).

METHODS OF INSTRUCTION:

Discussion, demonstration, guided practice, small group interaction.

METHODS OF EVALUATION:

Category 1 - The types of writing assignments required:

Percent range of total grade: 5 % to 15 %

Other: Worksheets

Category 2 -The problem-solving assignments required:

Percent range of total grade: 5 % to 15 %

Field Work

Exams

Category 3 -The types of skill demonstrations required:

Percent range of total grade: 20 % to 45 %

Field Work

Performance Exams

Category 4 - The types of objective examinations used in the course:

Percent range of total grade: 20 % to 30 %

Multiple Choice

True/False

Matching Items

Completion

Category 5 - Any other methods of evaluation:

Percent range of total grade: 25 % to 50 %

Class participation.

REPRESENTATIVE TEXTBOOKS:

Required:

Prentice, William E. Arnhem's Principles of Athletic Training: A Competency-Based Approach, 14th Edition. McGraw-Hill, 2011. Or other appropriate college level text.

ISBN: 13 9780073523736

Reading level of text, Grade: 14th Verified by: Gloria Curtis

ARTICULATION and CERTIFICATE INFORMATION

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201530

UC TRANSFER:

Not Transferable

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: 4A

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours: 2

Minimum Hours: 2

Course Control Number:

Sports/Physical Education Course: Y

Taxonomy of Program: 127000