

KIN A275: SPORTS MEDICINE PRACTICUM LEVEL 1

Item	Value
Curriculum Committee Approval Date	09/09/2020
Top Code	083520 - Fitness Trainer
Units	2-4 Total Units
Hours	72-180 Total Hours (Lecture Hours 18; Lab Hours 54-162)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	No
Basic Skills	Not Basic Skills (N)
Repeatable	No
Grading Policy	Standard Letter (S)

Course Description

Designed to provide the beginning level athletic training student interested in sports-related injury prevention and care to develop learning and gaining practical knowledge of athletic training by observing procedures, techniques and concepts applicable to the athletic training setting. Experiences will include observing taping for prevention of injury, use of modalities, and exercise programs in rehabilitation of injuries. Instructor will assess student ability and skill level in the first week of class to insure proper course level placement.

Course Level Student Learning Outcome(s)

1. Student will be able to properly explain the daily operating procedures for the athletic training room.
2. Student will be able to properly explain how to perform an active Emergency Medical Service during a sport injury.

Course Objectives

- 1. Learn emergency action plan
- 2. Demonstrate knowledge of the Emergency Medical Service.
- 3. Observe disinfecting techniques
- 4. Observe stretching techniques
- 5. Observe first aid techniques
- 6. Observe policy and procedures
- 7. Observe athletic taping techniques
- 8. observe use of modalities
- 9. Observe field set up
- 10. Observe rehabilitation programs
- 11. Observe use of strengthening equipment
- 12. Observe evaluation

Lecture Content

Emergency action plan For the injured downed athlete CPR Activate Emergency Medical Service Contagious disease MRSA, staph Transmission of disease Disinfecting techniques Stretching techniques Theory Passive/active Equipment First aid techniques acute care (rest, ice, compression, elevation) wound care and cleaning Training

room policy procedures Athletic taping techniques theory tape (cloth, elastic, light stretch) elastic wraps for compression Use of modalities technique Types of machine (electric stimulation, ultrasound, light therapy) indications/ contraindications use in rehabilitation. Field set up practice days/game days Rehabilitation programs range of motion strength flexibility aerobic/ anaerobic Strengthening equipment isokinetic isotonic Evaluation procedures concussion management muscles/tendon strains bone fractures ligament sprains

Lab Content

Demonstration of activating emergency action plan Demonstration of disinfecting techniques Observation of stretching techniques Observation of stretching equipment Observation of acute care and wound Observation of athletic tape techniques Observation of elastic wraps Observation of modalities techniques Observe field set up Observe rehabilitation programs Observation of strengthening equipment medium;">Observe evaluation injury and concussion

Method(s) of Instruction

- Lecture (02)
- DE Live Online Lecture (02S)
- DE Online Lecture (02X)
- Lab (04)
- DE Live Online Lab (04S)
- DE Online Lab (04X)

Instructional Techniques

Students are taught by lecture; extensive demonstrations of clinical skills by instructor and mentoring by advanced students in athletic training and applications of sports medicine.

Reading Assignments

ReadinStudents will spend approximately 4 hours a week reading from the text book; articles from peer reviewed journals and research articles; newspaper, books and articles on basic sports medicine; National Athletic Training Association Magazine-NATANEWS

Writing Assignments

Students will spend approximately 1 – 2 hours per week be required to complete written assignments

Out-of-class Assignments

Students will spend approximately 1 – 2 hours a week completing individual and group written assignments; homework assignments to emphasis course topics.

Demonstration of Critical Thinking

Oral examination of observation hours and theories of: Disinfecting techniques Stretching techniques Stretching equipment Acute care and wound Elastic wraps Modalities techniques Field set up Rehabilitation programs Strengthening equipment Evaluation injury and concussion

Required Writing, Problem Solving, Skills Demonstration

Skills demonstration of activating emergency action plan. Written exam on vocabulary and terminology

Eligible Disciplines

Athletic training: Any bachelors degree and two years of professional experience, or any associate degree and six years of professional

experience. Note: This discipline listing applies only to instructors teaching apportionment generating courses in the subject of athletic training. Non-apportionment-generating athletic training activity is not subject to minimum qualifications. Physical education: Masters degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelors degree in any of the above AND masters degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent. Masters degree required.

Other Resources

1. Handouts will be distributed by instructor. 2. National Athletic Training Magazine- NATANEWS