

Course Outline

COURSE: KIN 4B **DIVISION:** 40 **ALSO LISTED AS:**

TERM EFFECTIVE: Spring 2021 **CURRICULUM APPROVAL DATE:** 11/10/2020

SHORT TITLE: ATH TRN PRACTICUM II

LONG TITLE: Athletic Training Practicum II

<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 provided students with an opportunity to apply the knowledge and skills acquired in KIN 3 and KIN 4A. Emphasis is placed on taping, bracing, padding, splinting, protective equipment, recognition and management of specific sports injuries and conditions and formulating treatment plans. Provides practical exposure to the athletic training profession and increases student's proficiency in athletic training competencies. This course has the option of a letter grade or pass/no pass. Successful completion (C Grade) requires students to complete 75 hours of lab work in addition to the course's academic requirements. Courses should be taken in sequential order. **PREREQUISITES:** KIN 3 AND KIN 4A

PREREQUISITES:

- Completion of KIN 3, as UG, with a grade of C or better.
- AND Completion of KIN 4A, as UG, with a grade of C or better.

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

STUDENT LEARNING OUTCOMES:

1. Translate the material presented during class demonstrations.

Measure: Practical Exam

PLO: 1,3,7

ILO: 7,2,1

GE-LO:

Anticipated Year of Assessment: Spring 2015

2. Perform an injury evaluation; including gathering a history or subjective findings, performing an observation (range of motion, manual muscle testing, special tests, neurological tests, and palpation), assessing an injury, and formulating a treatment plan utilizing therapeutic exercise and modalities.

Measure: Demonstration, Practical Exam, Written Exam

PLO: 6,5,7

ILO: 7,2,1,4

GE-LO:

Anticipated Year of Assessment: Spring 2015

3. Identify the anatomical features associated with specific athletic injuries.

Measure: Worksheet, Demonstration, Practical Exam, Written Exam

PLO: 5,7

ILO: 7,2,1

GE-LO:

Anticipated Year of Assessment: Spring 2015

4. Apply prophylactic equipment/techniques associated with specific athletic injuries.

Measure: Practical Exam

PLO: 6,7

ILO: 7,2,1,4

GE-LO:

Anticipated Year of Assessment: Spring 2015

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: 11/10/2020 - **DE MODIFICATION ONLY**

6 Hours

Content: Review of athletic training room operating policies and procedures. Students will establish a schedule for coverage of athletic training room rehabilitation programs and athletic team's practices and games. Overview of current rehabilitation programs, including histories and a brief musculoskeletal review of the current specific injuries.

Student Performance Objectives (SPO): Identify injuries specific to the current field of athletics. Recognize and describe athletic training room operating procedures and emergency action plans.

Out-of-Class Assignments:

6 Hours

Content: Review of medical terminology. Introduction to the systemic differential evaluation process. Instruction of how to gather a history of a musculoskeletal injury and record subjective findings in an athletic training setting. Continued coverage of the athletic training room and all athletic events and practices.

Student Performance Objectives (SPO): Gather a history of a musculoskeletal injury and translate the subjective findings utilizing medical terminology.

Out-of-Class Assignments:

12 Hours

Content: Continued coverage. Instruction of how to perform and record basic objective findings during a systematic differential evaluation process and how to develop an assessment of an injury based on objective findings.

Student Performance Objectives (SPO): Record the basic objective findings of a systematic differential evaluation process utilizing medical terminology. Demonstrate critical thinking skills needed to apply subjective data to plan and execute an objective phase of an evaluation plan, and conduct a qualitative analysis of existing data to identify possible assessment of injury.

Out-of-Class Assignments:

6 Hours

Content: Introduction to the importance of the healing process following injury and the use of therapeutic exercise and modalities during the rehabilitative process. Continued coverage of the athletic training room and all athletic events and practices.

Student Performance Objectives (SPO): Describe the basics of the healing process and demonstrate how the application of therapeutic modalities and exercise aids in the rehabilitation of sports injuries.

Out-of-Class Assignments:

18 Hours

Content: Continued coverage. Instruction of the practical skills involved throughout the systematic differential evaluation process in recognition and management of injuries to the lower extremity.

Student Performance Objectives (SPO): Demonstrate the basic skills needed to conduct an evaluation of an injury to the lower extremity. Utilize the skills learned to date at athletic events and practices and in the athletic training room.

Out-of-Class Assignments:

6 Hours

Content: Continued coverage. Review of the rehabilitation protocol for specific injuries to the lower extremity. Review for midterm.

Student Performance Objectives (SPO): Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the lower extremity.

Out-of-Class Assignments:

6 Hours

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

Student Performance Objectives (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.

Out-of-Class Assignments:

18 Hours

Content: Continued coverage. Instruction of the practical skills involved throughout the systematic differential evaluation process in recognition and management of injuries to the upper extremity.

Student Performance Objectives (SPO): Demonstrate the basic skills needed to conduct an evaluation of an injury to the upper extremity. Utilize the skills learned to date at athletic events and practices and in the athletic training room.

Out-of-Class Assignments:

6 Hours

Content: Continued coverage. Review of the rehabilitation protocol for specific injuries to the upper extremity.

Student Performance Objectives (SPO): Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the upper extremity.

Out-of-Class Assignments:

12 Hours

Content: Continued coverage. Instruction of the practical skills involved throughout the systematic differential evaluation process in recognition and management of injuries to the trunk and head.

Student Performance Objectives (SPO): Demonstrate and discuss the basic skills needed to conduct an evaluation of an injury to the trunk and head.

Out-of-Class Assignments:

6 Hours

Content: Continued coverage. Review of the rehabilitation protocol for specific injuries to the trunk and head.

Student Performance Objectives (SPO): Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the trunk and head.

Out-of-Class Assignments:

4 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.

Student Performance Objectives (SPO): Apply the skills and knowledge learned throughout the semester in practical situations.

Out-of-Class Assignments:

2 Hours

Final

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

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:

Class participation. Percent range of total grade: 25 % to 50 %

REPRESENTATIVE TEXTBOOKS:

Required:

Prentice, William E. Arnheim'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:

Transferable UC, effective 201530

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: CCC000556161

Sports/Physical Education Course: Y

Taxonomy of Program: 127000