

KINE 003: CARE AND PREVENTION OF ATHLETIC INJURIES

Date Submitted: Fri, 01 Mar 2019 21:25:56 GMT

Originator

juhoward

Justification / Rationale

Code Alignment Project TOP and SAM code changes

Effective Term

Fall 2019

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

003

Full Course Title

Care and Prevention of Athletic Injuries

Short Title

CARE & PREVENT INJURY

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

Catalog Description

This course provides an introduction to the principles and scientific foundations of athletic training, including prevention, evaluation, treatment and rehabilitation of common athletic injuries. It includes the responsibilities of the Certified Athletic Trainer, policies and procedures for the Training Room, and operation of selected injury rehabilitation modalities.

Schedule Description

Introduction to the prevention and care of sports injuries designed for the major and the non major student.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Required Text and Other Instructional Materials**Resource Type**

Book

Author

Prentice, William E.

Title

Principles of Athletic Training, A Competency-Based Approach

Edition

15th

City

Boston

Publisher

McGraw Hill Companies, Higher Education

Year

2014

College Level

Yes

Flesch-Kincaid Level

9.1

Resource Type

Web/Other

Description

REQUIRED - The CONNECT ACCESS CODE for Principles of Athletic Training, A Competency-Based Approach, 15th edition, William E Prentice

Class Size Maximum

30

Course Content

1. Sports Injury Management and the role of the Athletic Trainer
2. Mechanics of tissue injury and healing
3. Emergency procedures
4. Sports injury assessment
5. Therapeutic exercise
6. Protective equipment
7. Assessment and management of common foot, ankle and leg injuries
8. Assessment and management of common knee injuries
9. Assessment and management of common thigh, hip and pelvis injuries
10. Assessment and management of common shoulder injuries
11. Assessment and management of common arm and elbow injuries
12. Assessment and management of common wrist and hand injuries
13. Assessment and management of common head and facial injuries
14. Recognize common spine injuries

15. Recognize common throat, chest and abdominal injuries
16. Other health conditions related to sports

Course Objectives

Objectives	
Objective 1	Identify the professionals that comprise the sports medicine team and describe the role of the athletic trainer
Objective 2	List and describe the mechanics of tissue injury and healing
Objective 3	Describe signs, symptoms and management of life-threatening conditions
Objective 4	Describe the injury assessment process and define common assessment terms
Objective 5	Identify and explain the phases of a therapeutic exercise program
Objective 6	Identify and discuss common protective equipment for the upper and lower body
Objective 7	Demonstrate assessment and management techniques for common athletic injuries to include upper and lower body.
Objective 8	Recognize and describe common injuries to the head and spine
Objective 9	Specify contraindications for participation relative to injury and health conditions
Objective 10	List and describe the daily administrative tasks and documentation for the athletic training clinic
Objective 11	Recognize and describe the safe and appropriate application of therapeutic modalities in the athletic training clinic
Objective 12	Demonstrate the use of basic medical terminology appropriate for the care of athletic injuries.
Objective 13	Demonstrate the appropriate basic first aid steps for a primary survey for an injured athlete
Objective 14	Demonstrate the appropriate basic first aid techniques for wound care and a variety of situations in the athletic training clinic
Objective 15	Demonstrate proficiency with prophylactic taping and wrapping for injury prevention and management

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Understand and apply the role and responsibilities of the Certified Athletic Trainer including differentiating between HOPS and SOAP notes.
Outcome 2	Acquire the ability to recognize and differentiate between an on-field emergency injury evaluation and an athletic training room injury evaluation.
Outcome 3	Demonstrate the ability to wrap and tape athletic injuries using sound judgement and skill, as delineated by the National Athletic Trainers Association.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	
Lecture	
Discussion	
Other (Specify)	Guest speakers, audio/visual presentations

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework		
Other	a. Written reports b. Written answers to study questions d. Written and skill exams	
Group activity participation/observation		
Presentations/student demonstration observations	Skill demonstration	
Field/physical activity observations		
Reading reports		
Term or research papers		

Assignments**Other In-class Assignments**

1. Class discussion of study questions.
2. Written reports following guest speaker presentations

Other Out-of-class Assignments

1. Participate in group activities that include assessment techniques
2. Reading assignments.
3. Viewing of audio/visual presentations
4. Written reports following guest speaker presentations

Grade Methods

Letter Grade Only

MIS Course Data**CIP Code**

51.0913 - Athletic Training/Trainer.

TOP Code

122800 - Athletic Training and Sports Medicine

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transfer CSU, limited UC

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

3/21/2019

Academic Senate Approval Date

3/28/2019

Board of Trustees Approval Date

5/17/2019

Chancellor's Office Approval Date

6/1/2019

Course Control Number

CCC000605860

Programs referencing this courseSports Medicine AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=67>)