Course Outline moorpark - KIN M13L

I. CATALOG INFORMATION
   A. Discipline: KINESIOLOGY (Formerly PE)
   B. Subject Code and Number: KIN M13L
   C. Course Title: Prevention and Care of Athletic Injuries Lab
   D. Credit Course units:
      Units: 1
      Lecture Hours per week: 0
      Lab Hours per week: 3
      Variable Units: No
   E. Student Learning Hours:
      Lecture Hours:
      Classroom hours: 0 - 0
      Laboratory/Activity Hours:
      Laboratory/Activity Hours 52.5 - 52.5
      Total Combined Hours in a 17.5 week term: 52.5 - 52.5
   F. Non-Credit Course hours per week _________
   G. May be taken a total of: X 1 2 3 4 time(s) for credit
   H. Is the course co-designated (same as) another course: No X Yes
      If YES, designate course Subject Code & Number: _________
   I. Course Description:
      Introduces basic concepts and skills for the athletic trainer and kinesiologist through practical application. Includes topics of: diagnostic techniques, stretching, wrapping/taping, protective devices/bracing, modalities, and therapeutic exercise, amongst others.
   J. Entrance Skills
      *Prerequisite: No X Yes Course(s)
      KIN M13, concurrent enrollment or
      *Corequisite: No X Yes Course(s)
      Limitation on Enrollment: No X Yes
      Recommended Preparation: No X Yes Course(s)
      Other: No X Yes
II. COURSE OBJECTIVES

Upon successful completion of the course, a student will be able to:

<table>
<thead>
<tr>
<th></th>
<th>Methods of evaluation will be consistent with, but not limited by, the following types or examples.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>apply stretching techniques and demonstrate properly.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>2</td>
<td>apply appropriate wraps, taping, splints, braces, and other protective devices.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>3</td>
<td>identify indications and contraindications of therapeutic modalities and apply treatment.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>4</td>
<td>describe, classify, and perform therapeutic exercises for the upper and lower extremities, and trunk.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>5</td>
<td>demonstrate rehabilitation exercises for specific injuries.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>6</td>
<td>identify, locate, and palpate surface anatomy.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>7</td>
<td>apply diagnostic testing for major muscle groups and joints.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>8</td>
<td>demonstrate proper medical screening techniques.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>9</td>
<td>apply proper ambulatory aids.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
<tr>
<td>10</td>
<td>explain and demonstrate proper techniques in equipment fitting and emergency procedures.</td>
</tr>
<tr>
<td></td>
<td>Demonstration, written quiz, practical exam</td>
</tr>
</tbody>
</table>
### III. COURSE CONTENT

<table>
<thead>
<tr>
<th>Estimated %</th>
<th>Topic</th>
<th>Learning Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Lecture (must total 100%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lab (must total 100%)</td>
<td></td>
</tr>
<tr>
<td>7.00%</td>
<td>Stretching</td>
<td>1</td>
</tr>
<tr>
<td>7.00%</td>
<td>Equipment Fitting and Emergency Procedures</td>
<td>10</td>
</tr>
<tr>
<td>7.00%</td>
<td>Therapeutic Modalities</td>
<td>3</td>
</tr>
<tr>
<td>6.00%</td>
<td>General Medical Screening</td>
<td>8</td>
</tr>
<tr>
<td>7.00%</td>
<td>Upper and Lower Extremity Wrapping, Splinting, Bracing, Support</td>
<td>2, 9</td>
</tr>
<tr>
<td>20.00%</td>
<td>Upper and Lower Extremity Taping</td>
<td>2</td>
</tr>
<tr>
<td>13.00%</td>
<td>Upper and Lower Extremity Palpations</td>
<td>6</td>
</tr>
<tr>
<td>13.00%</td>
<td>Upper and Lower Extremity Evaluation Techniques</td>
<td>7</td>
</tr>
<tr>
<td>20.00%</td>
<td>Upper and Lower Extremity Therapeutic Exercises</td>
<td>4, 5</td>
</tr>
</tbody>
</table>

### IV. TYPICAL ASSIGNMENTS

**A. Writing assignments**

Writing assignments are required. Possible assignments may include, but are not limited to:

1. written assessment of athletic injury evaluation.
2. review of medical terminology.
3. complete appropriate medical documentation and S.O.A.P. (Subjective, Objective, Assessment, Plan) note forms.

