

KINE 003: INTRODUCTION TO SPORTS MEDICINE

Originator

mdillon

Justification / Rationale

Adjusting audit.

Effective Term

Fall 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

003

Full Course Title

Introduction to Sports Medicine

Short Title

INTRO TO SPORT MED

Discipline**Disciplines List**

Physical Education

Modality

Face-to-Face

100% Online

Hybrid

Catalog Description

This course provides an introduction to the principles and scientific foundations of sports medicine, including prevention, evaluation, treatment and rehabilitation of common athletic injuries. It includes the career options under the sports medicine umbrella, job responsibilities of certified athletic trainers, and taping and wrapping of athletic injuries.

Schedule Description

Introduction to the identification and management of sports injuries.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Class Size Maximum

30

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 Companies, Higher Education

Year

2019

College Level

Yes

Flesch-Kincaid Level

9.1

ISBN #

10: 1259912477

Resource Type

Web/Other

Description

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

Course Content

1. Sports Injury Management and the role of the Athletic Trainer
2. Mechanics of tissue injury and healing
3. Emergency procedures
4. Sports injury assessment
5. Therapeutic exercise
6. Protective equipment
7. Assessment and management of common foot, ankle and leg injuries
8. Assessment and management of common knee injuries

9. Assessment and management of common thigh, hip and pelvis injuries
10. Assessment and management of common shoulder injuries
11. Assessment and management of common arm and elbow injuries
12. Assessment and management of common wrist and hand injuries
13. Assessment and management of common head and facial injuries
14. Recognize common spine injuries
15. Recognize common throat, chest and abdominal injuries
16. Other health conditions related to sports

Course Objectives

Objectives	
Objective 1	Identify the professionals that comprise the sports medicine team and describe the role of the athletic trainer.
Objective 2	List and describe the mechanics of tissue injury and healing.
Objective 3	Describe signs, symptoms and management of life-threatening conditions.
Objective 4	Describe the injury assessment process and define common assessment terms.
Objective 5	Identify and explain the phases of a therapeutic exercise program.
Objective 6	Identify and discuss common protective equipment for the upper and lower body.
Objective 7	Demonstrate assessment and management techniques for common athletic injuries to include upper and lower body.
Objective 8	Recognize and describe common injuries to the head and spine.
Objective 9	Identify specific contraindications for participation relative to injury and health conditions.
Objective 10	List and describe the daily administrative tasks and documentation for the sports medicine clinic.
Objective 11	Describe the safe and appropriate application of therapeutic modalities in the sports medicine clinic.
Objective 12	Demonstrate the use of basic medical terminology appropriate for the care of athletic injuries.
Objective 13	Demonstrate the appropriate basic first aid steps for a primary survey for an injured athlete.
Objective 14	Demonstrate the appropriate basic first aid techniques for wound care and a variety of situations in the sports medicine clinic.
Objective 15	Demonstrate proficiency with prophylactic taping and wrapping for injury prevention and management.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Identify and locate surface anatomical landmarks.
Outcome 2	Apply principles of mechanical forces directed at anatomical structures that cause musculoskeletal injuries.
Outcome 3	Demonstrate the ability to tape and wrap certain athletic injuries.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Demonstration, Repetition/Practice	Watch videos of certain taping and wrapping techniques and practice repeatedly.
Observation	Watch videos of injury mechanisms and apply that to anatomical structures.
Discussion	Discuss with peers characteristics of athletic injuries, including the mechanism of injury and the evaluation process.
Activity	Identify anatomical landmarks on the individual and a partner.
Self-exploration	Students are encouraged to discuss any injuries they experienced and the treatment they received and further research one personal injury for the final project.
Individualized Study	Explore content in the textbook, journal articles, and content from class and apply that to personal injury history.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Written homework	Various scenarios on mechanism of injury and location of trauma to determine injury diagnosis every other week.	In and Out of Class
Critiques	Read several journal articles on relevant topics in sports medicine and write an article critique.	In and Out of Class
Presentations/student demonstration observations	Multiple skill demonstrations of taping and wrapping various body parts.	In and Out of Class
Product/project development evaluation	Peer evaluation on injury assessment and management project.	In and Out of Class
Mid-term and final evaluations	Five quizzes and several exams throughout the semester to assess content knowledge of material.	In and Out of Class
Term or research papers	Final cumulative research project on a musculoskeletal injury. Report on the mechanism, anatomy, and treatment of the chosen injury.	In and Out of Class

Assignments
Other In-class Assignments

1. Class discussion of study questions.
2. Written reports following guest speaker presentations.

Other Out-of-class Assignments

1. Participate in group activities that include assessment techniques.
2. Reading assignments.
3. Viewing of audio/visual presentations.
4. Written reports following guest speaker presentations.

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 Sports Medicine to enhance learning an application of principles from current readings. Use of video tutorials 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 component and 100% online option would improve access to students that are currently balancing their rigorous work, school and family responsibilities.

Other Information**Comparable Transfer Course Information****University System**

CSU

Campus

CSU San Bernardino

Course Number

KINE 2300

Course Title

Prevention and Care of Athletic Injuries

University System

CSU

Campus

CSU Fullerton

Course Number

KNES 200

Course Title

Foundations of Athletic Training

University System

CSU

Campus

San Diego State University

Course Number

ENS 265

Course TitleCare and Prevention of Athletic and Recreational Injuries

MIS Course Data**CIP Code**

51.0913 - Athletic Training/Trainer.

TOP Code

122800 - Athletic Training and Sports Medicine

SAM Code

C - Clearly 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

Yes

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

CCC000605860

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