

KIN A276: SPORTS MEDICINE PRACTICUM LEVEL 2

Item	Value
Curriculum Committee Approval Date	09/09/2020
Top Code	122800 - Athletic Training and Sports Medicine
Units	2-4 Total Units
Hours	72-180 Total Hours (Lecture Hours 18; Lab Hours 54-162)
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

This course is designed for the beginning/intermediate athletic training student to get an overview of sports medicine topics including medical terminology, therapeutic modalities, basic tape techniques, contagious skin diseases as related to athletes, and a variety of sports-related injuries. Instructor will assess student ability and skill level in the first week of class to insure proper course level placement. ADVISORY: KIN A275 or instructor consent. Transfer Credit: CSU; UC: Credit Limitation: Any or all of these HLED, KIN, PE Theory courses combined: maximum credit, 8 units.

Course Level Student Learning Outcome(s)

1. Analyze and demonstrate proper athletic training room procedures based on specific variables related to safety, efficiency, and productivity.
2. Demonstrate basic taping techniques and first aid
3. Demonstrate effective time management and field set up.

Course Objectives

- 1. Learn opening and closing duties
- 2. Apply policy and procedures
- 3. Know theory and concepts of therapeutic modalities
- 4. Apply first aid procedures for an acute injury
- 5. Proper technique or cryotherapy and thermal therapy
- 6. Set up for practice and game day.

Lecture Content

Learn opening and closing duties disinfecting tables whirlpool towels equipment Apply policy and procedures learn to make appointments for athletes in the athletic training room. dealing with blood Field and court set up game day (hour and a half before start of game, ice, water, first aid supplies on the field for all teams) practice day (water on field at start of practice) Identify the different therapeutic modalities ultrasound light therapy whirlpools parafin hydrocollators

Proper technique and applications of modalities ice heat indications contraindications applications First Aid (ice or wound cleaning) Learn proper basic athletic taping techniques compression wrapblister taping closed basketweave (ankle)secure bandage

Lab Content

Demonstration of open and closing procedures Demonstration of cryotherapy and thermal therapy techniques Application of policy and procedures Demonstration of wound cleaning Demonstration of therapeutic modalities Practical experience in time management for field set up Practice taping techniques learned

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Students to develop skills and knowledge in the athletic training setting under the supervision of the instructor and practice applications of sports medicine. Students are taught by lecture; extensive demonstrations of clinical skills by instructor and mentoring by advanced students.

Reading Assignments

Students will spend approximately 4 hours a week reading from the text book; articles from peer reviewed journals and research articles; newspaper, books and articles on basic sports medicine; National Athletic Training Association Magazine-NATANEWS

Writing Assignments

Students will spend approximately 1 2 hours per week be required to complete written assignments

Out-of-class Assignments

Students will spend approximately 1 2 hours a week completing individual and group written assignments; homework assignments to emphasis course topics.

Demonstration of Critical Thinking

articulate and demonstrate how skin disease is spread and how to stop it: disinfecting tables, whirlpools, protecting the athlete making appointments for injured non-playing vs. injured and participating: day times Set up and time management: game day practice day water, ice, first aid kits Identify Modalities ultrasound, electric stimulation, light therapy applying cryotherapy and hydrocollators and modality machine. indications contraindications

Required Writing, Problem Solving, Skills Demonstration

vocabulary, definitions and terminology

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.

Other Resources

1. Hand outs and supplies will be given out by instructor. 2. National Athletic Training Association Magazine-NATANEWS