GAVILAN COLLEGE
5055 Santa Teresa Blvd
Gilroy, CA 95023

Course Outline

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

TERM EFFECTIVE: Spring 2021 CURRICULUM APPROVAL DATE: 03/9/2021

SHORT TITLE: INTRO ATHLETIC TRNG

LONG TITLE: Introduction to Athletic Training

Units	Number of Weeks	Type	Contact Hours/Week	Total Contact Hours
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: Skills in First Aid and CPR

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
04A - Laboratory - LEH 0.65
05 - Hybrid
71 - Dist. Ed Internet Simultaneous
72 - Dist. Ed Internet Delayed
73 - Dist. Ed Internet Delayed LAB
73A - Dist. Ed Internet LAB-LEH 0.65

STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

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

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

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

Curriculum Approval Date: 03/9/2021

LECTURE CONTENT:

6 Lecture

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.

9 Lecture

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

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.

6 Lecture

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.

9 Lecture

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.

6 Lecture

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.

7 Lecture

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.

2 Hours

Written final.

LAB CONTENT:

6 Lab Hours

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 Lab Hours

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 Lab Hours

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 Lab Hours

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 Lab Hours

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 Lab Hours

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.

7 Lab Hours

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.

METHODS OF INSTRUCTION:

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

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: 18

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 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 %

Multiple choice; Matching items; Completion; Other: Written simulation/Problem solving

REPRESENTATIVE TEXTBOOKS:

Prentice, William E.. Essentials of Athletic Injury Management Eleventh edition, or other appropriate college level text.. McGraw-Hill,2020.

Updated edition

ISBN: 978-1-260-70808-0

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:
CSU Crosswalk Course Number:
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