

KINS 62A: CLINICAL EXPERIENCES IN SPORTS MEDICINE I

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Advisory:	Not open to students with credit in H P 52A or PHED 62A.
Degree & Credit Status:	Degree-Applicable Credit Course
Foothill GE:	Non-GE
Transferable:	CSU
Grade Type:	Letter Grade (Request for Pass/No Pass)
Repeatability:	Not Repeatable

Student Learning Outcomes

- Perform preventative ankle taping
- Perform stretching techniques for the upper and lower extremity

Description

Hands-on experience in athletic emergency care, athletic injury prevention, therapeutic treatment, and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Observation of orthopedic surgical procedures with the permission of the team physician is available.

Course Objectives

The student will be able to:

1. Demonstrate primary workplace skills
2. Demonstrate taping and wrapping skills
3. Demonstrate manual therapy techniques
4. Demonstrate use of therapeutic modalities

Course Content

1. Primary workplace skills
 - a. Communication
 - b. Body mechanics and personal safety
 - c. Patient safety
 - d. Daily maintenance of equipment and facilities
 - e. Stocking of daily supplies
 - f. Stocking of first aid kits
 - g. Coverage of practices and games
2. Taping and wrapping skills
 - a. Foot taping
 - b. Ankle taping
 - c. Knee taping
 - d. Thigh and hip wrapping

- e. Shoulder taping and wrapping
 - f. Elbow taping
 - g. Wrist, hand, and finger taping
3. Manual therapy
 - a. Upper extremity stretching
 - b. Lower extremity stretching
 4. Therapeutic modalities
 - a. Cryotherapy
 - b. Thermotherapy
 - c. Hydrotherapy
 - d. Electrical stimulation
 - e. Ultrasound
 - f. Light therapy

Lab Content

Instructor discussion and demonstration will teach:

1. Primary workplace skills
 - a. Communication
 - b. Body mechanics and personal safety
 - c. Patient safety
 - d. Daily maintenance of equipment and facilities
 - e. Stocking of daily supplies
 - f. Stocking of first aid kits
 - g. Coverage of practices and games
2. Taping and wrapping skills
 - a. Foot taping
 - b. Ankle taping
 - c. Knee taping
 - d. Thigh and hip wrapping
 - e. Shoulder taping and wrapping
 - f. Elbow taping
 - g. Wrist, hand, and finger taping
3. Manual therapy
 - a. Upper extremity stretching
 - b. Lower extremity stretching
4. Therapeutic modalities
 - a. Cryotherapy
 - b. Thermotherapy
 - c. Hydrotherapy
 - d. Electrical stimulation
 - e. Ultrasound
 - f. Light therapy

Special Facilities and/or Equipment

None required.

Method(s) of Evaluation

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

Physical skills and performance will be evaluated by direct instructor observation
Skill understanding will be evaluated through written explanation

Method(s) of Instruction

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

Hands-on practical instruction
In-service and workshop instruction
Written summaries

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. Written explanation of theories, indications, and contraindications of therapeutic modality use

Discipline(s)

Physical Education