

College of San Mateo
Official Course Outline

1. **COURSE ID:** KINE 110 **TITLE:** Care and Prevention of Athletic Injuries
Units: 3.0 units **Hours/Semester:** 32.0-36.0 Lecture hours; 48.0-54.0 Lab hours; and 64.0-72.0 Homework hours
Method of Grading: Grade Option (Letter Grade or P/NP)
Prerequisite: BIOL 130, or BIOL 250 or KINE 300
Recommended Preparation:
 KINE 300

2. **COURSE DESIGNATION:**
Degree Credit
Transfer credit: CSU; UC
AA/AS Degree Requirements:
 CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. **COURSE DESCRIPTIONS:**
Catalog Description:
 Examination of the techniques used in the prevention of athletic injuries, including taping, bandaging, and strapping along with how to recognize and evaluate basic signs and symptoms associated with common injuries. Establishing a plan of care that includes rehabilitative exercise will also be studied.

4. **STUDENT LEARNING OUTCOME(S) (SLO'S):**
 Upon successful completion of this course, a student will meet the following outcomes:
 1. Demonstrate basic first aid skills and techniques used in the field of sports medicine.
 2. Recognize and explain common injuries associated in the field of sports medicine.
 3. Comprehend current techniques and issues used in the sports medicine.

5. **SPECIFIC INSTRUCTIONAL OBJECTIVES:**
 Upon successful completion of this course, a student will be able to:
 1. Demonstrate basic first aid skills and techniques used in the field of sports medicine
 2. Recognize and explain common injuries associated in the field of sports medicine
 3. Comprehend current techniques and issues used in the sports medicine

6. **COURSE CONTENT:**
Lecture Content:
 1. Sport medicine umbrella
 - A. Careers in the Sports Medicine field
 - a. Occupational Therapy
 - b. Physical Therapy
 - c. Orthopedic
 - d. Physician
 - e. Strength and Conditioning
 - f. Others
 2. Documentation: Subjective, Objective, Assessment, Plan (S.O.A.P.) notes
 - A. Evaluation techniques
 - B. Documentation
 - C. Communicating with the caring physician
 - D. Communicating with the athlete
 3. Basic medical terminology
 - A. Sprain
 - B. Strain
 - C. Anatomical Planes
 - D. Basic Human Anatomy
 4. Recognize and prevent common injuries and Mechanisms of Injury (MOI)
 - A. Injury evaluation
 - a. Common assessment/possibilities
 5. Techniques used or associated in prevention of athletic injuries

- A. Rehabilitation
 - B. First-aid
 - C. Stretching
 - D. Nutrition
 - a. Eating disorders
 - E. Other performance related items
6. Basic first aid skills used in sports medicine: Thermal & non thermal treatment techniques, bandaging, taping, etc.
- A. Introduction to the following modalities:
 - a. Ultra sound
 - b. Heat pack
 - c. Electrical Stimulation
 - d. Manual therapy
 - e. Taping and other support mechanisms

Lab Content:

- 1. Physical screening basics
 - A. Height, weight
 - B. Gathering medical history in anticipation of medical clearance
- 2. First Aid part. I: Wound Care, splinting, crutch fitting
- 3. Therapeutic Treatment: Thermal/ non thermal Rest, Ice, Compression, Elevate (R.I.C.E)
 - A. Practical application of various modalities
 - a. Ice
 - b. Heat
 - c. Electrical Stimulation
 - d. Ultra sound
 - e. others
- 4. Emergency Prep: Emergency Action Plan (EAP)
 - A. Recognizing when to call 911
 - B. Plan of how to direct other medical professionals responding
- 5. Injury Recognition: Evaluation, Documentation, Referral to MD
 - A. Common Injuries
 - B. Red flags
 - C. Communicating with the caring physician
 - D. Orthopedic special tests
- 6. Preventative care: taping, stretching, bracing

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture
- B. Lab
- C. Activity
- D. Critique
- E. Discussion
- F. Individualized Instruction
- G. Observation and Demonstration

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. Summary evaluation of current events within the field of Sports Medicine taken from a current periodical
- B. Evaluation of position statement taken from the National Athletic Trainers Association website
- C. Research and write about injuries associated with the upper body and lower body.
- D. Develop an emergency action plan for a specific athletic facility.

Reading Assignments:

- A. Research course work necessary to fulfill an academic goal and/or career in the field
 - a. Text book
 - b. Journals
 - c. Websites
- B. Reading chapters as assigned in the text

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Class Performance
- C. Class Work
- D. Exams/Tests
- E. Group Projects
- F. Homework
- G. Lab Activities
- H. Oral Presentation
- I. Papers
- J. Projects
- K. Quizzes
- L. Research Projects
- M. Simulation
- N. Written examination

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Prentice, W. *Principles of Athletic Training: A Competency-Based Approach*, 15 ed. McGraw-Hill Higher Education, 2013

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Course Originator: Andreas Wolf