

Las Positas College
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Course Outline for KIN 19

CARE AND PREVENTION OF ATHLETIC INJURIES

Effective: Spring 2018

I. CATALOG DESCRIPTION:

KIN 19 — CARE AND PREVENTION OF ATHLETIC INJURIES — 3.00 units

This course provides an introduction to the principles and scientific foundations of athletic training. Examination in the techniques used in the prevention of athletic injuries, including taping, bandaging, and strapping along with how to recognize and evaluate basic signs and symptoms associated with common injuries. Establishing a plan of care that includes rehabilitative exercise will also be studied. 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.

2.00 Units Lecture 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
Lecture Hours:	36.00
Lab Hours:	54.00
Total Hours:	90.00

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. Explain common causes of athletic injuries, and the physiological process
- B. Analyze and manage specific injuries and conditions
- C. Apply therapeutic modalities and accurately describe parameters used
- D. Evaluate and identify conditions of specific body parts/areas
- E. Describe the rehabilitation process of common athletic injuries and conditions
- F. Apply taping or wrapping techniques for common injuries
- G. Describe conditioning programs for different sports during various seasons
- H. Identify potential injury hazards and the steps taken to prevent injury
- I. Explain psychological considerations when treating injured athletes

V. CONTENT:

- A. General Considerations
 - 1. Laws of physiology
 - 2. Causes of athletic injury
 - 3. Recognition, evaluation and general care of athletic injuries
 - 4. Identify the health care services in sports and the role of the athletic trainer
- B. Recognition and Management of Specific Injuries and Conditions
 - 1. Sprains
 - 2. Strains
 - 3. Contusions
 - 4. Joint separations
 - 5. Joint dislocations
- C. Demonstration and Application of Therapeutic Modalities

1. Cryotherapy
2. Hydrotherapy
3. Massage
4. Thermotherapy
5. Electrical therapy
- D. Conditions (Evaluation and Diagnosis)
 1. Foot, ankle, lower leg
 2. Knee
 3. Thigh, hip, buttocks, groin
 4. Abdomen and back
 5. Neck and head
 6. Shoulder and upper arm
 7. Elbow, forearm, wrist and hand
 8. Heat related illnesses
 9. Concussions
- E. Discussion of Rehabilitation
 1. In relation to sprains, strains, contusions, joint separations and joint dislocations.
- F. Taping and Wrapping
 1. Practical application in all phases of prophylactic taping
- G. Conditioning
 1. Discussion of various conditioning programs:
 - a. General
 - b. Pre-season
 - c. In-season
 - d. Post-season
 - e. Off-season
- H. Prevention of Injury
 1. Discussion of the preventative measures taken to minimize athletic injuries
 - a. Proper fitting of protective sports equipment
 - b. Field conditions
- I. Psychological Aspects of Sport Injury
 1. Stress in sports
 2. Reacting to athletes with injuries

VI. METHODS OF INSTRUCTION:

- A. Laboratory assignments
- B. Observations
- C. Guest speakers
- D. Collaborative Group Work
- E. **Demonstration** -
- F. Skill-building exercises
- G. Small group or directed class discussion
- H. **Lecture** -
- I. Outside research

VII. TYPICAL ASSIGNMENTS:

- A. Reading/Writing:
 1. Assessment tools that demonstrate writing skill and/or require students to select, organize and explain ideas in writing.
 - a. Research papers from selected readings
- B. Problem solving:
 1. Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.
- C. Skill Demonstrations:
 1. All skill-based and physical demonstrations used for assessment purposes including skill performance exams
 - a. Class performances
 - b. Performance exams
 - c. Quizzes
 - d. Taping practicum.
- D. Exams:
 1. All forms of formal testing, other than skill performance exams.
 - a. Multiple choice
 - b. True/false
 - c. Matching items
 - d. Completion
- E. Other:
 1. Includes any assessment tools that do not logically fit into the above categories.

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests
2. Quizzes
3. Research Projects
4. Oral Presentation
5. Group Projects
6. Class Participation
7. Home Work
8. Lab Activities

B. **Frequency**

1. Exams/Tests - one midterm and final exam
2. Quizzes - weekly
3. Research Project or Group Project - once per semester
4. Oral Presentation - once per semester
5. Class Participation - daily
6. Home Work - weekly
7. Lab Activities - weekly

IX. TYPICAL TEXTS:

1. Prentice, William. *Essentials of Athletic Injury Management*. 10th ed., McGraw Hill , 2016.
2. Starkey, Chad, and Sara Brown. *Examination of Orthopedic and Athletic Injuries* . 4th ed., FA Davis, 2015.
3. Clover, Jim. *Sports Medicine Essentials*. 3rd ed., Cengage, 2016.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Competency in use of PC/Mac, Blackboard and the Internet.