

KIN A277: SPORTS MEDICINE PRACTICUM LEVEL 3

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 intermediate/advanced student to learn therapeutic goals and objectives, therapeutic taping and bandaging, selection of therapeutic exercises, methods of evaluating and recording rehabilitation progress and development of criteria for progression and return to normal function. Instructor will assess student ability and skill level in the first week of class to insure proper course level placement. ADVISORY: KIN A275 and KIN A276. 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. Identify and apply appropriate athletic taping techniques on student athletes.
2. Explain a rehabilitation program for an injured student athlete.

Course Objectives

- 1. Learn taping skills and apply to athletes
- 2. Learn and apply proper padding and bandaging
- 3. Apply modalities to athletes
- 4. Assist athletes with rehabilitation and stretching programs
- 5. Assist athlete with strengthening program

Lecture Content

Demonstrate taping skills ankle(basketweave) knee/leg (compression, figure 8) wrist/finger/thumb (hyperextension) foot/toe (sprain support, turf toe) shoulder/elbow (spica/figure 8/compression) Apply padding and bandaging to joints (immobilize if necessary, foam or shell) soft tissue (compression, foam or shell) bone (soft, medium of high density foam) Wound care steri strips (wound closure strips) infection (treat or refer to doctor) Assist athlete with rehabilitation warm up stretch modalities strengthening exercise cardio/endurance return to play

Lab Content

Demonstrations of taping techniques Apply proper therapeutic modalities Apply proper bandaging and padding Assist athlete with rehabilitation and stretching programs

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

Instructor will lecture and demonstrate practical techniques in rehabilitation and include strategies to increase range-of-motion, strength, and return to play; demonstrate taping techniques.

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; Journal of Athletic Training;

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

when to apply technique for taping universal precautions for dealing with blood application of modalities time management

Required Writing, Problem Solving, Skills Demonstration

demonstration of: taping skills padding/bandaging wound care modalities rehabilitation techniques

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. National Athletic Training Association Magazine- NATANEWS
2. Journal of Athletic Training
3. American Journal of Sports Medicine
4. Hand outs, tape and supplies will be given out by instructor