



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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## Course Outline

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

**TERM EFFECTIVE:** Fall 2023                      **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
		Total Learning Hrs:	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. **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:

By the end of this course, a student should:

1. Apply the material presented during class demonstrations.
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.
3. Identify the anatomical features associated with specific athletic injuries.
4. Apply prophylactic equipment/techniques associated with specific athletic injuries.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Apply intermediate skills and knowledge learned throughout the semester in practical situations. Including, but not limited to, the systemic differential evaluation process and gathering the history of a musculoskeletal injury and recording subjective findings in an athletic training setting.
2. Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the trunk and head.
3. Demonstrate and discuss the basic skills needed to conduct an evaluation of an injury to the trunk and head.
4. Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the upper extremity.
5. 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.
6. Utilize the skills learned to date at various athletic practices and games as well as in the training room.
7. Demonstrate knowledge and application of prophylactics needed, and therapeutic exercise and modalities utilized for injury rehabilitation to the lower extremity.
8. 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.
9. Describe the basics of the healing process and demonstrate how the application of therapeutic modalities and exercise aids in the rehabilitation of sports injuries.
10. 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.
11. Gather a history of a musculoskeletal injury and translate the subjective findings utilizing medical terminology.
12. Identify injuries specific to the current field of athletics. Recognize and describe athletic training room operating procedures and emergency action plans.

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

Curriculum Approval Date: 11/10/2020

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.

6 Hours

Content: Review of medical terminology. Introduction to the systemic differential evaluation process. Instructions on 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.

12 Hours

Content: Continued

coverage. Instructions on 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.

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.

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.

6 Hours

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

6 Hours

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

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.

6 Hours

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

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.

6 Hours

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

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.

2 Hours

Final

**METHODS OF INSTRUCTION:**

Discussion, demonstration, guided practice, small group interaction.

**METHODS OF EVALUATION:**

Evaluation Percent 10

Evaluation Description

Percent range of total grade: 5 % to 15 %

Other: Worksheets

Evaluation Percent 15

Evaluation Description

Percent range of total grade: 5 % to 15 %

Field Work;

Exams

Evaluation Percent 20

Evaluation Description

Percent range of total grade: 20 % to 45 %

Field Work;

Performance Exams

Objective examinations

Evaluation Percent 15

Evaluation Description

Percent range of total grade: 20 % to 30 %

Multiple Choice;

True/False;

Matching Items;

Completion

Other methods of evaluation

Evaluation Percent 40

Evaluation Description

Percent range of total grade: 25 % to 50 %

Class participation.

**REPRESENTATIVE TEXTBOOKS:**

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice, 17th Edition. McGraw-Hill, 2021.

Or other appropriate college level text.

ISBN: 9781260241051

Reading level of text, Grade: 12th

**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