COURSE OUTLINE OF RECORD

Number: KIN G281    TITLE: Prevention and Care of Athletic Injuries

ORIGINATOR: Michael Shaughnessy    EFF TERM: Fall 2012
FORMERLY KNOWN AS:     DATE OF OUTLINE/REVIEW: 11-23-2011
CROSS LISTED COURSE:     TOP NO: 1270.00

SEMESTER UNITS: 3.0
HRS LEC: 54.0    HRS LAB: 0.0    HRS OTHER: 0.0
CONTACT HRS TOTAL: 54.0
STUDY NON-CONTACT HRS RECOMMENDED: 108.0

CATALOG DESCRIPTION:
Introduction and application of basic principles to the prevention, assessment, treatment and rehabilitation of athletic injuries. This course applies basic principles of anatomy, physiology, pathology and biomechanics to athletic injuries.

JUSTIFICATION FOR COURSE:

PREREQUISITES:

COREQUISITES:

ADVISORIES:

ASSIGNED DISCIPLINES:
Physical education

MATERIAL FEE: Yes [ ] No [X] Amount: $0.00
CREDIT STATUS: Noncredit [ ] Credit - Degree Applicable [X] Credit - Not Degree Applicable [ ]
GRADING POLICY: Pass/No Pass [ ] Standard Letter [X] Not Graded [ ] Satisfactory Progress [ ]
OPEN ENTRY/OPEN EXIT: Yes [ ] No [X]
TRANSFER STATUS: CSU Transferable[ ] UC/CSU Transferable[X] Not Transferable[ ]

BASIC SKILLS STATUS: Yes [ ] No [X]    LEVELS BELOW TRANSFER: Not Applicable
CALIFORNIA CLASSIFICATION CODES: Y - Not Applicable
NON CREDIT COURSE CATEGORY: Y - Not applicable, Credit Course

OCCUPATIONAL (SAM) CODE: E
REPEATABLE ACCORDING TO STATE GUIDELINES: No [X] Yes [ ] NUMBER REPEATS:
REQUIRED FOR DEGREE OR CERTIFICATE: No [ ] Yes [X]
Associate in Arts: Liberal Arts: Emphasis in Social Behavior and Self-Development(Associate in Arts)
Physical Education and Health(Associate in Arts)

GE AND TRANSFER REQUIREMENTS MET:

COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. Describe the evolution of the athletic training profession from the early years as a water boy to its current status as a health care professional.
2. Demonstrate the ability to apply bandaging, taping and stretching techniques to the upper and lower extremities.
3. Differentiate between the differing signs, symptoms and mechanisms for various athletic injuries.
4. Express themselves using proper medical vocabulary and terminology.

5. Identify the major bony and soft tissue structures of the various joints in the human body.

6. Identify and assess physiological, anatomical, sociological and psychological factors that are integral in the rehabilitation of athletic injuries.

COURSE OBJECTIVES:
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3. Identify the major bony and soft tissue structures of the various joints in the human body.
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COURSE CONTENT:

LECTURE CONTENT:

I. The athletic training profession
   1. Professional development and responsibilities
      A. History and evolution of the athletic training profession
      B. Responsibilities of the athletic trainer and sports medicine team
      C. Athletic trainer qualifications, relationships and requirements for certification
   2. Health care administration and legal concerns in athletic training
      A. Medical record keeping
         a. SOAP notes
         b. Progress notes
         c. Treatment records
         d. Insurance billing/forms
      B. Standards of reasonable care
      C. Assumption of risk
      D. Insurance
         a. Professional liability insurance
         b. Catastrophic insurance and third party reimbursement

II. Risk management
   1. Nutritional considerations
      A. Nutrition basics and energy sources
      B. Physiological needs of the body for physical activity
      C. Weight control and body composition
   2. Environmental considerations
      A. Physiological effects on the body from exercising in extreme temperatures
         a. Hyperthermia and heat stroke
         b. Hypothermia
      B. Physiological effects on the body from exercising at altitude
      C. Lightning safety.
   3. Protective sports equipment
      A. Selection and fitting of standard protective equipment
   4. Bandaging and taping
      A. Application of elastic bandages
      B. Application of nonelastic adhesive tape