**B. Critical thinking assignments**

Critical thinking assignments are required. Possible assignments may include, but are not limited to:

1. review literature to compare/contrast with practical skills learned in class.
2. evaluate articles in the area of sports medicine to determine validity.
3. evaluation of several joints using specific tests to make a decision on an athletic injury.
4. develop a rehabilitation plan based on findings for a musculoskeletal injury.

### V. METHODS OF INSTRUCTION

Methods of instruction may include, but are not limited to:

- Distance Education – When any portion of class contact hours is replaced by distance education delivery mode (Complete DE Addendum, Section XV)
- Lecture/Discussion (X)
- Laboratory/Activity (X)
Other (Specify)
Demonstration and practice of hands-on skills for assessing, treating, preventing, and rehabilitating athletic injuries.

Optional Field Trips
Required Field Trips

VI. METHODS OF EVALUATION
Methods of evaluation may include, but are not limited to:

- Essay Exam
- Classroom Discussion
- Problem Solving Exam
- Objective Exams
- Participation
- Reports/Papers/Journals
- Projects
- Other (specify)

Evaluation based upon knowledge and demonstration of skills used for the assessment, treatment, prevention, and rehabilitation of athletic injuries.

VII. REPRESENTATIVE TEXTS AND OTHER COURSE MATERIALS


VIII. STUDENT MATERIALS FEES

- No
- Yes

IX. PARALLEL COURSES

<table>
<thead>
<tr>
<th>College</th>
<th>Course Number</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>CSU Northridge</td>
<td>KIN 337L</td>
<td>Prevention and Care of Athletic Injuries Lab</td>
<td>1</td>
</tr>
<tr>
<td>San Diego State Univ.</td>
<td>ENS 265L</td>
<td>Techniques in Athletic Training Lab</td>
<td>1</td>
</tr>
<tr>
<td>CSU Fresno</td>
<td>KINES 43</td>
<td>Preliminary Athletic Training Laboratory</td>
<td>1</td>
</tr>
<tr>
<td>CSU East Bay</td>
<td>KIN 2600</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>4</td>
</tr>
<tr>
<td>CSU Long Beach</td>
<td>ATEP 207</td>
<td>Prevention and Care of Athletic Injuries</td>
<td>3</td>
</tr>
<tr>
<td>Humboldt State</td>
<td>KINS 276</td>
<td>Techniques in Athletic Training</td>
<td>3</td>
</tr>
</tbody>
</table>

X. MINIMUM QUALIFICATIONS
Courses Requiring a Masters Degree:
Master’s degree in physical education, exercise science, education with an emphasis in physical education, kinesiology, physiology of exercise, or adaptive physical education, OR bachelor’s degree in any of the above AND master’s degree in any life science, dance, physiology, health education, recreation administration, or physical therapy OR the equivalent, with an emphasis in Athletic Injuries or equivalent. Must also posses current certification by Board of Certification of the National Athletic Training Association.

XI. ARTICULATION INFORMATION
A. Title V Course Classification:
   1. This course is designed to be taken either:
      □ Pass/No Pass only (no letter grade possible); or
      ☑ Letter grade (P/NP possible at student option)
   2. Degree status:
      Either ☑ Associate Degree Applicable; or □ Non-associate Degree Applicable

