

Las Positas College
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Course Outline for KIN 17

INTRO TO ATHLETIC TRAINING AND SPORTS MEDICINE

Effective: Spring 2018

I. CATALOG DESCRIPTION:

KIN 17 — INTRO TO ATHLETIC TRAINING AND SPORTS MEDICINE — 4.00 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. Legal and ethical issues, professionalism, organization and administration of a sports medicine facility. This course is focused on preparing those interested in becoming Athletic Trainers and Coaches.

3.00 Units Lecture 1.00 Units Lab

Grading Methods:

Letter Grade

Discipline:

- Athletic Training

	MIN
Lecture Hours:	54.00
Lab Hours:	54.00
Total Hours:	108.00

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:

- Describe the history of the athletic training profession, define the role of an ATC
- Categorize the educational preparation necessary to become a Certified Athletic Trainer
- Analysis of the nature of injury
- Demonstrate proper injury prevention techniques
- Illustrate the principles of therapeutic modalities
- Distinguish the psychological considerations when working with athletes
- Differentiate the skills necessary to tape or brace an athletic injury
- Evaluate effective communication strategies with the sports medicine department
 - Debate legal and ethical issues in the field of athletic training
- Design general organization and administration of a sports medicine facility

V. CONTENT:

- Introduction to sports medicine
 - Field of athletic training
 - Sports medicine team
 - History of Athletic Training
- Accredited athletic training programs
 - Entry-level Bachelor's programs
 - Entry-level Master's programs
- Nature of injury
 - Inflammatory process
 - Healing process
- Athletic injuries
 - Prevention: environmental concerns
 - Evaluation
 - Treatment
 - Rehabilitation
 - Healing process considerations
 - Philosophies of a rehabilitation program
 - Phases
 - Muscle re-education
 - Range of motion/flexibility
 - Aquatic therapy
 - Cardiovascular rehabilitation

- E. Modalities
 - 1. Ultrasound
 - 2. Electrical stimulation currents
 - 3. Therapeutic lasers
 - 4. Intermittent compression
 - 5. Traction
 - 6. Massage
- F. Psychological intervention
 - 1. Personality
 - 2. Attitude
 - 3. Aggression
 - 4. Anxiety
 - 5. Social influences
 - 6. Motivation
 - 7. Perception of pain
- G. Taping, bracing and protective equipment
 - 1. Guidelines
 - 2. Preparation
 - 3. Application
 - 4. Purpose
 - 5. Fitting
- H. Effective communication with sports medicine team
 - 1. Athletes
 - 2. Medical professionals
 - 3. Coaches
 - 4. Parents
 - 5. Medical referral system and emergency action plan
- I. Professionalism, legal and ethical issues in sports medicine
 - 1. Conduct
 - 2. Attire
 - 3. Medical Confidentiality
 - a. HIPPA- Health Insurance Portability and Accountability Act
 - b. FERPA- Family Educational Rights and Privacy Act
 - c. Ethics in sports medicine
 - d. Other legal concerns in sports medicine
- J. Organization and administration of a sports medicine facility
 - 1. Inventory
 - 2. Supply order
 - 3. Documentation
 - 4. Organization

VI. METHODS OF INSTRUCTION:

- A. **Critique** - 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.
- B. **Student Presentations** - There will be student presentations and demonstrations of the latest in prevention, treatment, and rehabilitation of athletic injuries.
- C. **Guest Lecturers** - The instructor will invite the team physician to give a lecture on various sports medicine topics.
- D. **Lecture** - The instructor will give targeted lectures that cover the material that is in the book or needs to be delivered.
- E. **Discussion** - - 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.
- F. **Observation and Demonstration** - The ATC instructor will show and give demonstrations on how to tape various body parts and joints.

VII. TYPICAL ASSIGNMENTS:

- A. Readings
 - 1. Read Chapter 23, Essentials of Athletic Training, and be prepared to examine and recognize 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. Organize and relate the signs and symptoms of heat problems and their immediate treatment.
 - 2. Analyze and discuss the effects of altitude on performance.
 - 3. Demonstrate common taping procedures for specific areas of the body.
- C. Determine and demonstrate the rationale and physiology of the treatment and rehabilitation of specific athletic injuries.

VIII. EVALUATION:

A. Methods

- 1. Other:
 - a. Examinations – three per semester
 - 1. Typical question: objective
 - a. A gradual degenerative process of the underside of the patella is called:
 - 1. Patellaritis
 - 2. Chondromalacia
 - 3. Osteochondritis
 - 4. Osgood-schlatter's disease
 - 2. Typical question: essay
 - a. Describe and explain various exercises that should be included in a complete thigh and hip rehabilitation exercise program.
 - b. Anatomy Quizzes
 - 1. Typical question:
 - a. 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.

c. Projects

1. Typical project topics:

- a. Student selected with instructor approval. Topic must be relevant to athletic training and sports medicine.
- b. The students will be encouraged to use the LRC at LPC and 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. Three written examinations per semester
2. Quizzes as deemed appropriate
3. One oral report/presentation
4. Minimum of five one-and-one half page reports from a scholarly journals

IX. TYPICAL TEXTS:

1. Prentice, William. *Essentials of Athletic Injury Management*. 10th ed., McGraw Hill Publishing, 2016.
2. Prentice, William. *Principles of Athletic Training: A competency-based approach*. 15th ed., McGraw Hill, 2014.
3. Starkey, Chad, and Sara Brown. *Examination of Orthopedic & Athletic Injuries*. 4th ed., F.A. Davis, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS: