

KIN M13L: PREVENTION AND CARE OF ATHLETIC INJURIES LAB

Originator

cmeichtry

Co-Contributor(s)**Name(s)**

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College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M13L

Course Title (CB02)

Prevention and Care of Athletic Injuries Lab

Banner/Short Title

Prev/Care Athletic Injury Lab

Credit Type

Credit

Start Term

Spring 2021

Formerly

HED M06 - Prvtn/Treat-Athl Injury

Formerly

part of HED M06

Catalog Course Description

Introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries. Includes diagnostic techniques, stretching, wrapping/taping, protective devices/bracing, modalities, and therapeutic exercise, amongst others.

Additional Catalog Notes

This course is designed for future athletic trainers, physical educators, coaches, physical therapists, and any person who plans on working with active individuals.

Does NOT fulfill KIN activity/Health requirement for Associate degree.

Taxonomy of Programs (TOP) Code (CB03)

1270.00 - Kinesiology

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

A (Transferable to both UC and CSU)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

E - Non-Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

2 - Not Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Is this course part of a family?

No

Units and Hours

Carnegie Unit Override

No

In-Class**Lecture****Activity****Laboratory****Minimum Contact/In-Class Laboratory Hours**

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

52.5

Total Maximum Contact/In-Class Hours

52.5

Outside-of-Class**Internship/Cooperative Work Experience****Paid****Unpaid****Total Outside-of-Class****Total Outside-of-Class****Total Student Learning****Total Student Learning****Total Minimum Student Learning Hours**

52.5

Total Maximum Student Learning Hours

52.5

Minimum Units (CB07)

1

Maximum Units (CB06)

1

Prerequisites

KIN M13 or concurrent enrollment

Entrance Skills**Entrance Skills**

KIN M13

Prerequisite Course Objectives

KIN M13-explain and demonstrate the methods of prevention, recognition, evaluation, and treatment of athletic injuries.

KIN M13-identify the major anatomical and functional features of the upper and lower extremities.

KIN M13-apply specific injury management and rehabilitation techniques for common injuries of the upper and lower extremities.

Requisite Justification

Requisite Type

Concurrent

Requisite

KIN M13

Requisite Description

Course in a sequence

Level of Scrutiny/Justification

Closely related lecture/laboratory course

Requisite Type

Prerequisite

Requisite

KIN M13

Requisite Description

Course in a sequence

Level of Scrutiny/Justification

Closely related lecture/laboratory course

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- 1 assess athletic injuries by taking a history, patient observation, anatomical palpations, and special testing.
- 2 create a plan including immediate care, a rehabilitation program, and return to play.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- 1 apply and properly demonstrate stretching techniques.
- 2 apply appropriate wraps, taping, splints, braces, and other protective devices.
- 3 identify indications and contraindications of therapeutic modalities and apply treatment.
- 4 describe, classify, and perform therapeutic exercises for the upper and lower extremities, and trunk.
- 5 demonstrate rehabilitation exercises for specific injuries.
- 6 identify, locate, and palpate surface anatomy.
- 7 apply diagnostic testing for major muscle groups and joints.
- 8 demonstrate proper medical screening techniques.
- 9 apply proper ambulatory aids.
- 10 explain and demonstrate proper techniques in equipment fitting and emergency procedures.

Course Content

Lecture/Course Content

See Lab Content

Laboratory or Activity Content

- (5%) General Medical Screening
- (8%) Stretching
- (5%) Therapeutic Modalities
- (9%) Upper and Lower Extremity Wrapping

- (13%) Upper and Lower Extremity Taping
- (9%) Splinting
- (9%) Equipment Fitting and Emergency Procedures
- (9%) Off the Field Evaluations
- (13%) Upper and Lower Extremity Rehabilitation
- (20%) Upper and Lower Extremity Palpations

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
 Group projects
 Laboratory activities
 Objective exams
 Oral presentations
 Projects
 Problem-solving exams
 Participation
 Quizzes
 Role playing
 Skills demonstrations
 Skill tests or practical examinations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
 Computer-aided presentations
 Collaborative group work
 Class activities
 Class discussions
 Distance Education
 Demonstrations
 Group discussions
 Internet research
 Laboratory activities
 Lecture
 Role-playing
 Small group activities

Describe specific examples of the methods the instructor will use:

The instructor will:

- provide a short lecture introducing new topics
- demonstrate skills
- separate class into small groups or pairs to practice skills

Representative Course Assignments

Writing Assignments

1. Write assessment of athletic injury.
2. Complete appropriate medical documentation and S.O.A.P. (Subjective, Objective, Assessment, Plan) note forms.

