

KINS 16B: EMERGENCY ATHLETIC INJURY CARE

Foothill College Course Outline of Record

Heading	Value
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 67B, PHED 16B or 67B.
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 qualify for American Red Cross CPR Certification.
- The student will qualify for American Red Cross First Aid Certification

Description

American Red Cross Standard First Aid/CPR certificates are available upon completion of the course. Basic injury recognition and emergency response of acute trauma. Practical hands-on skills are emphasized in laboratories.

Course Objectives

The student will be able to:

- demonstrate American Red Cross First Aid skills.
- demonstrate American Red Cross CPR skills.
- review basic anatomy and physiology.
- recognize basic signs and symptoms of athletic injury trauma.
- apply basic first aid skills to mock athletic injuries.
- explain basic athletic injury recognition.
- demonstrate basic athletic injury recognition.
- discuss approaches to emergency care in other cultures.

Course Content

- Basic Emergency Injury Response
 - Communication
 - Scope and liability
 - CPR
 - Standard first aid
 - Emergency procedures
- Acute Athletic Injury Trauma Recognition
 - Primary/secondary evaluation
 - History
 - Inspection
 - Palpation
 - Functional tests
- Head and Neck Trauma

- Basic injury anatomy
 - Specific subjective questions
 - Vital inspections
 - Cranial nerve functions and tests
 - First aid
- Upper Extremity Trauma
 - Review basic injury anatomy
 - Specific subjective evaluation
 - Bilateral inspections
 - Palpation/functional tests
 - First aid
 - Spine Thoracic Abdominal Trauma
 - Review basic injury anatomy
 - Special subjective evaluation
 - Vital signs and symptoms
 - Palpation/functional tests
 - First aid
 - Lower Extremity Trauma
 - Review basic injury anatomy
 - Subjective evaluation
 - Bilateral inspection
 - Palpation/functional tests
 - First aid

Lab Content

- Hands-on practice with CPR manicans
- Hands-on evaluation of musculo-skeletal injuries
- Hands-on practice of basic first aid skills

Special Facilities and/or Equipment

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

Method(s) of Evaluation

- Quizzes
- First Aid/CPR Exam
- Written Project
- Oral/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*. New York, NY: McGraw-Hill, 2016.

American Red Cross. *First Aid/CPR/AED Participants Manual*. American Red Cross, 2015.

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

- Weekly reading assignments from texts

B. Discussions/chat online

Discipline(s)

Physical Education