

KIN157 : Prevention And Care Of Athletic Injuries

General Information

Author:	<ul style="list-style-type: none">Erin Calderone
Course Code (CB01) :	KIN157
Course Title (CB02) :	Prevention And Care Of Athletic Injuries
Department:	KIN
Proposal Start:	Spring 2025
TOP Code (CB03) :	(1228.00) Athletic Training and Sports Medicine
CIP Code:	(51.0913) Athletic Training/Trainer.
SAM Code (CB09) :	Clearly Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	CCC000566892
Curriculum Committee Approval Date:	06/12/2024
Board of Trustees Approval Date:	07/16/2024
Last Cyclical Review Date:	06/12/2024
Course Description and Course Note:	KIN 157 introduces common sports injuries, and how athletic trainers work to prevent and treat them. Students will learn the responsibilities of the athletic trainer, emergency procedures, sports-injury mechanisms, evaluation and care of sport injuries including taping and wrapping techniques. This course is recommended for kinesiology majors and those interested in athletic training as a career.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none">Credit
Mode of Delivery:	
Author:	
Course Family:	

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none">Kinesiology
Alternate Discipline:	<ul style="list-style-type: none">Health
Alternate Discipline:	No value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to both UC and CSU

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07) 3

Maximum Credit Units (CB06) 3

Total Course In-Class (Contact) Hours 54

Total Course Out-of-Class Hours 108

Total Student Learning Hours 162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience

Education Status (CB10)

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	3	6
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	54
Laboratory	0
Studio	0

Total 54

Course Out-of-Class Hours

Lecture	108
Laboratory	0
Studio	0
Total	108

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

ENGL101 - Introduction to College Reading and Composition

Objectives

- Read, analyze, and evaluate a variety of primarily non-fiction readings for content, context, and rhetorical merit with consideration of tone, audience, and purpose.
- Integrate the ideas of others through paraphrasing, summarizing, and quoting without plagiarism.
- Find, evaluate, analyze, and interpret primary and secondary sources, incorporating them into written essays using appropriate documentation format.

OR

Advisory

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings.
 - Summarize readings.
 - Revise writing to eliminate errors in syntax, and grammatical constructions.
 - Employ basic library research techniques.
-

Entry Standards

Entry Standards

Course Limitations

Cross Listed or Equivalent Course

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Demonstrations

Methods of Instruction Field Activities (Trips)

Methods of Instruction Presentations

Out of Class Assignments

- Training facility observation (e.g. observe the training room staff and keep a detailed journal of experience)
- Sport activity observation (e.g. observe three sport activities and keep a detailed journal of experience)
- Written assignments (e.g. interview a sports medicine professional and write a summary, or create a presentation)

Methods of Evaluation

Rationale

Presentation (group or individual) Taping practical exam (e.g. taping an ankle)

Exam/Quiz/Test Unit exams or midterm exam

Exam/Quiz/Test Final exam

Presentation (group or individual)

In-class presentations (e.g. presentation on an athletic injury)

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
William E. Prentice	Principles of Athletic Training	McGraw-Hill US Higher Ed USE	2023	9781266898907

Other Instructional Materials (i.e. OER, handouts)

No Value

Materials Fee

No value

Learning Outcomes and Objectives

Course Objectives

Describe the role of the athletic trainer.

Discuss the evaluation and treatment of athletic injuries.

Describe the mechanism of various athletic injuries.

Use anatomical terms when describing injuries.

Apply protective taping procedures.

Recognize the importance of an emergency action plan.

Recognize rehabilitation techniques and exercises.

SLOs

Recall concepts of athletic injury evaluation.

Expected Outcome Performance: 70.0

ILOs
Core ILOs

Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.

Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.

KIN
Sports Coaching--
Certificate

Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

KIN
Sports Coaching - A.S.
Degree Major

Evaluate, compare and examine skill development, different types of tactics and strategies, coaching philosophies, leadership styles, and practice organization to enhance the growth of student-athletes.

KIN
Fitness Specialist - A.S.
Degree Major

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

KIN
Fitness Specialist -
Certificate

apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population

demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

Describe various athletic injuries using anatomical terms.

Expected Outcome Performance: 70.0

Explain the role of the athletic trainer within the sports medicine team.

Expected Outcome Performance: 70.0

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

The Role of the Athletic Trainer (5 hours)

- The Athletic Trainer (AT) as a part of the healthcare team
- Working with physicians and coaches
- Employment settings in sports medicine
- Educational requirements for athletic trainers
- State licensure

Psychosocial Intervention for Sports Injuries and Illnesses (1 hour)

- Psychological impact of injuries
- Career impact
- Caring for the whole athlete

Pathology of Sports Injuries (6 hours)

- Mechanisms and characteristics of musculoskeletal and nerve trauma
- Tissue response to injury
- Bone injuries
- Body mechanics

Recognition/Evaluation and Appropriate (General) Care of Injuries (19 hours)

- 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

Introduction to Exercises and Therapeutic Modalities (4 hours)

- PRE – Progressive Resistance Exercise
- PNF – Proprioceptive Neuromuscular Facilitation
- ROM – Range of Motion
- Cryotherapy (Cold therapy)
- Thermotherapy (Thermal Agents)
- Ultra Sound
- TENS - Transcutaneous Nerve Stimulation
- Physiology and Contraindications

Response to Emergencies (3 hours)

- Emergency action plan
- Heat and humidity
- Altitude
- Cold

Taping Techniques (13 hours)

- Foot and ankle
- Knee
- Elbow
- Hand and wrist
- Shoulder

Specific Diagnostic Tests (5 hours)

- Concussion testing
- Ligament testing
- Bone fractures

Total hours: 54

Additional Information

Is this course proposed for GCC Major or General Education Graduation requirement? If yes, indicate which requirement in the two areas provided below.

No

GCC Major Requirements

No Value

GCC General Education Graduation Requirements

No Value

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Resources

Did you contact your departmental library liaison?

No

If yes, who is your departmental library liaison?

Becka Cooling (Kinesiology, Social Sciences)

Did you contact the DEIA liaison?

No

Were there any DEIA changes made to this outline?

No

If yes, in what areas were these changes made:

No Value

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value

