

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 7 - Introduction to Athletic Training and Sports Medicine

3 Unit(s)

Prerequisite(s): NONE

Recommended Prep: Reading Level IV; English Level III

Transfer Status: CSU/UC

51 hours Lecture

This course introduces students to the prevention, evaluation, and treatment of athletic injuries. Students will learn rehabilitation and management skills, emergency procedures, nutrition, sports psychology, musculo-skeletal anatomy, therapeutic modalities, and various taping/wrapping techniques. The course is designed to expose students to sports medicine career fields such as strength and conditioning, physical therapy, orthopedic medicine, and athletic training.

II. OBJECTIVES

Upon successful completion of this course, the student will be able to:

- A. define the medical terminology and acronyms specific to athletic training and sports medicine.
- B. identify the features of a well designed athletic training facility, including supplies and equipment.
- C. list and identify common and anatomical landmarks associated with athletic injuries.
- D. identify proper sports medicine supplies for injury treatment.
- E. explain the role of the athletic trainer, team physician, and athletic director within the sports medicine team.
- F. demonstrate basic injury treatment and taping procedures.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

Lecture	
<u>Topics</u>	<u>Hours</u>
1. Introduction to athletic training and sports medicine	1.00
2. Athletic Training Education Programs (ATEP) and sports medicine careers	2.00
3. Roles and responsibilities of the athletic trainer	2.00
4. Organization and administration	2.50
5. Prevention of athletic injuries	2.50
6. Emergency Action Plan (EAP)	2.00
7. Standard wound procedure/Bloodborne pathogens	2.00
8. Evaluation: History, Observation, Palpation, Special tests (HOPS) and sports injury assessment	4.00
9. Recognition of athletic injuries: Lower leg, ankle, foot	3.00
10. Recognition of athletic injuries: Knee	3.50
11. Recognition of athletic injuries: Hip and groin	3.00
12. Recognition of athletic injuries: Spine and neck	3.00
13. Recognition of athletic injuries: Elbow, lower arm, wrist, hand	3.00
14. Recognition of athletic injuries: Shoulder and upper arm	3.50
15. Recognition of athletic injuries: Head and face	3.00

16. Recognition of athletic injuries: Internal	2.00
17. Treatment and management of athletic injuries	3.00
18. Rehabilitation and therapeutic modalities	4.00
19. Environmental disorders and concerns	2.00
Total Hours	51.00

IV. METHODS OF INSTRUCTION

- A. Lecture
- B. Class Activities
- C. Homework: Students are required to complete two hours of outside-of-class homework for each hour of lecture
- D. Discussion
- E. Demonstrations
- F. Problem-Solving Sessions
- G. Multimedia Presentations

V. METHODS OF EVALUATION

- A. Oral Presentation
- B. Projects
- C. Demonstration
- D. Class participation
- E. Written Assignments
- F. Written or Oral Examinations
- G. Practical Evaluations

VI. EXAMPLES OF ASSIGNMENTS

- A. Reading Assignments
 - 1. Research the psychological effects an injury can have on an athlete. Plan to discuss in small groups.
 - 2. Read an article describing how each member of a Sports Medicine Team interacts with an athlete that has an injury. Be prepared to discuss in class.
- B. Writing Assignments
 - 1. Write a detailed Emergency Action Plan (EAP) that should be performed immediately following an athletic injury. Be prepared to present your EAP to the class.
 - 2. Write an essay describing the physiological effects of heat and cold and the benefits they have for treating athletic injuries.
- C. Out-of-Class Assignments
 - 1. Visit a local athletic event and observe the various equipment and measures used in the prevention of athletic injuries. Note your findings in a one-page essay.
 - 2. Observe an athlete receiving injury care from a member of a Sports Medicine Team. Discuss some of the challenges this member faced during his/her interaction.

VII. RECOMMENDED MATERIALS OF INSTRUCTION

Textbooks:

- A. Prentice, W.E.. Essentials of Athletic Injury Management. 9th Edition. McGraw-Hill Companies, Inc., 2012.

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