

Las Positas College
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Course Outline for KIN 18A
ATHLETIC TRAINING PRACTICUM 1
Effective: Spring 2018

I. CATALOG DESCRIPTION:

KIN 18A — ATHLETIC TRAINING PRACTICUM 1 — 1.00 units

Designed to provide clinical experience for students interested in sports-related injury care and prevention. Organization of a clinical facility and management of game day operations. Experiences will include taping for prevention of injury, use of modalities for the treatment and/or rehabilitation of injuries, stretching techniques, identify and manage emergency situations

1.00 Units Lab

Prerequisite

KIN 17 - Intro to Athletic Training and Sports Medicine
with a minimum grade of C

Grading Methods:

Letter Grade

Discipline:

- Athletic Training

	MIN
Lab Hours:	54.00
Total Hours:	54.00

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

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering the course a student should be able to:

- A. KIN17

IV. MEASURABLE OBJECTIVES:

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

- A. Assist in the daily maintenance and operations of the athletic training room
- B. Illustrate the ability to properly evaluate and identify an athletic injury
- C. Apply basic first aid and acute care techniques
- D. Identify a medical emergency and efficiently facilitate 911
- E. Apply knowledge of the EMS
- F. Apply appropriate prophylactic taping and wrapping for injury prevention and/or support
- G. Demonstrate techniques in passive stretching to gain range of motion and/or flexibility
- H. Operate therapeutic modalities in the safe and appropriate manner
- I. Organize and facilitate proper game field/court set up and take down

V. CONTENT:

- A. Training room policies and procedure
 1. Dress code
 2. Clinical decorum and professionalism
 3. Scope of practice
 4. Data entry and Record Keeping
 5. Maintenance and Cleaning
 6. Daily/weekly/monthly cleaning schedules
 7. Maintain a tidy and organized clinical workspace
 8. HIPPA and OSHA Compliance
- B. Evaluation procedures
 1. Use of HIPS/HOPS
 2. Documentation and SOAP charting
- C. Acute injury care
 1. First Aid/Wound Care
 2. Maintaining a sterile environment
 3. Proper disposal of contaminated dressings
 4. Splinting and Wrapping
 5. Practical Experience

- D. Emergency care of injured athlete
 - 1. Identify a medical emergency and facilitate 911
 - 2. Emergency action plan
 - 3. Athlete management in an emergency situation
 - 4. Utilizing staff and crowd control
- E. Taping
 - 1. Appropriate application incorporating all components of a tape job
 - 2. Provide stability while being functional
 - 3. Practical experience
- F. Stretching techniques
 - 1. Demonstration
 - 2. Proper hand placement
 - 3. Apply appropriate pressure to achieve goal (ROM, flexibility, reduce hypertonicity)
 - 4. Practical experience
- G. Modalities
 - 1. Appropriate application
 - 2. Choose proper settings
 - 3. Contraindications
- H. Pre/post game operations
 - 1. Pre game set up
 - 2. Identify and eliminate potential hazards
 - 3. Playing surface is uncompromised
 - 4. Consider Environmental Conditions
 - 5. Heat/Cold
 - 6. Lightning safety
 - 7. Altitude
 - 8. Post game take down

VI. METHODS OF INSTRUCTION:

- A. **Lab** -
- B. **Research** -
- C. **Observation and Demonstration** -
- D. **Demonstration** -

VII. TYPICAL ASSIGNMENTS:

- A. Assignments based on reading
 - 1. Assessment tools that demonstrate understanding of material and/or require students to select, organize and explain ideas in writing.
- B. Skill Demonstrations
 - 1. All skill-based and physical demonstrations used for assessment purposes including skill performance exams.
- C. Other
 - 1. Includes any assessment tools that do not logically fit into the above categories.

VIII. EVALUATION:

A. **Methods**

- 1. Other:
 - a. Skill Demonstration: the student will perform and be evaluated by the supervising clinician. The following will be considered: proper hand placement, pressure and movement throughout the task. Upon completion, the clinician will determine whether the student is capable of performing the skill on athletes in a safe and effective manner.
 - 1. orthopedic tests
 - 2. stretching techniques
 - 3. manual therapy techniques
 - 4. taping and wrapping
 - b. Lab Activities
 - 1. scenarios
 - 2. discuss journal articles and their findings
 - 3. practice history taking, evaluation skills, identifying injuries based on findings

B. **Frequency**

- 1. Weekly skills demonstrations
- 2. Weekly lab activities

IX. TYPICAL TEXTS:

- 1. Perri, D. (2016). *Athletic Taping and Bracing* (3rd ed.). Boston, MA: MA.
- 2. Arnheim, D., & Prentice, W. (2016). *Essentials of Athletic Injury Management* (10th ed.). New York, New York: McGraw Hill .
- 3. Starkey, C., & Brown, S. (2015). *Examination of Orthopedic & Athletic Injuries* (4th ed.). Champaign, Illinois: Human Kinetics.

X. OTHER MATERIALS REQUIRED OF STUDENTS: