

# KINS 62A: CLINICAL EXPERIENCES IN SPORTS MEDICINE I

## Foothill College Course Outline of Record

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