

KIN A273: SPORTS MEDICINE

Item	Value
Curriculum Committee Approval Date	10/30/2024
Top Code	083520 - Fitness Trainer
Units	3 Total Units
Hours	54 Total Hours (Lecture Hours 54)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

Technique and theory of care and prevention of athletic injuries. Includes the use of various therapeutic modalities for therapy and prevention of injury through strength and flexibility exercise. Transfer Credit: CSU; UC.

Course Level Student Learning Outcome(s)

1. Discuss various responsibilities of the athletic trainer.
2. Discuss acute care for common athletic injuries.
3. Describe various rehabilitation techniques for athletic injuries.
4. Recognize signs, symptoms, and mechanisms of athletic injuries.

Course Objectives

- 1. Discuss theories and techniques in prevention and care of athletic injuries.
- 2. Discuss theories and techniques in injury rehabilitation.
- 3. Discuss therapeutic modality operation during rehabilitation.
- 4. Identify major bones of the body.
- 5. Demonstrate knowledge of foot, ankle, and lower leg injuries.
- 6. Demonstrate knowledge of common knee injuries.
- 7. Demonstrate knowledge of common muscular injuries to the thigh region.
- 8. Demonstrate knowledge of abdominal, internal organ, and back injuries.
- 9. Demonstrate knowledge of shoulder, elbow, wrist, and hand injuries.
- 10. Demonstrate knowledge of head and neck injuries.
- 11. Demonstrate care and prevention of heat illnesses.
- 12. Demonstrate knowledge of sprains, strains, and contusions.
- 13. Explain characteristics of ligament, tendon, and muscular tissue.

Lecture Content

Introduction to athletic training. Terminology skeletal anatomy sprains, strains, and contusions Recognition, evaluation, and general care of athletic injuries Therapeutic modalities and their use Athletic training techniques Conditions of the foot, ankle, and lower leg Conditions of the knee Conditions of thigh, hip, buttocks, and groin conditions of abdomen and back Conditions of neck and head Conditions of shoulder and

upper arm conditions of the elbow, forearm, writ, and hand Heat related illnesses

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)

Instructional Techniques

Lectures, various handouts, and teaching aids.

Reading Assignments

Course textbook and instructor handouts; student spend approximately 2-3 hours per week reading the text chapters,

Writing Assignments

Students spend 1 - 1.5 hours a week writing up injury observations. Student will satisfactorily complete written tests administered by instructor.

Out-of-class Assignments

The students spend about 1-1.5 hours per week completing worksheets that correspond with the chapter lecture; 1 hour per week preparing for a 3-5 minute oral presentation on an injury they ve witnessed during sports activity observations.

Demonstration of Critical Thinking

True/false, and identification tests.

Required Writing, Problem Solving, Skills Demonstration

Student will satisfactorily complete written tests administered by instructor.

Eligible Disciplines

Athletic training: Any bachelor's degree and two years of professional experience, or any associate degree and six years of professional experience. Note: This discipline listing applies only to instructors teaching apportionment generating courses in the subject of athletic training. Non-apportionment-generating athletic training activity is not subject to minimum qualifications. Physical education: Master's degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor's degree in any of the above AND master's degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Master's degree required.

Textbooks Resources

1. Required Prentics, W., Arnheim, D.. Essentials of Athletic Injury Management, 9 ed. McGraw-Hill Humanities, 2012

Other Resources

1. Selected handout material to be provided and distributed by instructor.