

# KINE 004: ADVANCED SPORTS MEDICINE

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**Originator**

mdillon

**Justification / Rationale**

Adjusting audit.

**Effective Term**

Fall 2023

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

004

**Full Course Title**

Advanced Sports Medicine

**Short Title**

ADV SPORT MED

**Discipline****Disciplines List**

Kinesiology

**Modality**

Face-to-Face

100% Online

Hybrid

**Catalog Description**

This course provides an overview of the principles and scientific foundation of managing athletic injuries for students considering a career in Sports Medicine. Topics include injury prevention techniques, injury evaluation techniques, treatment and rehabilitation techniques for common athletic injuries.

**Schedule Description**

This course provides an overview of the principles and scientific foundation of managing athletic injuries for students considering a career in Kinesiology or Sports Medicine. Prerequisite: KINE 003

**Lecture Units**

3

**Lecture Semester Hours**

54

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Class Size Maximum**

30

**Prerequisite Course(s)**

KINE 003 or concurrent enrollment

**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 Education

**Year**

2019

**College Level**

Yes

**Flesch-Kincaid Level**

9.1

**ISBN #**

9780078022753

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**Resource Type**

Web/Other

**Description**

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

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**Entrance Skills**

Identify the health care services in sports and the role of the athletic trainer.

**Requisite Course Objectives**

KINE 003-Identify the professionals that comprise the sports medicine team and describe the role of the athletic trainer

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**Entrance Skills**

Identify the various loads that produce tissue injury and the three phases of tissue healing.

**Requisite Course Objectives**

 KINE 003-List and describe the mechanics of tissue injury and healing
 

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**Entrance Skills**

Identify the signs of a severe bleed, loss of consciousness, no signs of pulse, and absences of breath along with the appropriate care.

**Requisite Course Objectives**

 KINE 003-Describe signs, symptoms and management of life-threatening conditions
 

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**Entrance Skills**

Describe the HOPS format for injury evaluation (history, observation, palpation, special tests) and use correct medical nomenclature.

**Requisite Course Objectives**

 KINE 003-Describe the injury assessment process and define common assessment terms
 

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**Course Content**

1. Organization and administration of sports medicine care.
2. Recognition and appropriate referral for common sports injuries.
3. Management of emergency situations and appropriate activation of emergency medical services.
4. Recognition and management of common athletic injuries.

**Course Objectives**

	<b>Objectives</b>
Objective 1	Describe basic injury prevention guidelines and techniques for common sports injuries.
Objective 2	Describe and demonstrate preventative taping techniques for common sports injuries.
Objective 3	Demonstrate appropriate use of various protective equipment and devices.
Objective 4	Demonstrate basic injury assessment and evaluation techniques for common injuries.
Objective 5	Explain the differences in treatment modalities and equipment.
Objective 6	Execute appropriate warm-up, cool-down, and flexibility techniques.
Objective 7	Design and implement a record-keeping system for sports coverage and the sports medicine clinic.
Objective 8	Demonstrate appropriate rehabilitation techniques and design programs for common athletic injuries.
Objective 9	Review and discuss rehabilitation guidelines for a surgical case study.
Objective 10	Discuss the indications and contraindications of common over-the-counter drugs.
Objective 11	Discuss and critique a professional journal article.
Objective 12	Demonstrate the ability to communicate in writing and interview for admission to school or employment.
Objective 13	Describe the various mechanisms and characteristics of common athletic injuries.
Objective 14	Describe the tissue response to injury and demonstrate the appropriate intervention techniques to influence the three stages of healing.
Objective 15	List and explain professional goals and personal qualities essential for becoming a good allied healthcare provider.

**Student Learning Outcomes**

	<b>Upon satisfactory completion of this course, students will be able to:</b>
Outcome 1	Demonstrate assessment techniques for athletic related injuries.
Outcome 2	Demonstrate a variety of injury prevention techniques.
Outcome 3	Identify appropriate treatment methods for various athletic injuries.

**Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Participation	Watch videos on injury prevention training exercises and techniques and participate in the exercises.
Discussion	Peer discussion about topics on injury assessment, injury care, and injury treatment.
Demonstration, Repetition/Practice	Demonstration of taping and wrapping skills, injury evaluation special tests application, and oral injury evaluation simulations using the HOPS method.
Role Playing	Role play injury scenarios that incorporate the injury assessment process with a partner.

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Presentations/student demonstration observations	End of the semester poster board project and presentation on a case study that incorporates injury assessment, treatment, and rehabilitation skills learned throughout the semester.	In and Out of Class
Oral and practical examination	Written exams during the semester and a practical exam at the end of the semester (taping and wrapping exam).	In and Out of Class
Student participation/contribution	Discussion questions and small group presentation on sports medicine related topics.	In and Out of Class
Tests/Quizzes/Examinations	Quizzes, written exams, and final exam include all methods (a minimum of 100 questions).	In and Out of Class
Reading reports	Students will typically be assigned weekly reading assignments from the textbook and required to answer several critical thinking questions at the end of each chapter.	Out of Class Only
Critiques	Students will be asked to discuss and critique professional journal articles throughout the semester.	Out of Class Only

**Assignments**
**Other In-class Assignments**

1. Participate in group activities.
2. Class discussion of study questions.
3. Overview of advanced sports medicine skills and techniques.

**Other Out-of-class Assignments**

1. Reading assignments.
2. Study questions.
3. Poster board presentation on a case study that incorporates injury assessment, treatment, and rehabilitation skills learned throughout the semester.

**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 advanced sports medicine topics to encourage critical thinking and application of principles from current readings. Use of videos 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 section would improve our access to students that are currently balancing their rigorous schedules that may include work, family and school.

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

CSU

**Campus**

San Diego State University

**Course Number**

ENS 265L

**Course Title**

Care and Prevention of Athletic and Recreational Injuries Laboratory

## MIS Course Data

**CIP Code**

51.0913 - Athletic Training/Trainer.

**TOP Code**

122800 - Athletic Training and Sports Medicine

**SAM Code**

B - Advanced 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**

CCC000605861

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