B. Moorpark College General Education:
   1. Do you recommend this course for inclusion on the Associate Degree General Education list?
      Yes: □ No: ☑ If YES, what section(s)?
      □ A1 - Natural Sciences - Biological Science
      □ A2 - Natural Sciences - Physical Science
      □ B1 - Social and Behavioral Sciences - American History/Institutions
      □ B2 - Social and Behavioral Sciences - Other Social Behavioral Science
      □ C1 - Humanities - Fine or Performing Arts
      □ C2 - Humanities - Other Humanities
      □ D1 - Language and Rationality - English Composition
      □ D2 - Language and Rationality - Communication and Analytical Thinking
      □ E1 - Health/Physical Education
      □ E2 - PE or Dance
      □ F - Ethnic/Gender Studies

C. California State University (CSU) Articulation:
   1. Do you recommend this course for transfer credit to CSU? Yes: ☑ No: □
   2. If YES do you recommend this course for inclusion on the CSU General Education list?
      Yes: □ No: ☑ If YES, which area(s)?
      □ A1 □ A2 □ A3 □ B1 □ B2 □ B3 □ B4 □
      □ C1 □ C2 □ D1 □ D2 □ D3 □ D4 □ D5
      □ D6 □ D7 □ D8 □ D9 □ D10 □ E □

D. University of California (UC) Articulation:
   1. Do you recommend this course for transfer to the UC? Yes: ☑ No: □
   2. If YES do you recommend this course for the Intersegmental General Education Transfer Curriculum (IGETC)? Yes: □ No: ☑
      IGETC Area 1: English Communication
☐ English Composition
☐ Critical Thinking-English Composition
☐ Oral Communication

IGETC Area 2: Mathematical Concepts and Quantitative Reasoning
☐ Mathematical Concepts

IGETC Area 3: Arts and Humanities
☐ Arts
☐ Humanities

IGETC Area 4: Social and Behavioral Sciences
☐ Anthropology and Archaeology
☐ Economics
☐ Ethnic Studies
☐ Gender Studies
☐ Geography
☐ History
☐ Interdisciplinary, Social & Behavioral Sciences
☐ Political Science, Government & Legal Institutions
☐ Psychology
☐ Sociology & Criminology

IGETC Area 5: Physical and Biological Sciences (mark all that apply)
☐ Physical Science Lab or Physical Science Lab only (non-sequence)
☐ Physical Science Lecture only (non-sequence)
☐ Biological Science
☐ Physical Science Courses
☐ Physical Science Lab or Biological Science Lab Only (non-sequence)
☐ Biological Science Courses
☐ Biological Science Lab course
☐ First Science course in a Special sequence
☐ Second Science course in a Special Sequence
☐ Laboratory Activity
☐ Physical Sciences

IGETC Area 6: Language other than English
☐ Languages other than English (UC Requirement Only)
☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
☐ U.S. History, Constitution, and American Ideals (CSU Requirement ONLY)
A. Sequential course within a discipline.
   1. evaluate the roles and explain the relationship and functions of:
      the certified athletic trainer, team physician, coach and support
      personnel involved in sports medicine.
   2. explain the liability processes involved in sports medicine.
   3. compare and contrast various nutritional foods, supplements and
      anabolic steroids.
   4. analyze the healing process.
   5. formalize a plan for the management of blood-borne pathogens.
   6. explain and evaluate the mycology of training techniques.
   7. compare and contrast various electrical and therapeutic
      modalities.
   8. explain and demonstrate the methods of prevention, recognition,
      evaluation, and treatment of athletic injuries.
   9. analyze and distinguish the major biomechanical factors occurring
      in common sports injuries.
  10. identify the various psychosocial factors important in
      rehabilitating the injured athlete.
  11. distinguish the primary components of an injury rehabilitation
      program.
  12. design a rehabilitation program for injuries to the upper and lower
      extremities.
  13. identify the major anatomical and functional features of the upper
      and lower extremities.
  14. apply specific injury management and rehabilitation techniques
      for common injuries of the upper and lower extremities.

XII. REVIEW OF LIBRARY RESOURCES

A. What planned assignment(s) will require library resources and use?
   The following assignments require library resources:
   Reading and research, using the Library’s print and online resources, in sports
   injuries and treatments.

