

# KINS 16C: TREATMENT & REHABILITATION OF ATHLETIC INJURIES

## Foothill College Course Outline of Record

Heading	Value
<b>Effective Term:</b>	Summer 2025
<b>Units:</b>	3
<b>Hours:</b>	2 lecture, 3 laboratory per week (60 total per quarter)
<b>Advisory:</b>	Internet access to complete quizzes, discussions, and assignments; not open to students with credit in H P 67C, PHED 16C or 67C.
<b>Degree &amp; Credit Status:</b>	Degree-Applicable Credit Course
<b>Foothill GE:</b>	Area 7: Lifelong Learning
<b>Transferable:</b>	CSU/UC
<b>Grade Type:</b>	Letter Grade (Request for Pass/No Pass)
<b>Repeatability:</b>	Not Repeatable

## Student Learning Outcomes

- The student will design a Year Round Conditioning Program for a rehabilitating athlete
- The student will design a Injury Rehabilitation Program for an injured athlete.

## Description

Follow-up injury treatment, phases of tissue healing, and stages of rehabilitation, including therapeutic modalities.

## Course Objectives

The student will be able to:

- Review basic anatomy and physiology
- Discuss the components of a pre-participation physical examination
- Memorize the indications and contra-indications of different therapeutic treatments
- Demonstrate proper use of machine and free weight exercise equipment
- Formulate exercise protocols to strengthen different areas of the body
- Explain the phases of tissue healing
- Design treatment protocols for the different phases of healing
- Discuss cultural differences in treatment and rehabilitation

## Course Content

- Musculo-skeletal injury
  - Upper extremities
  - Lower extremities
  - Bio-mechanics

- Basic exercise theory
  - Strength, power, endurance
  - Free weights
  - Machine based weight equipment
  - Nutritional considerations
- Treatment theory
  - Ice
  - Heat
  - Ultrasound
  - Electrical stimulation
  - Traction
  - Manual techniques
  - Stages of rehabilitation
  - Tissue healing
  - Application of treatments

## Lab Content

- Practical use of exercise equipment in wellness center
- Practical use of therapeutic modalities
- Application and practical use of exercise for rehabilitation, conditioning, and athletic performance
- Online quizzes, assignments, discussions

## Special Facilities and/or Equipment

- Injury treatment laboratory/classroom.
- Wellness exercise center.
- Therapeutic modalities.
- 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  
Research project

## 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 from text
2. Discussion/chat online

## **Discipline(s)**

Physical Education