

KINE 004: ADVANCED SPORTS MEDICINE

Originator

mdillon

Justification / Rationale

Minor course modification to include fully online version of this class in addition to the already approved hybrid version. I should have clicked 100% online when I did the original course modification. An option for 100% online offers more options for our students to take this course and allows for those who can't make the hybrid in-person or full face-to-face classes. In addition, this 100% online option course has already been developed including full online labs, discussions, quizzes and exams.

Effective Term

Fall 2022

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

004

Full Course Title

Advanced Sports Medicine

Short Title

ADV SPORT MED

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course provides an overview of the principles and scientific foundation of managing athletic injuries for students considering a career in Sports Medicine. 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 managing athletic injuries for students considering a career in Kinesiology or Sports Medicine. 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 or concurrent enrollment

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

Book

Open Educational Resource

No

Author

Prentice, William E.

Title

Essentials of Athletic Injury Management

Edition

11th

City

New York

Publisher

McGraw-Hill Education

Year

2019

College Level

Yes

Flesch-Kincaid Level

9.1

ISBN #

9780078022753

Resource Type

Web/Other

Description

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

Class Size Maximum

30

Entrance Skills

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

Requisite Course Objectives

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

Entrance Skills

Identify the various loads that produce tissue injury and the three phases of tissue healing.

Requisite Course Objectives

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

Entrance Skills

Identify the signs of a severe bleed, loss of consciousness, no signs of pulse, and absences of breath along with the appropriate care.

Requisite Course Objectives

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

Entrance Skills

Describe the HOPS format for injury evaluation (history, observation, palpation, special tests) and use correct medical nomenclature.

Requisite Course Objectives

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

Course Content

1. Organization and administration of sports medicine 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

Objectives	
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 sports medicine 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

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Demonstrate assessment techniques for athletic related injuries.
Outcome 2	Demonstrate a variety of injury prevention techniques.
Outcome 3	Identify appropriate treatment methods for various athletic injuries.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Participation	Watch videos on injury prevention training exercises and techniques and participate in the exercises.

Discussion	Peer discussion about topics on injury assessment, injury care, and injury treatment.
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 with a partner.

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 and Out of Class
Student participation/contribution	Discussion questions and small group presentation on sports medicine related topics.	In and Out of Class
Tests/Quizzes/Examinations	Quizzes, written exams, and final exam include all methods (a minimum of 100 questions).	In and Out of Class
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 sports medicine 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

Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

50

On-campus %

50

Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

n/a

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

n/a

Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

Within Course Management System:

Chat room/instant messaging
Discussion forums with substantive instructor participation
Online quizzes and examinations
Regular virtual office hours
Timely feedback and return of student work as specified in the syllabus
Video or audio feedback
Weekly announcements

External to Course Management System:

Direct e-mail
E-portfolios/blogs/wikis
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)
Telephone contact/voicemail

For hybrid courses:

Orientation, study, and/or review sessions
Scheduled Face-to-Face group or individual meetings
Supplemental seminar or study sessions

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

There will be weekly discussion on topics related to advanced sports medicine topics to encourage critical thinking and application of principles from current readings. Use of videos and online resources will be used to demonstrate proper application of principles and techniques. This will be followed by instructor feedback to improve outcomes and understanding.

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

Allowing this course to have a hybrid section would improve our access to students that are currently balancing their rigorous schedules that may include work, family and school.

Other Information

Comparable Transfer Course Information

University System

CSU

Campus

San Diego State University

Course Number

ENS 265L

Course Title

Care and Prevention of Athletic and Recreational Injuries Laboratory

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

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

03/17/2022

Academic Senate Approval Date

03/24/2022

Board of Trustees Approval Date

04/22/2022

Chancellor's Office Approval Date

04/27/2022

Course Control Number

CCC000605861

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