I. CATALOG DESCRIPTION

KIN 8 - Athletic Training and Sports Medicine Practicum 1 Unit(s)

Transfer Status: CSU
51 hours Lab

This course offers students practical, hands-on experience within the field of sports medicine and athletic training. Instruction will focus on the prevention and immediate care of athletic injuries. Students will learn rehabilitation and management skills, emergency procedures, nutrition, sports psychology, musculo-skeletal anatomy, therapeutic modalities, and various taping/wrapping techniques. Students will experience various sports medicine career fields such as strength and conditioning, physical therapy, orthopedic medicine, and athletic training. This course may be repeated three times to meet the admission requirements at an accredited Athletic Training program.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

A. identify and apply proper taping techniques for specific athletic injuries.
B. list career fields and employment settings associated with athletic training and sports medicine.
C. list and identify common anatomical landmarks associated with athletic injuries.
D. describe a well designed athletic training facility, including supplies and equipment.
E. recognize athletic injuries and demonstrate emergency procedures.
F. describe proper return to play concussion protocols for athletes.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

<table>
<thead>
<tr>
<th>Lab</th>
<th>Hours</th>
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<tbody>
<tr>
<td>1. Introduction and orientation</td>
<td>1.00</td>
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<tr>
<td>2. Roles and responsibilities of the athletic trainer</td>
<td>2.00</td>
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<tr>
<td>3. Organization and administration</td>
<td>2.50</td>
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<tr>
<td>4. Prevention of athletic injuries</td>
<td>2.50</td>
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<td>5. Emergency Action Plan (EAP)</td>
<td>2.00</td>
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<td>6. Standard wound procedure/Bloodborne pathogens</td>
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<tr>
<td>7. Evaluation: History, Observation, Palpation, Special tests (HOPS) and sports injury assessment</td>
<td>4.00</td>
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<td>8. Recognition of athletic injuries: Lower leg, ankle, foot</td>
<td>3.00</td>
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<td>9. Recognition of athletic injuries: Knee</td>
<td>3.50</td>
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<td>10. Recognition of athletic injuries: Hip and groin</td>
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<tr>
<td>11. Recognition of athletic injuries: Spine and neck</td>
<td>3.00</td>
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<tr>
<td>12. Recognition of athletic injuries: Elbow, lower arm, wrist, hand</td>
<td>3.00</td>
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<tr>
<td>13. Recognition of athletic injuries: Shoulder and upper arm</td>
<td>3.50</td>
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<td>14. Recognition of athletic injuries: Head and face</td>
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<tr>
<td>15. Recognition of athletic injuries: Internal</td>
<td>2.00</td>
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<tr>
<td>16. Treatment and management of athletic injuries</td>
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17. Rehabilitation and therapeutic modalities  4.00
18. Environmental disorders and concerns  2.00
Total Hours  51.00

IV. METHODS OF INSTRUCTION
   A. Multimedia Presentations
   B. Problem-Solving Sessions
   C. Discussion
   D. Demonstrations
   E. Field Experience/Internship
   F. Collaborative Group Work

V. METHODS OF EVALUATION
   A. Research Projects
   B. Journal
   C. Class participation
   D. Written Assignments
   E. Written or Oral Examinations
   F. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS
   A. Reading Assignments
      1. Research two different concussion software programs currently being used in athletics. Plan to discuss the pros and cons of each in small groups.
      2. Read the National Athletic Trainers' Association position statement on spinal injuries. Be prepared to discuss findings.
   B. Writing Assignments
      1. Based on your observation of the daily operations in the Sports Medicine Center, write a two page essay describing which aspect of athletic training you most enjoyed and why.
      2. Write an essay describing an injury of your choice, including injury care, prevention, and rehabilitation.
   C. Out-of-Class Assignments

VII. RECOMMENDED MATERIALS OF INSTRUCTION
    Textbooks:

Created/Revised by: Mario Vela
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