Critical Thinking Assignments

1. Develop a rehabilitation plan based on findings for a musculoskeletal injury.
2. Evaluation of several joints using specific tests to make a decision on an athletic injury.

3. Evaluate articles in the area of sports medicine to determine validity.
4. Review literature to compare/contrast with practical skills learned in class.

Reading Assignments

1. Review of medical terminology.
2. Review of anatomical terms.
3. Read textbook and other assigned materials to supplement skills learned in class.

Skills Demonstrations

1. Demonstrate various techniques for upper and lower extremity:
 - a. stretching
 - b. wrapping
 - c. taping
 - d. splinting
2. Present a rehabilitation program for an injury, with specific classifications of therapeutic exercises.
3. Show comprehension of the HOPS evaluation process (History, Observation, Palpations, Special tests).

Outside Assignments

Representative Outside Assignments

1. Assigned readings from textbook, position statements, or articles.
2. Practice of newly learned skills on friends and family.

Articulation

Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
CSU Long Beach	ATEP 207	Prevention and Care of Athletic Injuries	3
CSU Fresno	KINES 43	Preliminary Athletic Training Laboratory	1
San Diego State Univ.	ENS 265L	Care and Prevention of Athletic Injuries Lab	1

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
College of the Canyons	KPET 210L	Prevention and Care of Athletic Injuries Lab	1

District General Education

A. Natural Sciences

B. Social and Behavioral Sciences

C. Humanities

D. Language and Rationality

E. Health and Physical Education/Kinesiology

F. Ethnic Studies/Gender Studies

Course is CSU transferable

Yes

CSU Baccalaureate List effective term:

F1995

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 1A: English Composition**

Approved

Area 2A: Mathematical Concepts & Quantitative Reasoning**Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

Classic Textbook

Yes

DescriptionPrentice, William E., *Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice*, 17th ed., McGraw-Hill, 2020.**Library Resources****Assignments requiring library resources**

Research project

Reading journals

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Creating a rehabilitation program

Article reviews

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)

Hybrid (1%–50% online)

100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
E-mail	Instructor will email students with announcements about the course or an upcoming event. Students in turn may email the instructor with their questions or concerns.
Face to Face (by student request; cannot be required)	Students will have the option to meet the instructor to get one-on-one help. Help may include lecture clarification, review of assignments, and extra preparation for exams.
Other DE (e.g., recorded lectures)	Instructor may record the lectures and post them for students to view within a specified time frame to be ready for the accompanying assignments and discussions. Instructor may also post a video or link to a video for students to view within a specified time frame to complete accompanying assignments and discussions.
Synchronous Dialog (e.g., online chat)	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via an online chat or video conferencing technology.
Telephone	Instructor may provide a phone number for the students where they can leave a voicemail and expect a call back within 24 hours.
Video Conferencing	Instructor may be available on a certain day or days of the week within a certain time frame to help students and answer their questions via live video conferencing. Furthermore, the instructor may lead an online lecture during a consistent time frame via Zoom or any other video conferencing tool.

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
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100% online Modality:**Method of Instruction****Document typical activities or assignments for each method of instruction**

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Examinations**Hybrid (1%–50% online) Modality**

Online
On campus

Hybrid (51%–99% online) Modality

Online
On campus

Primary Minimum Qualification

ATHLETIC TRAINING

Additional Minimum Qualifications**Minimum Qualifications**

Kinesiology

Physical Education

Additional local certifications required

BOC Certified Athletic Trainer

Review and Approval Dates

Department Chair

10/20/2020

Dean

10/21/2020

Technical Review

10/30/2020

Curriculum Committee

11/3/2020

DTRW-I

MM/DD/YYYY

Curriculum Committee

MM/DD/YYYY

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000519131

DOE/accreditation approval date

MM/DD/YYYY