



COURSE OUTLINE : KIN 157

D Credit – Degree Applicable

COURSE ID 003005

Cyclical Review: July 2020

COURSE DISCIPLINE : KIN
COURSE NUMBER : 157
COURSE TITLE (FULL) : Prevention and Care of Athletic Injuries
COURSE TITLE (SHORT) : Prev/Care Ath Injury

CATALOG DESCRIPTION

KIN 157 provides an in-depth examination of selected topics in sports medicine and a thorough knowledge of the prevention and care of injuries commonly occurring during physical activity and sports competition. The course covers the responsibilities of the athletic trainer, emergency procedures, sports-injury mechanisms, characteristics and evaluation of sport injuries as well as their acute care - including taping and wrapping techniques. Recommended for students interested in kinesiology, physical therapy, coaching, athletic training and sports medicine, as well as competitive and recreational athletes.

CATALOG NOTES

Note: Students who successfully completed HLTH 110 prior to spring 2016 will not receive credit for completion of KIN 157.

Total Lecture Units: 3.00

Total Laboratory Units: 0.00

Total Course Units: 3.00

Total Lecture Hours: 54.00

Total Laboratory Hours: 0.00

Total Laboratory Hours To Be Arranged: 0.00

Total Contact Hours: 54.00

Total Out-of-Class: 108.00

Prerequisite: None



ENTRY STANDARDS

	Subject	Number	Title	Description	Include
1				Apply basic reading and writing skills;	Yes
2				recognize general injuries;	Yes
3				identify and differentiate between athletic events.	Yes

EXIT STANDARDS

- 1 Recognize athletic injuries;
- 2 evaluate and treat minor athletic injuries;
- 3 identify concepts of injury prevention;
- 4 identify the principles and components of conditioning programs;
- 5 identify nutrition and other ergogenic aids in relation to sport and physical activity;
- 6 demonstrate immediate care for athletic injuries based on scientific theories;
- 7 apply protective taping, wrapping and bandaging procedures;
- 8 recognize environmental effects on sport and physical activity;
- 9 apply and use rehabilitation techniques and exercises.

STUDENT LEARNING OUTCOMES

- 1 recall and apply general concepts of injury prevention based on evidence based practice;
- 2 acquire knowledge to make appropriate and safe decisions regarding injury recognition, evaluation and treatment;
- 3 utilize specific anatomical and kinesiological principles and theories behind protective techniques associated with physical activity.

COURSE CONTENT WITH INSTRUCTIONAL HOURS

	Description	Lecture	Lab	Total Hours
1	Cause and Prevention of Sports Injuries • Major and contributory factors • Role of physician, athletic trainer, coach • Role of flexibility • Effect of physical conditioning • Psychological factors • Medical examinations	6	0	6
2	Physiology of Trauma • Tissue physiology • Inflammation and healing • Fractures	4	0	4



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3	<p>Recognition/Evaluation and Appropriate (General) Care of Injuries</p> <ul style="list-style-type: none"> • Injuries to muscle-tendinous unit • Pathology and mechanics • Recognition • Management • Injuries to the foot, ankle, lower leg • Pathology • Recognition • Management • Injuries to the knee/hip • Pathology and mechanics • Recognition • Management • Injuries to the shoulder girdle • Pathology and mechanics • Recognition • Management • Injuries to elbow, wrist, hand • Pathology and mechanics • Recognition • Management • Injuries to the head, face, neck • Pathology and mechanics • Recognition • Management 	16	0	16
4	<p>Rehabilitation Techniques and Exercises/Therapeutic Modalities</p> <ul style="list-style-type: none"> • PRE – Prog. Resistance Exercise • PNF – Proprioceptive Neuromuscular Facilitation • ROM – Range of Motion• Cryotherapy (Cold therapy) • Thermotherapy (Thermal Agents) • Ultra Sound • TENS - Transcutaneous Nerve Stimulation • Physiology and Contra-indications 	4	0	4
5	<p>Nutrition and Ergogenic Aids</p> <ul style="list-style-type: none"> • Nutrition Basics (Basic diet) • Role and effect of ergogenic aids • Drug in sport 	3	0	3
6	<p>Medical Effects of Environment on Sports</p> <ul style="list-style-type: none"> • Heat and humidity • Altitude • Cold 	3	0	3



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7	Specific Taping and Wrapping Techniques • Foot and ankle • Knee • Elbow • Hand and wrist • Shoulder • Spicas/elastic wraps	13	0	13
8	Specific Diagnostic Tests • Concussion testing • Ligament testing • Bone fractures	5	0	5
				54

OUT OF CLASS ASSIGNMENTS

- 1 training facility observation (e.g. observe the training room staff and keep a detailed journal of experience);
- 2 sport activity observation (e.g. observe three sport activities and keep a detailed journal of experience).

METHODS OF EVALUATION

- 1 taping practical exam (e.g. taping an ankle);
- 2 midterm exam;
- 3 final exam

METHODS OF INSTRUCTION

- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations



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TEXTBOOKS

Title	Type	Publisher	Edition	Medium	Author	ISBN	Date
Principles of Athletic Training a Competency-Based Approach.	Supplemental	McGraw Hill	16		Prentice, William E	9781259824005	2017