

# KINE 004: ADVANCED CARE AND PREVENTION OF ATHLETIC INJURIES

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**Originator**

jhoward

**Justification / Rationale**

Code alignment project recommendation: change TOP, CIP and SAM codes.

**Effective Term**

Spring 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

004

**Full Course Title**

Advanced Care and Prevention of Athletic Injuries

**Short Title**

ADV CARE PREVENT INJ

**Discipline****Disciplines List**

Kinesiology

**Modality**

Face-to-Face

**Catalog Description**

This course provides an overview of the principles and scientific foundation of athletic training for students considering a career in Sports or Health Sciences. Topics include injury prevention techniques, injury evaluation techniques, treatment and rehabilitation techniques for common athletic injuries.

**Schedule Description**

This course provides an overview of the principles and scientific foundation of athletic training for students considering a career in Sports or Health Sciences. Prerequisite: KINE 003

**Lecture Units**

3

**Lecture Semester Hours**

54

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Prerequisite Course(s)**

KINE 003

**Required Text and Other Instructional Materials****Resource Type**

Book

**Open Educational Resource**

No

**Author**

Prentice, William E.

**Title**

Principles of Athletic Training, A Guide to Evidence-Based Clinical Practice

**Edition**

16th

**City**

New York

**Publisher**

McGraw-Hill Education

**Year**

2017

**College Level**

Yes

**Flesch-Kincaid Level**

9.1

**ISBN #**

978-1-259-82400-5

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**Resource Type**

Web/Other

**Description**

REQUIRED - A CONNECT ACCESS CODE for Principles of Athletic Training, A Competency-Based Approach, 15th edition, William E Prentice

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**Class Size Maximum**

30

**Entrance Skills**

Identify the health care services in sports and the role of the athletic trainer

**Prerequisite Course Objectives**

KINE 003-Identify the professionals that comprise the sports medicine team and describe the role of the athletic trainer

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**Entrance Skills**

List and describe the mechanics of tissue injury and healing

**Prerequisite Course Objectives**

KINE 003-List and describe the mechanics of tissue injury and healing

**Entrance Skills**

Describe signs, symptoms and management of life-threatening conditions

**Prerequisite Course Objectives**

KINE 003-Describe signs, symptoms and management of life-threatening conditions

**Entrance Skills**

Describe the injury assessment process and define common assessment terms

**Prerequisite Course Objectives**

KINE 003-Describe the injury assessment process and define common assessment terms

**Course Content**

1. Organization and administration of athletic health care.
2. Recognition and appropriate referral for common sports injuries.
3. Management of emergency situations and appropriate activation of emergency medical services.
4. Recognition and management of common athletic injuries.

**Course Objectives**

	<b>Objectives</b>
Objective 1	Describe basic injury prevention guidelines and techniques for common sports injuries.
Objective 2	Describe and demonstrate preventative taping techniques for common sports injuries.
Objective 3	Demonstrate appropriate use of various protective equipment and devices.
Objective 4	Demonstrate basic injury assessment and evaluation techniques for common injuries.
Objective 5	Explain the differences in treatment modalities and equipment.
Objective 6	Execute appropriate warm-up, cool-down, and flexibility techniques.
Objective 7	Design and implement a record-keeping system for sports coverage and the athletic training clinic.
Objective 8	Demonstrate appropriate rehabilitation techniques and design programs for common athletic injuries.
Objective 9	Review and discuss rehabilitation guidelines for a surgical case study.
Objective 10	Discuss the indications and contraindications of common over-the-counter drugs.
Objective 11	Discuss and critique a professional journal article.
Objective 12	Demonstrate the ability to communicate in writing and interview for admission to school or employment.
Objective 13	Describe the various mechanisms and characteristics of common athletic injuries.
Objective 14	Describe the tissue response to injury and demonstrate the appropriate intervention techniques to influence the three stages of healing.
Objective 15	List and explain professional goals and personal qualities essential for becoming a good allied healthcare provider.

**Student Learning Outcomes**

	<b>Upon satisfactory completion of this course, students will be able to:</b>
Outcome 1	Demonstrate taping techniques for foot, ankle, knee, wrist, and hand to prevent athletic injuries.
Outcome 2	Demonstrate assessment techniques for common athletic injuries to the lower and upper extremities.
Outcome 3	Demonstrate accuracy in documentation of athletic injuries and efficiency in record keeping.

**Methods of Instruction**

<b>Method</b>	<b>Please provide a description or examples of how each instructional method will be used in this course.</b>
Lecture	Power point lectures will be presented on sports medicine content as it relates to content from the textbook.
Discussion	In-class group discussion about topics from the power points.

Demonstration, Repetition/Practice	Demonstration of taping and wrapping skills, injury evaluation special tests application, and oral injury evaluation simulations using the HOPS method.
Role Playing	Role play injury scenarios that incorporate the injury assessment process.

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Presentations/student demonstration observations	End of the semester poster board project and presentation on a case study that incorporates injury assessment, treatment, and rehabilitation skills learned throughout the semester.	In and Out of Class
Oral and practical examination	Written exams during the semester and a practical exam at the end of the semester (taping and wrapping exam).	In Class Only
Student participation/contribution	In-class discussion questions and small group presentation on sports medicine related topics.	In Class Only
Tests/Quizzes/Examinations	Quizzes, written exams, and final exam include all methods (a minimum of 100 questions).	In Class Only
Group activity participation/observation	Students work in groups to discuss sports injury protocols and recommend how these will be implemented.	In Class Only
Reading reports	Students will typically be assigned weekly reading assignments from the textbook and required to answer several critical thinking questions at the end of each chapter.	Out of Class Only
Critiques	Students will be asked to discuss and critique professional journal articles throughout the semester.	Out of Class Only

**Assignments**
**Other In-class Assignments**

1. Participate in group activities.
2. Class discussion of study questions.
3. Overview of advanced athletic training skills and techniques.

**Other Out-of-class Assignments**

1. Reading assignments.
2. Study questions.
3. Poster board presentation on a case study that incorporates injury assessment, treatment, and rehabilitation skills learned throughout the semester.

**Grade Methods**

Letter Grade Only

**MIS Course Data**
**CIP Code**

51.0913 - Athletic Training/Trainer.

**TOP Code**

122800 - Athletic Training and Sports Medicine

**SAM Code**

B - Advanced Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transfer CSU, limited UC

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

03/21/2019

**Academic Senate Approval Date**

03/28/2019

**Board of Trustees Approval Date**

05/17/2019

**Chancellor's Office Approval Date**

6/1/2019

**Course Control Number**

CCC000605861

**Programs referencing this course**Sports Medicine AS Degree (<http://catalog.collegeofthedesert.eduundefined?key=67>)