B. Are the currently held library resources sufficient to support the course
   assignment?
   YES: [X] NO: [     ]
   If NO, please list additional library resources needed to support this course.

XIII. PREREQUISITE AND/OR COREQUISITE JUSTIFICATION

Requisite Justification for KIN M13
   [X] A. Sequential course within a discipline.
      1. evaluate the roles and explain the relationship and functions of:
         the certified athletic trainer, team physician, coach and support
         personnel involved in sports medicine.
      2. explain the liability processes involved in sports medicine.
      3. compare and contrast various nutritional foods, supplements and
         anabolic steroids.
      4. analyze the healing process.
      5. formalize a plan for the management of blood-borne pathogens.
      6. explain and evaluate the mycology of training techniques.
      7. compare and contrast various electrical and therapeutic
         modalities.
      8. explain and demonstrate the methods of prevention, recognition,
         evaluation, and treatment of athletic injuries.
      9. analyze and distinguish the major biomechanical factors occurring
         in common sports injuries.
     10. identify the various psychosocial factors important in
         rehabilitating the injured athlete.
     11. distinguish the primary components of an injury rehabilitation
         program.
     12. design a rehabilitation program for injuries to the upper and lower
         extremities.
     13. identify the major anatomical and functional features of the upper
         and lower extremities.
     14. apply specific injury management and rehabilitation techniques
         for common injuries of the upper and lower extremities.
15. identify and demonstrate a systematic process for identifying and evaluating concussions and mild head and face injuries.

☐ B. Standard Prerequisite or Corequisite required by universities.

☐ C. Corequisite is linked to companion lecture course.

☐ D. Prerequisite or Corequisite is authorized by legal statute or regulation.
   Code Section: _________

☐ E. Prerequisite or Corequisite is necessary to protect the students' health and safety.

☐ F. Computation or communication skill is needed.

☐ G. Performance courses: Audition, portfolio, tryouts, etc. needed.

Requisite Justification for concurrent enrollment
   ☐ A. Sequential course within a discipline.

   ☐ B. Standard Prerequisite or Corequisite required by universities.

   ☐ C. Corequisite is linked to companion lecture course.

   ☐ D. Prerequisite or Corequisite is authorized by legal statute or regulation.
      Code Section: _________

   ☐ E. Prerequisite or Corequisite is necessary to protect the students' health and safety.

   ☐ F. Computation or communication skill is needed.

   ☐ G. Performance courses: Audition, portfolio, tryouts, etc. needed.

or

XIV. WORKPLACE PREPARATION
   KIN M13L: Not Applicable

XV. DISTANCE LEARNING COURSE OUTLINE ADDENDUM
KIN M13L: Not Applicable

XVI. GENERAL EDUCATION COURSE OUTLINE ADDENDUM
KIN M13L: Not Applicable

XVII. STUDENT MATERIALS FEE ADDENDUM
KIN M13L: Not Applicable

XVIII. REPEATABILITY JUSTIFICATION TITLE 5, SECTION 55041
KIN M13L: Not Applicable

XIX. CURRICULUM APPROVAL

Course Information:
Discipline: KINESIOLOGY (Formerly PE)
Discipline Code and Number: KIN M13L
Course Revision Category: Outline Update

Course Proposed By:
Originating Faculty: Cherisse Meichtry 11/01/2013
Faculty Peer: Vance Manakas 11/02/2013
Curriculum Rep: Jerry Mansfield 12/02/2013
Department Chair: Delbert Parker 11/25/2013
Division Dean: Lisa Putnam 11/04/2013

Approved By:
Curriculum Chair: Jerry Mansfield 01/16/2014
Executive Vice President: Lori Bennett 01/17/2014
Articulation Officer: Letrisha Mai 12/04/2013
Librarian: Mary LaBarge 12/03/2013

Implementation Term and Year: Fall 2014

Approval Dates:
Approved by Moorpark College Curriculum Committee: 01/14/2014
Approved by Board of Trustees (if applicable): _________
Approved by State (if applicable): _________