

# KIN A278: SPORTS MEDICINE PRACTICUM LEVEL 4

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 advanced level athletic training student to further develop their athletic training skills and prepare to transfer to a 4-year school. This includes working with team physicians, physician assistants, emergency medical technicians, coaches, administrators, cooperative learning with lower level students, record keeping and taping. Instructor will assess student ability and skill level in the first week of class to ensure proper course level placement. ADVISORY: KIN A275 and KIN A276 and KIN A277. 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. Document data ( height, weight, blood pressure) given by the doctor and certified athletic trainer on campus during physicals and sporting events.
2. Apply emergency medical care during a basic injury situation being observed by a team doctor or certified athletic trainer.
3. Demonstrate cooperative behavior to a beginning level student by assisting in a taping experience.

## Course Objectives

- 1. Assist instructor/athletic trainer with injury evaluations
- 2. Assist doctor with physicals
- 3. Communications with doctors office and assisting athletes with making appointments
- 4. Assist athletes with school insurance paperwork
- 5. Assigned to a team as the advanced senior student with responsibility supervised by ATC
- 6. Assist level 1-3 students

## Lecture Content

Interaction with doctors assisting with physicals on campus Record keeping evaluation cards (documented and filed) concussion evaluations and treatment plan progress notes(documented on

evaluation cards) referrals if necessary Injuries cardiac (plan if an athlete has a heart problem) bone (possible fractures and splinting) soft tissue (tears or ruptures) joint (splint or support) Assist Certified Athletic Trainer on field injured athlete side line field evaluations of injured athlete emergency care (stabilization of joint, head/neck, broken bone) splinting Administration assist athlete with making doctor appointments assisting athletes with insurance and privacy forms Advanced taping technique and bandaging knee (anterior cruciate ligament, medial collateral ligament) shoulder (fabricate joint protection) laceration care (skin closure strips)

## Lab Content

Demonstration and application of: Communicating with team physicians making appointments assisting with paperwork assisting with physicals Demonstrate: Record keeping of but not limited to: evaluations concussions progress notes referrals injuries cardiac bone soft tissue joint Assist instructor injuries evaluations emergency splinting Mentoring lower level athletic training students

## Method(s) of Instruction

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

## Instructional Techniques

Review of lecture and demonstration by instructor. The advanced athletic training students will further develop their clinical skills, interact with teams physicians and review skills acquired in previous lab courses. It will review and focus on previously learned skills and will assist with the students preparation towards transferring to a four year school.

## 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

Identify appropriate modalities for various stages of injury management Identify when to refer to athlete to team physician Be able to listen and take instruction in emergency situation

## Required Writing, Problem Solving, Skills Demonstration

Be able to assist athletes with making doctors appointments Be able to listen and take instruction in emergency situation Demonstrate record keeping skills Assist lower level students under direct supervision of 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.

## **Other Resources**

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