

KINS 16A: PREVENTION OF ATHLETIC INJURIES

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2021
Units:	3
Hours:	2 lecture, 3 laboratory per week (60 total per quarter)
Advisory:	Internet access to complete quizzes, discussions and assignments; not open to students with credit in H P 67A, PHED 16A or 67A.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Area VII: Lifelong Learning
Transferable:	CSU/UC
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

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:

- identify basic musculo-skeletal anatomy.
- apply various adhesive strapping techniques to prevent injuries to joints.
- apply various elastic wrapping techniques to add support to injured muscles.
- demonstrate flexibility exercises to stretch major muscle groups.
- list the necessary items in a first aid kit.
- identify inflexible muscle groups that predispose someone to injury.
- employ knowledge of muscle anatomy by designing sport specific pre-activity warm-ups.
- discuss cultural differences in prevention care.

Course Content

- General Considerations
 - Communication
 - Pre-participation
 - Practice locations
 - Warm-up conditions
 - Nutrition
 - Protective equipment, braces
- Foot, Ankle, Lower Leg

- Predisposing conditions
 - Mechanisms of injury
 - Injury prevention through exercise
 - Protective adhesive strappings
- Knee, Thigh, Pelvis
 - Predisposing conditions
 - Mechanisms of injury
 - Injury prevention through exercise
 - Protective adhesive strappings
 - Spine, Thoracic, Abdomen
 - Predisposing conditions
 - Mechanisms of injury
 - Injury prevention through exercise
 - Protective adhesive strappings
 - Shoulder and the Upper Extremity
 - Predisposing conditions
 - Mechanisms of injury
 - Injury prevention through exercise
 - 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

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

Method(s) of Evaluation

Notebook
Quizzes
Research projects
Practical examination

Method(s) of Instruction

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

Representative Text(s) and Other Materials

Prentice, William E.. *Arnheim's Principles of Athletic Training*. 2017.

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

- Reading assignments from text
- Discussion/chat online
- Research and preparation of presentations and programs

Discipline(s)

Physical Education