KINS 16A: PREVENTION OF ATHLETIC INJURIES

Foothill College Course Outline of Record

<table>
<thead>
<tr>
<th>Heading</th>
<th>Value</th>
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<tbody>
<tr>
<td>Effective Term:</td>
<td>Summer 2023</td>
</tr>
<tr>
<td>Units:</td>
<td>3</td>
</tr>
<tr>
<td>Hours:</td>
<td>2 lecture, 3 laboratory per week (60 total per quarter)</td>
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<tr>
<td>Advisory:</td>
<td>Internet access to complete quizzes, discussions, and assignments; not open to students with credit in H P 67A, PHED 16A or 67A.</td>
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<tr>
<td>Degree &amp; Credit Status:</td>
<td>Degree-Applicable Credit Course</td>
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<tr>
<td>Foothill GE:</td>
<td>Area VII: Lifelong Learning</td>
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<tr>
<td>Transferable:</td>
<td>CSU/UC</td>
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<tr>
<td>Grade Type:</td>
<td>Letter Grade (Request for Pass/No Pass)</td>
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<tr>
<td>Repeatability:</td>
<td>Not Repeatable</td>
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Student Learning Outcomes

• The student will demonstrate proficiency in the techniques of ankle taping to prevent injury.
• The student will design a warm up program to prevent musculoskeletal injuries.

Description

Athletic injury prevention is emphasized through pre-participation physical exams, exercise programs, preventative taping, proper fitting of equipment, and protective braces.

Course Objectives

The student will be able to:

a. Identify basic musculo-skeletal anatomy
b. Apply various adhesive strapping techniques to prevent injuries to joints
c. Apply various elastic wrapping techniques to add support to injured muscles
d. Demonstrate flexibility exercises to stretch major muscle groups
e. List the necessary items in a first aid kit
f. Identify inflexible muscle groups that predispose someone to injury
g. Employ knowledge of muscle anatomy by designing sport specific pre-activity warm-ups
h. Discuss cultural differences in prevention care

Course Content

a. General considerations
   i. Communication
   ii. Pre-participation
   iii. Practice locations
   iv. Warm-up conditions
   v. Nutrition
   vi. Protective equipment, braces
b. Foot, ankle, lower leg
   i. Predisposing conditions
   ii. Mechanisms of injury
   iii. Injury prevention through exercise
   iv. Protective adhesive strappings
c. Knee, thigh, pelvis
   i. Predisposing conditions
   ii. Mechanisms of injury
   iii. Injury prevention through exercise
   iv. Protective adhesive strappings
d. Spine, thoracic, abdomen
   i. Predisposing conditions
   ii. Mechanisms of injury
   iii. Injury prevention through exercise
   iv. Protective adhesive strappings
e. Shoulder and the upper extremity
   i. Predisposing conditions
   ii. Mechanisms of injury
   iii. Injury prevention through exercise
   iv. Protective adhesive strappings

Lab Content

Hands-on practice for athletic injury prevention, including bandaging, taping, manual resistance exercise, musculo-skeletal screening, warm-up stretching techniques.

Special Facilities and/or Equipment

1. When taught as an online distance learning or hybrid section, students and faculty need ongoing and continuous internet and email access.
2. Injury treatment laboratory, athletic tape, and elastic bandages.

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Notebook
Quizzes
Research projects
Practical examination

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture and slide presentations concerning athletic injury prevention
Periods of practical question-answer sessions concerning athletic injury prevention

Representative Text(s) and Other Materials

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

a. Reading assignments from text
b. Discussion/chat online
c. Research and preparation of presentations and programs

Discipline(s)
Physical Education