

BUTTE COLLEGE

COURSE OUTLINE

I. CATALOG DESCRIPTION

KIN 8 - Athletic Training and Sports Medicine Practicum

1 Unit(s)

Prerequisite(s): NONE

Recommended Prep: KIN 7 and Reading Level III; English Level IV

Transfer Status: CSU

51 hours Lab

This course offers students practical, hands-on experience within the field of sports medicine and athletic training. Instruction will focus on the prevention and immediate care 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. Students will experience various sports medicine career fields such as strength and conditioning, physical therapy, orthopedic medicine, and athletic training. This course may be repeated three times to meet the admission requirements at an accredited Athletic Training program.

II. OBJECTIVES

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

- A. identify and apply proper taping techniques for specific athletic injuries.
- B. list career fields and employment settings associated with athletic training and sports medicine.
- C. list and identify common anatomical landmarks associated with athletic injuries.
- D. describe a well designed athletic training facility, including supplies and equipment.
- E. recognize athletic injuries and demonstrate emergency procedures.
- F. describe proper return to play concussion protocols for athletes.

III. COURSE CONTENT

A. Unit Titles/Suggested Time Schedule

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

16. Treatment and management of athletic injuries	5.00
17. Rehabilitation and therapeutic modalities	4.00
18. Environmental disorders and concerns	2.00
Total Hours	51.00

IV. **METHODS OF INSTRUCTION**

- A. Field Experience/Internship
- B. Collaborative Group Work
- C. Discussion
- D. Demonstrations
- E. Multimedia Presentations

V. **METHODS OF EVALUATION**

- A. Research Projects
- B. Journal
- C. Class participation
- D. Written Assignments
- E. Written or Oral Examinations
- F. Practical Evaluations

VI. **EXAMPLES OF ASSIGNMENTS**

- A. Reading Assignments
 - 1. Read the National Athletic Trainers' Association position statement on spinal injuries. Be prepared to discuss findings in class.
 - 2. Research two different concussion software programs currently being used in athletics. Plan to discuss the pros and cons of each in small groups.
- B. Writing Assignments
 - 1. Write an essay describing an injury of your choice, including injury care, prevention, and rehabilitation.
 - 2. Based on your observation of the daily operations in the Sports Medicine Center, write a two page essay describing which aspect of athletic training you most enjoyed and why.
- C. Out-of-Class Assignments
 - 1. Interview an athlete who has suffered a significant injury. Ask questions about the daily interactions and challenges faced with rehabilitation and treatment. Provide a one page outline documenting your interview.
 - 2. Design a supply list, floor plan, and budget analysis for a sports medicine facility that is 1200 square feet with a \$4,000 supply budget and \$10,000 equipment budget. Be prepared to make a five minute presentation in class.

VII. **RECOMMENDED MATERIALS OF INSTRUCTION**

Textbooks:

- A. Prentice & Arnheim. Essentials of Athletic Injury Management. 9th Edition. McGraw-Hill, 2012.
- B. Konin, Wiksten, Isear, Brader. Special Tests for Orthopedic Examination. 3rd Edition. Slack, 2006.

