

**Course Outline**

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

**TERM EFFECTIVE:** Fall 2011                      **Inactive Course**

**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 basic knowledge and basic skill level needed to become an athletic trainer. The course will cover anatomy/physiology, first aid, rehabilitation, injury recognition/evaluation/management, report writing/record keeping, facilities maintenance/supply ordering. Also included is hands-on participation at sporting events. This course is now listed as Kinesiology 3, effective Fall 2011. **ADVISORY:** Allied Health 30 (may be concurrent) 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. Students will develop, demonstrate and apply the basic skills of

athletic training relative to the daily operations of an athletic training facility.

ILO: 2, 7, 1, 4

Measure: Performance, Role Playing, Exams

2. Students will 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.

ILO: 2, 7, 1, 4

Measure: Demonstration, Oral Report, Exams

3. Students will appraise the legal duties of the athletic training position within the scope of California laws.

ILO: 2, 7, 6, 1

Measure: Project, Oral Exam, Written Exam

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

Inactive Course: 11/08/2010.

This course is now listed as Kinesiology 3, effective Fall 2011.

Curriculum Approval Date: 11/26/2007

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.

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

SPO: The student will define what it means to be an athletic trainer.

They will 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: Students will demonstrate how to clean, disinfect, stock, file and record all athletic injuries into chart notes for the training room facility. They will 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.

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

SPO: Students will 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: Students will 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.

HW: Read related chapters in the text. Work on term paper.

Assignment - Develop an Emergency Plan.

SPO: The student will 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: Students will 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.

HW: Read chapters in the textbook relating to the lecture material.

Continue work on term paper.

SPO: The students will 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: The students will 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.

HW: Read appropriate chapters in the textbook. Assignment - Video project related to material presented.

SPO: Students will 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: Students will 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.

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

SPO: Students will 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: Students will 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.

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

SPO: Students will 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: Students will recognize, assess and discuss skin injuries and infectious diseases.

2 Hours

Written final.

Included in content section of course outline.

#### **METHODS OF INSTRUCTION:**

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

#### **METHODS OF EVALUATION:**

The types of writing assignments required:

Written homework

Essay exams

Term papers

Other: Note taking

The problem-solving assignments required:

Homework problems

Field work

Quizzes

Exams

The types of skill demonstrations required:

Field work

Performance exams

The types of objective examinations used in the course:

Multiple choice

Matching items

Completion

Other: Written simulation/Problem solving

Other category:

None

The basis for assigning students grades in the course:

Writing assignments: 30% - 50%

Problem-solving demonstrations: 15% - 25%

Skill demonstrations: 15% - 25%

Objective examinations: 15% - 25%

Other methods of evaluation: 0% - 0%

### **REPRESENTATIVE TEXTBOOKS:**

Prentice, William E.; Arnhem's Principles of Athletic Training; McGraw Hill; 2006, or other appropriate college level text.

Reading level of text: 13 grade. Verified by: Publisher

### **ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 200830

UC TRANSFER:

Transferable UC, effective 200830

### **SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: A

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department: PE

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: CCC000227533

Sports/Physical Education Course: Y

Taxonomy of Program: 083500