

# KIN M13: PREVENTION AND CARE OF ATHLETIC INJURIES

**Originator**

cmeichtry

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

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**College**

Moorpark College

**Discipline (CB01A)**

KIN - Kinesiology

**Course Number (CB01B)**

M13

**Course Title (CB02)**

Prevention and Care of Athletic Injuries

**Banner/Short Title**

Prevent/Care-Athletic Injuries

**Credit Type**

Credit

**Start Term**

Spring 2021

**Formerly**

HED M06 - Prvtn/Treat-Athl Injury

**Formerly**

HED M06

**Catalog Course Description**

Introduces the concepts and practical skills of athletic training, including the prevention, recognition, evaluation, and management of athletic injuries.

**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)**

1 - 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**

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

52.5

**Maximum Contact/In-Class Lecture Hours**

52.5

**Activity**

**Laboratory**

**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**

**Minimum Outside-of-Class Hours**

105.0

**Maximum Outside-of-Class Hours**

105.0

**Total Student Learning**

**Total Student Learning**

**Total Minimum Student Learning Hours**

157.5

**Total Maximum Student Learning Hours**

157.5

**Minimum Units (CB07)**

3

**Maximum Units (CB06)**

3

**Student Learning Outcomes (CSLOs)**

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

- |   |   |
|---|---|
| 1 | recognize risk factors and preventative measures for common sport related injuries. |
| 2 | demonstrate the process of injury evaluation, management, and return to play.       |

**Course Objectives**

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

- |   |   |
|---|---|
| 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 training techniques.   |
| 7 | explain and demonstrate the methods of prevention, recognition, evaluation, and treatment of athletic injuries.   |

8	analyze and distinguish the major biomechanical factors occurring in common sports injuries.
9	identify the various psychosocial factors important in rehabilitating the injured athlete.
10	identify the major anatomical and functional features of the upper and lower extremities.
11	apply specific injury management and rehabilitation techniques for common injuries of the upper and lower extremities.
12	identify signs, symptoms, and complications of a concussion.

## Course Content

### Lecture/Course Content

- (5%) The athletic trainer and the sports medicine team
- (5%) Legal concerns
- (5%) Training and conditioning techniques
- (5%) Nutritional considerations
- (10%) Mechanism and characteristics of musculoskeletal and nerve trauma
- (5%) Tissue response to injury
- (5%) On the field acute care and emergency procedures
- (5%) Blood borne pathogens
- (5%) Performance enhancing substances
- (50%) Recognition and management of foot, ankle, lower leg, knee, thigh, hip, groin, pelvis, shoulder, elbow, forearm, wrist, hand, finger, and head injuries

### Laboratory or Activity Content

None

## 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  
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  
Essay exams  
Objective exams  
Projects  
Problem-solving exams  
Participation  
Reports/papers  
Research papers

## Instructional Methodology

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

Audio-visual presentations  
Class activities  
Class discussions  
Case studies  
Distance Education  
Demonstrations  
Group discussions  
Internet research  
Lecture

**Describe specific examples of the methods the instructor will use:**

The instructor will:

- lecture on various topics incorporating power point presentations.
- provide demonstrations on self and anatomical models.

- integrate critical thinking questions.
- use current events and case studies to facilitate discussion.

## Representative Course Assignments

### Writing Assignments

1. Write responses to short answer questions.
2. Write article reviews based on peer reviewed research in a sports medicine journal.
3. Write an outline to accompany an injury video presentation.
4. Write a research paper evaluating the mechanism of injury, treatment plan, and rehabilitation of a specific injury.

### Critical Thinking Assignments

1. Assess signs and symptoms to determine the type and severity of an athletic injury.
2. Evaluate peer reviewed research in the area of sports medicine to determine its validity.

### Reading Assignments

1. Read peer reviewed research articles in sports medicine.
2. Read news/internet articles relating to current sports injuries.

## Outside Assignments

### Representative Outside Assignments

1. Assigned readings from textbook, and internet articles to prepare for class discussions.
2. Written article reviews and/or a paper examining a specific injury or topics related to sports medicine.
3. Research a video of an athletic injury, in order to analyze the mechanism of injury, and assess a possible plan of care.

## Articulation

### C-ID Descriptor Number

KIN 100

### Status

Approved

### Equivalent Courses at 4 year institutions

University	Course ID	Course Title	Units
San Diego State Univ.	ENS 265/L	Care and Prevention of Athletic and Recreational Injuries/Laboratory	2/1
CSU Long Beach	ATEP 207	Prevention and Care of Athletic Injuries	3
Cal Lutheran University	EXSC 203	Prevention and Care of Athletic Injuries	3
CSU San Bernardino	KINE 2300	Prevention of Care of Athletic Injuries	3

### Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
College of the Canyons	KPET 210/L	Prevention and Care of Athletic Injuries/Laboratory	3/1

**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:**

**UC TCA**

UC TCA

Approved

**IGETC**

**Area 1: English Communication**

**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

**Description**Prentice, 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 using the Library's print and online resources, especially health-related databases, for article reviews on specific injuries or topics related to sports medicine.

**Sufficient Library Resources exist**

Yes

**Example of Assignments Requiring Library Resources**

Write a research paper evaluating the mechanism of injury, treatment plan, and rehabilitation of a specific injury.

**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
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. 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
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. Students will email certain assignments to the instructor.
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:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. 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.
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**100% online Modality:**

<b>Method of Instruction</b>	<b>Document typical activities or assignments for each method of instruction</b>
Asynchronous Dialog (e.g., discussion board)	Instructor will post discussions for students to post their thoughts and reflections. Students will also have to respond to a minimum of two classmates. 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.
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. Students will email certain assignments to the instructor.



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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**

MM/DD/YYYY

**DTRW-I**

MM/DD/YYYY

**Curriculum Committee**

11/3/2020

**Board**

MM/DD/YYYY

**CCCCO**

11/19/2020

**Control Number**

CCC000528275

**DOE/accreditation approval date**

MM/DD/YYYY