

Las Positas College  
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## Course Outline for KIN 17

### INTRO TO ATHLETIC TRAINING

Effective: Fall 2010

#### I. CATALOG DESCRIPTION:

KIN 17 — INTRO TO ATHLETIC TRAINING — 3.00 units

Basic taping skills, introduction to modality usage, and basic rehabilitation principles of athletic training. Designed to be preparatory for further education and a career in Athletic Training and or other Sports Medicine related fields. May include work with intercollegiate sports programs.

2.00 Units Lecture 1.00 Units Lab

#### Grading Methods:

Letter Grade

#### Discipline:

	<b>MIN</b>
<b>Lecture Hours:</b>	36.00
<b>Lab Hours:</b>	54.00
<b>Total Hours:</b>	90.00

#### II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

#### III. PREREQUISITE AND/OR ADVISORY SKILLS:

#### IV. MEASURABLE OBJECTIVES:

**Upon completion of this course, the student should be able to:**

- A. Define, distinguish and explain the role and function of the athletic trainer, the team M.D. and the coach in the total scope of health care for athletes;
- B. Perform basic skills in taping and related treatment;
- C. Recognize specific athletic injuries (e.g. ACL injury or rotator cuff tear);
- D. Define and describe the significance of rehabilitation of an injury and outline the major elements of a rehabilitation program;
- E. Define, analyze, and explain the emergency procedures assessment system utilizing a flowchart and/or by demonstration.

#### V. CONTENT:

- A. Foundations
  1. Introductions
  2. Definitions, roles, scopes of practice for each sports medicine team member
  3. Sports medicine associations, certifications, and licensures
- B. Injury prevention
  1. Prevention strategies
  2. Protective sports devices
- C. Injury Causation, Response, and Management
  1. Mechanisms
  2. Signs and symptoms of various injuries
  3. Recognition of injuries
  4. Emergency procedures
  5. Referrals to other sports medicine professionals
  6. Taping
    - a. Ankle
    - b. Hand and wrist
    - c. Shin Splint
  7. Wrapping
  8. Other modalities
- D. Psychology of Athletic Injuries
  1. Definition and discussion of role of sport psychology in injury rehabilitation and the psychological factors concerning the injured athlete
- E. Other Sports Conditions
  1. Temperature illnesses
  2. Nutrition and hydration
  3. Supplement use among athletes
  4. Drug use among athletes

## VI. METHODS OF INSTRUCTION:

- A. **Demonstration** -
- B. Practicum
- C. **Guest Lecturers** -
- D. Films
- E. **Lecture** -
- F. **Discussion** -
- G. Online discussions- The instructor will use Scenarios that enhance learning opportunities by augmenting the lab and classroom discussion, for example; A student-athlete sprained their tibial collateral ligament, the students will be asked to compare, contrast and prepare a mock treatment protocol. The students will be asked to appropriately set up the modality treatment protocol utilizing a combination of the following modalities and explaining their rationale for their choices. The students will be able to suggest the use of either cold or hot whirlpool, cryotherapy, ice immersion/massage/packs, or a range of electrical current therapies, ultra sound or light therapy.
- H. Online practice quizzes- The practice quizzes will be incorporated into the curriculum in order to help facilitate further understanding and clarity from the classroom lectures. The quizzes will be helpful in clearing up test questions on the mid-term and final.
- I. **Projects** -

## VII. TYPICAL ASSIGNMENTS:

- A. Readings 1. Read Chapter 23, Essentials of Athletic Training, and be prepared to describe the common shoulder complex injuries, the mechanisms of injury, and the treatments. 2. Find a journal article on a specific injury in Athletic Therapy Today or Sports Health, and report on it to the class or in the form of a written report. B. Writing, problem-solving, critical thinking or performance: 1. Discuss and explain the signs and symptoms of heat problems and their immediate treatment. 2. Analyze and discuss the affects of altitude on performance. 3. Demonstrate common taping procedures for specific areas of the body. C. Explain the philosophy of the treatment and rehabilitation of athletic injuries.

## VIII. EVALUATION:

### A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Papers
- 4. Oral Presentation
- 5. Other:
  - a. Methods: typical examples of evaluations
    - 1. Examinations – three per semester
      - a. Typical question: objective
        - 1. A gradual degenerative process of the underside of the patella is called:
          - 1. Patellaritis
          - 2. Chondromalacia
          - 3. Osteochondritis
          - 4. Osgood-schlatter's disease
    - b. Typical question: essay
      - 1. Describe and explain various exercises that should be included in a complete thigh and hip rehabilitation exercise program.
    - c. Anatomy Quizzes
      - 1. Typical question:
        - 1. Draw, label and correctly identify the prominent structures of the knee joint. Including but not limited to the following structures:
          - 1. medial and lateral meniscus, patella, anterior and posterior cruciate ligament, tibia, fibula, medial and lateral collateral ligaments and the condyles.
- 2. Projects
  - a. Typical project topics:
    - 1. Student selected with instructor approval. Topic must be relevant to athletic training and sports medicine.
    - 2. The students will be encouraged to use the internet to research their report topics. These reports have to be on a specific body part or joint and the reports have to cover initial treatment, secondary treatment, rehabilitation and the three essentials to preventing subsequent injury (technique, conditioning and strength).

### B. **Frequency**

- 1. Frequency
  - a. Three written examinations per semester
  - b. Quizzes as deemed appropriate
  - c. One oral report/presentation
  - d. Minimum of five one-and-one-half page reports from a scholarly journal

## IX. TYPICAL TEXTS:

- 1. Prentice *Essentials of Athletic Injury Management*. 8th ed., McGraw Hill Publishing, 2010.
- 2. Mangus and Pfeiffer *Concepts of Athletic Training*. 5th ed., Jones and Bartlett, 2008.

## X. OTHER MATERIALS REQUIRED OF STUDENTS: