

KINS 16B: EMERGENCY ATHLETIC INJURY CARE

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
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:

1. Demonstrate American Red Cross First Aid skills
2. Demonstrate American Red Cross CPR skills
3. Review basic anatomy and physiology
4. Recognize basic signs and symptoms of athletic injury trauma
5. Apply basic first aid skills to mock athletic injuries
6. Explain basic athletic injury recognition
7. Demonstrate basic athletic injury recognition
8. Discuss approaches to emergency care in other cultures

Course Content

1. Basic emergency injury response
 - a. Communication
 - b. Scope and liability
 - c. CPR
 - d. Standard first aid
 - e. Emergency procedures
2. Acute athletic injury trauma recognition
 - a. Primary/secondary evaluation
 - b. History

- c. Inspection
 - d. Palpation
 - e. Functional tests
3. Head and neck trauma
 - a. Basic injury anatomy
 - b. Specific subjective questions
 - c. Vital inspections
 - d. Cranial nerve functions and tests
 - e. First aid
 4. Upper extremity trauma
 - a. Review basic injury anatomy
 - b. Specific subjective evaluation
 - c. Bilateral inspections
 - d. Palpation/functional tests
 - e. First aid
 5. Spine thoracic abdominal trauma
 - a. Review basic injury anatomy
 - b. Special subjective evaluation
 - c. Vital signs and symptoms
 - d. Palpation/functional tests
 - e. First aid
 6. Lower extremity trauma
 - a. Review basic injury anatomy
 - b. Subjective evaluation
 - c. Bilateral inspection
 - d. Palpation/functional tests
 - e. First aid

Lab Content

1. Hands-on practice with CPR mannequins
2. Hands-on evaluation of musculo-skeletal injuries
3. Hands-on practice of basic first aid skills

Special Facilities and/or Equipment

1. Injury treatment laboratory/classroom.
2. 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

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

Quizzes
First Aid/CPR exam
Written project
Oral/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

Prentice, William E.. Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice. 2021.

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

1. Weekly reading assignments from texts
2. Discussions/chat online

Discipline(s)

Physical Education