

# KINE 012: CLINICAL EXPERIENCES IN SPORTS MEDICINE I

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**Originator**

mdillon

**Justification / Rationale**

Minor course modifications to align all Kinesiology Sports Medicine courses to have similar language to make degree more accessible to everyone interested in careers in Sports Medicine, not just athletic training.

**Effective Term**

Fall 2022

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

012

**Full Course Title**

Clinical Experiences in Sports Medicine I

**Short Title**

SPORT MED CLINIC I

**Discipline****Disciplines List**

Kinesiology

**Modality**

Face-to-Face

**Catalog Description**

This course will expose students to basic injury prevention and care. The student will observe and assist sports medicine clinicians in administering health care to their clientele. Skills to be learned and performed include prophylactic taping and wrapping, immediate injury management, basic rehabilitation exercises and modality application.

**Schedule Description**

This course will expose students to basic injury management and care. The students will learn the skills applicable to injury management and taping and wrapping. Prerequisite: KINE 003 or concurrent enrollment

**Lecture Units**

0

**Lab Units**

2

**Lab Semester Hours**

108

**In-class Hours**

108

**Out-of-class Hours**

0

**Total Course Units**

2

**Total Semester Hours**

108

**Class Size Maximum**

20

**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**

Mc Graw Hill

**Year**

2019

**College Level**

Yes

**Flesch-Kincaid Level**

9.1

**ISBN #**

13-9780078022753

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**Entrance Skills**

Demonstrate proficiency in locating and assessing basic surface anatomy landmarks and describe the significance of each landmark.

**Requisite Course Objectives**

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

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**Entrance Skills**

Demonstrate the ability to apply tissue phases of healing with appropriate exercises.

**Requisite Course Objectives**KINE 003-Identify and explain the phases of a therapeutic exercise program

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**Entrance Skills**

Apply the appropriate equipment on various body parts to reduce the risk of injury.

**Requisite Course Objectives**

KINE 003-Identify and discuss common protective equipment for the upper and lower body

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**Entrance Skills**

Apply first aid skills in the treatment of minor injuries in the sports medicine clinic.

**Requisite Course Objectives**

KINE 003-Demonstrate the appropriate basic first aid techniques for wound care and a variety of situations in the athletic training clinic

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**Entrance Skills**

Apply basic medical terminology to SOAP and HOPS documentation in the sports medicine clinic.

**Requisite Course Objectives**

KINE 003-Demonstrate the use of basic medical terminology appropriate for the care of athletic injuries.

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**Course Content**

1. Policies and procedures of sports medicine clinics
2. Emergency situations
3. Modalities
4. Sports Medicine terminology
5. Basic wound care and first aid
6. Introduction to surface anatomy and palpation
7. Prophylactic taping/wrapping

**Lab Content**

1. Policies and procedures of sports medicine clinics
2. Emergency situations
3. Modalities
4. Sports Medicine terminology
5. Basic wound care and first aid
6. Introduction to surface anatomy and palpation
7. Prophylactic taping/wrapping

**Course Objectives**

	<b>Objectives</b>
Objective 1	Assist in the daily administrative tasks and documentation in sports medicine clinics.
Objective 2	Evaluate an injured individual in various clinical settings.
Objective 3	Demonstrate proficiency in the safe and appropriate application of therapeutic modalities available in the sports medicine clinic.
Objective 4	Utilize basic medical terminology.
Objective 5	Demonstrate proficiency in locating and assessing basic surface anatomy landmarks via palpation and be able to discuss the significance of each landmark.
Objective 6	Demonstrate proficiency with prophylactic taping and wrapping.
Objective 7	Distinguish the most appropriate wound care and first aid techniques for a variety of situations.

**Student Learning Outcomes**

**Upon satisfactory completion of this course, students will be able to:**

- |           |   |
|-----------|---|
| Outcome 1 | Demonstrate accuracy in documentation of musculoskeletal injuries and efficiency in record keeping. |
| Outcome 2 | Demonstrate taping techniques for the foot, ankle, knee, wrist, and hand.                           |

**Methods of Instruction**

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Weekly discussions with clinicians on new injuries, patient management, sporting event set-up and clean-up, and best practices.
Self-exploration	Daily journaling of skills practiced and new skills learned.
Participation	Active participation in daily sports medicine operations.
Observation	Observing athletic contests for injury mechanism and injury evaluation.
Collaborative/Team	Partner work on competency based skills as outlined from course objectives.
Clinical	Managing daily treatment logs for rehabilitation progress and HOPS evaluations.
Laboratory	Daily practicing taping and wrapping skills, palpation of bony landmarks, and wound care management.

**Methods of Evaluation**

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Group activity participation/observation	Partner work for practicing taping, wrapping, palpation, and evaluation skills weekly.	In and Out of Class
Presentations/student demonstration observations	Case study presentation on the full spectrum of an athletic injury from initial injury, evaluation and diagnosis, care and treatment, rehabilitation, and return to play for end of the semester project.	In and Out of Class
Student participation/contribution	Daily practice with clinicians on assisting with SOAP notes, clinic operations, medical terminology, and event management.	In Class Only
Self/peer assessment and portfolio evaluation	Peer evaluations of case study presentations at the end of the semester.	In and Out of Class
Field/physical activity observations	Weekly sport event clinical observation for potential injury mechanism and injury evaluation.	In and Out of Class
Guided/unguided journals	Daily journaling of all skills and knowledge acquisition.	In and Out of Class
Written homework	Competencies in sports medicine will be discussed and practiced weekly.	In and Out of Class

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

1. Be prepared to demonstrate an ankle tape job.
2. Complete worksheet on medical terminology.
3. Demonstrate the proper application of prophylactic taping and wrapping with various injuries.
4. Demonstrate your ability to palpate major anatomical landmarks.
5. List the functions of the 12 cranial nerves.

**Other Out-of-class Assignments**

1. Reading
2. Skill practice
3. Case study presentation on a poster board
4. Journaling

**Grade Methods**

Letter Grade Only

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

CSU

**Campus**

CSU Fresno

**Course Number**

Kines 43

**Course Title**

Preliminary Athletic Training Laboratory

**Catalog Year**

2015-2016

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**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**

Transferable to both UC and CSU

**General Education Status**

Y = Not applicable

**Support Course Status**

N = Course is not a support course

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

3/18/2021

**Academic Senate Approval Date**

3/25/2021

**Board of Trustees Approval Date**

4/16/2021

**Chancellor's Office Approval Date**

08/06/2021

**Course Control Number**

CCC000626280

**Programs referencing this course**

Sports Medicine AS Degree (<http://catalog.collegeofthedesert.eduundefined/?key=67>)