III. Pathology of sports injury
1. Classification of injury based on the mechanical and physiological effects of trauma to human tissues
   A. Soft-tissue and skeletal muscle injuries
   B. Skeletal Trauma
   C. Nerve Trauma
2. Physiological responses of the body to trauma and the tissue healing process
   A. Soft tissue healing
      a. Inflammatory phase
      b. Fibroblastic repair phase
      c. Maturation-remodeling phase
   B. Bone healing
IV. Management skills
1. Psychosocial intervention for sports injuries and illnesses
   A. The athlete's psychological response to injury
   B. The athlete and the sociological response to injury
      a. Providing social support
   C. Psychological factors in the rehabilitation process
      a. Mental training techniques
   D. Psychological techniques for coping with pain
      a. Tension reduction
      b. Attention diversion
      c. Relaxation techniques
2. On the field acute care and emergency procedures
   A. The emergency action plan
   B. Primary and secondary survey
   C. Moving and transporting the injured athlete
   D. Emergency emotional care
3. Off the field injury evaluation
   A. Evaluation of sports injuries
      a. Evaluation process
      b. Evaluation vs. diagnosis
      c. Documentation
4. Bloodborne pathogens
   A. The physiology of virus and bloodborne pathogens
   B. Universal precautions in an athletic environment
      a. Hepatitis
      b. HIV
      c. MRSA
   C. Postexposure procedures
5. Therapeutic modalities
   A. Physiological effects of thermal energy on the bodies tissues
      a. Cryotherapy techniques and the physiological response
      b. Thermotherapy techniques and the physiological response
      c. Massage and traction and the physiological response
   B. Legal concerns
   C. Documentation of therapeutic modality treatment
6. Physiology of therapeutic exercise and rehabilitation
   A. Therapeutic exercise versus conditioning exercise
   B. Physiological and psychological effects of injury, inactivity and immobility
   C. Developing a rehabilitation plan and its components
      a. Pain control
      b. Control of swelling
      c. Restoration of range of motion and muscular strength
   D. Psychological factors in the rehabilitation process
      a. Immediate post injury/postoperative
      b. Rehabilitation
c. Return to activity
d. Goal setting and mental training techniques
e. Cognitive restructuring and imagery

7. Pharmacology, Drugs and sports
   A. Physiological effects on the body from drugs
      a. Common OTC medications
      b. Prescription medications
   B. Protocols for using OTC medications
   C. Legal concerns in administering versus dispensing drugs

V. Specific sports conditions
   1. Lower extremity
      A. The foot and ankle
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment
      B. The Knee
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment
      C. The hip, thigh, groin and pelvis
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment

   2. Upper extremity
      A. The hand, forearm and wrist
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment
      B. The elbow
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment
      C. The Shoulder complex
         a. Specific bony anatomy
         b. Soft tissue structures
         c. Injury recognition, evaluation and treatment

   3. Head and spine
      a. Specific bony anatomy
      b. Soft tissue structures
      c. Injury recognition, evaluation and treatment
d. Concussions and their long lasting lifelong consequences

   4. Thorax and abdomen
      a. Specific bony anatomy
      b. Soft tissue structures
      c. Injury recognition, evaluation and treatment

   4. Face, eyes, ears, nose and throat
      a. Specific bony anatomy
      b. Soft tissue structures
      c. Injury recognition, evaluation and treatment

   5. General medical conditions
      A. Physiology of the immune system
      B. Viral infections
      C. Muscular system disorders
      D. Nervous, blood and lymphatic system disorders
      E. Diabetes and athletics
F. Asthma and athletics

METHODS OF INSTRUCTION:
A. Lecture:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:

COURSE ASSIGNMENTS:
  Reading Assignments
  Textbook
  Out-of-class Assignments
  none
  Writing Assignments
  Specific assignments to include papers, article review, demonstrating injury recognition assessment skills and demonstration of taping and bandaging skills.

METHODS OF STUDENT EVALUATION:
Final Exam
Short Quizzes
Objective Examinations
Projects (ind/group)
Oral Presentations
Skills Demonstration
  Demonstration of Critical Thinking:
  Lower leg evaluation demonstration to evaluate the students ability to assess an injury and identify involved bony or soft tissue structures.
  Required Writing, Problem Solving, Skills Demonstration:
  Specific assignments to include papers, article review, demonstrating injury recognition assessment skills and demonstration of taping and bandaging skills.

TEXTS, READINGS, AND RESOURCES:
  TextBooks:

LIBRARY:
  Adequate library resources include:

Attachments:
  Attached Files