

Las Positas College
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Course Outline for KIN 18B
ATHLETIC TRAINING PRACTICUM 2
Effective: Spring 2018

I. CATALOG DESCRIPTION:

KIN 18B — ATHLETIC TRAINING PRACTICUM 2 — 1.00 units

This course will expose students to injury evaluation, methods of diagnosis and rehabilitation. The student will help make return to play decisions based on the knowledge they have learned in their coursework. The students will develop and administer conditioning programs to Las Positas College athletes with the guidance of the Certified Athletic Trainer.

1.00 Units Lab

Prerequisite

KIN 18A - Athletic Training Practicum 1
with a minimum grade of C

Grading Methods:

Letter or P/NP

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. KIN18A

IV. MEASURABLE OBJECTIVES:

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

- A. Identify environmental and facility hazards and discuss corrective measures.
- B. Choose and apply appropriate treatment methods for injuries
- C. Identify and locate anatomical landmarks via palpation
- D. Demonstrate proficiency in performing orthopedic tests for the purpose of identifying injuries
- E. Identify other instruments available for the purpose of diagnosing injuries
- F. Identify rehabilitation techniques appropriate for the injury and be able to suggest parameters
- G. Develop conditioning programs appropriate for the sport and season discussed
- H. Discuss baseline concussion tests, signs and symptoms of concussions, identification, treatment and return to play protocol guidelines

V. CONTENT:

- A. Injury prevention
 1. Environmental considerations (e.g. heat index, weather etc.)
 2. Field conditions
- B. Treatment of injuries
 1. Method Choice
 2. Application and Contraindications
 3. Suggest and comply with proper treatment protocols
- C. Anatomy
 1. Identify Anatomical Structures
 2. Locate Landmarks
 3. Practical Experience
- D. Orthopedic tests
 1. Choose Appropriate Test
 2. Test Demonstration
 3. Proper hand placement and demonstration
 4. Proper Identification of Injury
- E. Evaluative instruments
 1. X-rays

- 2. MRI
- 3. CT
- F. Injury rehab and exercise programs
 - 1. Recommend appropriate techniques/methods in order to achieve a goal
 - 2. ROM
 - 3. Strength
 - 4. Justify choice with evidence
 - 5. Suggest a reasonable schedule and timeline for full recovery and RTP
- G. Conditioning
 - 1. Create conditioning programs appropriate for the sports and season assigned
 - 2. Administer conditioning program and exercises assigned
- H. Concussions
 - 1. Baseline tests
 - 2. Signs and symptoms
 - 3. Recognition
 - 4. Treatment protocols
 - 5. Return to play guidelines

VI. METHODS OF INSTRUCTION:

- A. **Lab -**
- B. **Demonstration -**
- C. **Service Learning -**
- D. **Observation and Demonstration -**

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.
- B. Skill Demonstrations
 - 1. All skill-based and physical demonstrations used for assessment purposes including skill performance exams.
- C. Other
 - 1. Includes 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. Perrin, David. *Athletic Taping and Bracing*. 3rd ed., Human Kinetics, 2016.
- 2. Prentice, William. *Principles of Athletic Training A Competency-based Approach*. 15th ed., McGraw Hill, 2016.
- 3. Starkey, Chad, and Sara Brown. *Examination of Orthopedic & Athletic Injuries*. 4th ed., E.A.Davis, 2015.

X. OTHER MATERIALS REQUIRED OF STUDENTS: