

# KINS 62B: CLINICAL EXPERIENCES IN SPORTS MEDICINE II

## Foothill College Course Outline of Record

Heading	Value
<b>Units:</b>	3
<b>Hours:</b>	9 laboratory per week (108 total per quarter)
<b>Prerequisite:</b>	KINS 62A.
<b>Advisory:</b>	Not open to students with credit in H P 52A or PHED 62B.
<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 soft tissue massage techniques
- Describe theoretical use of therapeutic modalities

## 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:

- Demonstrate equipment and bracing skills
- Demonstrate basic first aid skills
- Demonstrate manual therapy techniques
- Demonstrate and understand use of therapeutic modalities

## Course Content

- Equipment and Bracing Skills
  - Football helmet fitting
  - Football equipment fitting
  - Orthoplast pad design and application
  - Donut pad design and use
  - Ankle bracing
  - Knee bracing
  - Shoulder bracing
  - Elbow bracing
  - Wrist and thumb bracing
- Basic First Aid Skills
  - CPR certification
  - First aid certification
  - Wound care
  - Heat illness care knowledge
  - Crutch use

- Ability to measure blood pressure
- Manual Therapy
    - Stroking, petrissage, tapotement massage techniques
    - Cross-friction massage techniques
    - Effleurage massage techniques
  - Therapeutic Modalities
    - Cryotherapy
    - Thermotherapy
    - Hydrotherapy
    - Electrical stimulation
    - Ultrasound
    - Light therapy

## Lab Content

Instructor discussion and demonstration will teach:

- Equipment and Bracing Skills
  - Football helmet fitting
  - Football equipment fitting
  - Orthoplast pad design and application
  - Donut pad design and use
  - Ankle bracing
  - Knee bracing
  - Shoulder bracing
  - Elbow bracing
  - Wrist and thumb bracing
- Basic First Aid Skills
  - CPR certification
  - First aid certification
  - Wound care
  - Heat illness care knowledge
  - Crutch use
  - Ability to measure blood pressure
- Manual Therapy
  - Stroking, petrissage, tapotement massage techniques
  - Cross-friction massage techniques
  - Effleurage massage techniques
- Therapeutic Modalities
  - Cryotherapy
  - Thermotherapy
  - Hydrotherapy
  - Electrical stimulation
  - Ultrasound
  - Light therapy

## Special Facilities and/or Equipment

None required.

## Method(s) of Evaluation

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

## Method(s) of Instruction

Lecture, demonstration and laboratory.

## **Representative Text(s) and Other Materials**

Prentice, William E. Principles of Athletic Training: A Competency-Based Approach. 15th ed. New York, NY: McGraw-Hill Publishing, 2014.

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

Explanation of theories, indications and contraindications of therapeutic modality use.

## **Discipline(s)**

Physical Education