

Las Positas College
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Course Outline for KIN 18
ATHLETIC TRAINING PRACTICUM
Effective: Spring 2008

I. CATALOG DESCRIPTION:

KIN 18 — ATHLETIC TRAINING PRACTICUM — 4.00 units

Introduces students to basic care, prevention, treatment and rehabilitation of athletic injuries. This class will include work with intercollegiate athletes, high school athletes and a limited exposure with patients at Valley Care Health facility. This class is designed for majors and non-majors alike. It is strongly recommended that the student be able to lift and perform physical activities.

1.00 Units Lecture 3.00 Units Lab

Grading Methods:

Pass/No Pass

Discipline:

	MIN
Lecture Hours:	18.00
Lab Hours:	162.00
Total Hours:	180.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 3

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

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

- A. Describe and demonstrate Athletic Treatment Center operational protocols (record keeping, inventory, budgeting);
- B. Describe and demonstrate the physiological effects, indications/contraindications of the use of the following modalities:
 - 1. ice
 - 2. heat
 - 3. hydrotherapy
 - 4. electrical stimulation
 - 5. ultrasound
 - 6. massage
- C. Demonstrate the proper fit, care, and usage of sports protective equipment;
- D. Describe and demonstrate how to set up a program for fitness enhancement, utilizing body fat testing, strength/conditioning tests and flexibility;
- E. Describe and demonstrate the anatomical basis, preventive exercises, specific evaluative procedures, treatment technique, and specific taping and wrapping procedures for:
 - 1. foot/ankle/lower leg injuries
 - 2. knee/thigh injuries
 - 3. trunk injuries (hip/spine/rib)
 - 4. internal injuries (abdominal/thoracic)
 - 5. shoulder, arm and wrist
- F. Analyze an injury situation and respond accordingly
- G. Work cooperatively with the Sports Medicine Team

V. CONTENT:

- A. Injury Prevention
 - 1. Physical training and conditioning
 - 2. Protective sports devices
 - 3. Nutritional consideration
 - 4. Psychological consideration
- B. Specific sports conditions
 - 1. Skin disorders
 - 2. The knee
 - 3. The foot
 - 4. The ankle and lower leg
 - 5. The thigh, hip, and groin
 - 6. The spine
 - 7. The head and face

- 8. The shoulder complex
- 9. The elbow, forearm, wrist and hand
- C. Other conditions related to sports
- D. Management skills
 - 1. Injury assessment
 - 2. Taping and bandaging
 - 3. Therapeutic modalities
 - 4. Exercise rehabilitation
 - 5. Emergency procedures

VI. METHODS OF INSTRUCTION:

- A. Demonstrations and a limited amount of lecture
- B. Practicum
- C. **Guest Lecturers -**
- D. **Discussion -**
- E. **Projects -**

VII. TYPICAL ASSIGNMENTS:

- A. Reading 1. Find a specific article on a specific injury in Athletic Therapy Today; be prepared to discuss it with the class.
- B. Demonstration 1. Describe and demonstrate the specific taping and wrapping procedures and techniques for the foot, ankle and knee.
- C. Writing 1. Explain the treatment and rehabilitation of a specific body part (ankle) and defend the specific protocol chosen.
- D. Analysis 1. Analyze the scene and athlete and respond accordingly.

VIII. EVALUATION:

A. **Methods**

- 1. Exams/Tests
- 2. Quizzes
- 3. Papers
- 4. Other:
 - a. Methods
 - 1. Examples of a typical evaluation questions:
 - a. Describe and demonstrate types of exercises and their functions in a rehabilitation program.
 - b. Identify the types and functions of the typical/commonly found treatment modalities present in an athletic rehabilitation setting.
 - 2. Demonstration of proper modality use
 - 3. Term paper

B. **Frequency**

- 1. Frequency
 - a. Once a month practicum quizzes
 - b. Mid-term exam
 - c. Final exam

IX. TYPICAL TEXTS:

- 1. Prentice and Arnheim *Principles of Athletic Training*. 8th ed., Mosby Year Book Pub, 0.

X. OTHER MATERIALS REQUIRED OF STUDENTS: