



5055 Santa Teresa Blvd  
Gilroy, CA 95023

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## Course Outline

**COURSE:** KIN 4A                      **DIVISION:** 40                      **ALSO LISTED AS:** KIN 3A

**TERM EFFECTIVE:** Fall 2023

**CURRICULUM APPROVAL DATE:** 10/10/2023

**SHORT TITLE:** ATH TRN PRACTICUM I

**LONG TITLE:** Athletic Training Practicum I

<u>Units</u>	<u>Number of Weeks</u>	<u>Type</u>	<u>Contact Hours/Week</u>	<u>Total Contact Hours</u>
2	18	Lecture:	0	0
		Lab:	6	108
		Other:	0	0
		Total:	6	108
		Total Learning Hrs:	108	

### **COURSE DESCRIPTION:**

This course provides students majoring in Kinesiology with the opportunity to apply the knowledge and skills in KIN 3. Emphasis is placed on handling an emergency situation, acute injury management, prevention of athletics injuries, wrapping and taping techniques and basic injury rehabilitation. This course has the option of a letter grade or pass/no pass. Successful completion (C grade) requires the students to complete 75 hours of lab work in addition to the course's academic requirements. This course was previously listed as KIN 3A. **ADVISORY:** Concurrent or prior completion of KIN 3.

**PREREQUISITES:**

**COREQUISITES:**

**CREDIT STATUS:** D - Credit - Degree Applicable

**GRADING MODES**

L - Standard Letter Grade

P - Pass/No Pass

**REPEATABILITY:** N - Course may not be repeated

## SCHEDULE TYPES:

- 04 - Laboratory/Studio/Activity
- 04A - Laboratory - LEH 0.65
- 05 - Hybrid
- 71 - Dist. Ed Internet Simultaneous
- 73 - Dist. Ed Internet Delayed LAB
- 73A - Dist. Ed Internet LAB-LEH 0.65

## STUDENT LEARNING OUTCOMES:

By the end of this course, a student should:

1. Apply the material presented during class demonstrations.
2. Develop a general strength and conditioning program for injury prevention which includes utilizing stretching techniques.
3. Identify specific anatomical structures associated with athletic taping and wrapping techniques.
4. Apply the information and skills presented in class, including acute injury assessment in life threatening and non-life threatening situations (primary and secondary survey), and develop a basic athletic injury rehabilitation plan.

## COURSE OBJECTIVES:

By the end of this course, a student should:

1. Discuss the prevention of head, neck, face, eyes, nose, throat, and ear injuries.
2. Apply the skills and knowledge learned throughout the semester in practical situations, including, but not limited to, following emergency action plans, principles of on the field injury assessment and primary survey. Introduce injury report writing and medical HIPAA laws.
3. Recognize non-life threatening musculoskeletal injuries and demonstrate splinting and transportation techniques using a mock situation.
4. Follow an emergency action plan, using a mock situation, and demonstrate skills in recognizing a life threatening situation by assisting with sustaining life. Correctly prepare an injury report. Discuss the medical HIPAA laws and explain how they apply in an athletic training setting.
5. Complete practical and written midterm. Utilize the skills learned to date at various athletic practices and games as well as in the training room.
6. Describe strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the trunk, respectively.
7. Describe strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the upper extremity, respectively.
8. Demonstrate strength, conditioning, and stretching exercises as well as recognize musculoskeletal imbalances and dysfunctions that prevent or lead to injuries of the lower extremity, respectively. Describe the role of pre-participation examinations as they relate to injury prevention.
9. Demonstrate the proper taping skills required for various athletic injuries and/or treatment. Analyze an injury and discuss a course of treatment.
10. Identify injuries specific to the current field of athletics and apply medical terminology during athletic training room coverage as well as athletic games and practices.
11. Recognize and describe athletic training room operating procedures and emergency action plans.

## CONTENT, STUDENT PERFORMANCE OBJECTIVES, OUT-OF-CLASS ASSIGNMENTS

Curriculum Approval Date: 10/10/2023

6 Hours:

Content: Review of athletic training room policies and procedures (administration, blood borne pathogens, emergency action plan for each athletic facility, and management of environmental concerns).

6 Hours:

Content: Overview of current rehabilitation programs, including histories and a brief musculoskeletal review of specific injuries. A presentation of the practical applications of medical terminology will be presented.

6 Hours:

Content: Continued coverage of the athletic training room and all athletic events and practices. Review of taping skills: continued practice of these skills. A review of game situation injury recognition will take place.

12 Hours:

Content: Continued coverage of training room & athletic events & practices. Instruction on the prevention of lower extremity injuries.

12 Hours:

Content: Continued coverage of the athletic training room, athletic events and practices. Instruction on the prevention of upper extremity injuries.

12 Hours:

Content: Continued coverage. Continued instruction on the prevention of upper extremity injuries and an introduction to the prevention of trunk and cranial injuries. Review for mid-term.

6 Hours:

Content: Midterm (both practical and written). Continued coverage of the athletic training room and athletic practices and games.

18 Hours:

Content: Introduction to following emergency action plans, principles of on the field injury assessment and primary survey. Introduce injury report writing and medical HIPAA laws. Continued coverage of the athletic training room, athletic events and practices.

18 Hours:

Content: Continued coverage. Introduction to conducting a secondary assessment and off the field assessment, including moving an injured athlete, emergency splinting, and setting up a first aid treatment plan.

10 Hours:

Content: Review of all the information and skills presented throughout the semester in preparation for the final. Lab log and lab reports will be turned in.

2 Hours:

Final (written and practical).

#### **METHODS OF INSTRUCTION:**

Discussion, demonstration, guided practice, small group interaction.

**METHODS OF EVALUATION:**

Writing assignments

Evaluation Percent 15

Evaluation Description

Percent range of total grade: 5 % to 15 %

Other: Worksheets

Problem-solving assignments

Evaluation Percent 15

Evaluation Description

Percent range of total grade: 5 % to 15 %

Field Work;

Exams

Skill demonstrations

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 20 % to 45 %

Field Work;

Performance Exams

Objective examinations

Evaluation Percent 20

Evaluation Description

Percent range of total grade: 20 % to 30 %

Multiple Choice;

True/False;

Matching Items;

Completion

Other methods of evaluation

Evaluation Percent 25

Evaluation Description

Percent range of total grade: 25 % to 50 %

Class participation.

**REPRESENTATIVE TEXTBOOKS:**

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice, 17th Edition. McGraw-Hill, 2021.

Or other appropriate college level text. William Prentice

ISBN: ISBN: 9781260241051

**ARTICULATION and CERTIFICATE INFORMATION**

Associate Degree:

CSU GE:

IGETC:

CSU TRANSFER:

Transferable CSU, effective 201530

UC TRANSFER:

Not Transferable

**SUPPLEMENTAL DATA:**

Basic Skills: N

Classification: Y

Noncredit Category: Y

Cooperative Education:

Program Status: 1 Program Applicable

Special Class Status: N

CAN:

CAN Sequence:

CSU Crosswalk Course Department:

CSU Crosswalk Course Number:

Prior to College Level: Y

Non Credit Enhanced Funding: N

Funding Agency Code: Y

In-Service: N

Occupational Course: E

Maximum Hours:

Minimum Hours:

Course Control Number: CCC000556158

Sports/Physical Education Course: Y

Taxonomy of Program: 127000