

KINS 62B: CLINICAL EXPERIENCES IN SPORTS MEDICINE II

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Summer 2023
Units:	3
Hours:	9 laboratory per week (108 total per quarter)
Prerequisite:	KINS 62A.
Advisory:	Not open to students with credit in H P 52A or PHED 62B.
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

- Describe theoretical use of therapeutic modalities
- Perform soft tissue massage techniques

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 equipment and bracing skills
2. Demonstrate basic first aid skills
3. Demonstrate manual therapy techniques
4. Demonstrate and understand use of therapeutic modalities

Course Content

1. Equipment and bracing skills
 - a. Football helmet fitting
 - b. Football equipment fitting
 - c. Orthoplast pad design and application
 - d. Donut pad design and use
 - e. Ankle bracing
 - f. Knee bracing
 - g. Shoulder bracing
 - h. Elbow bracing
 - i. Wrist and thumb bracing
2. Basic first aid skills

- a. CPR certification
 - b. First aid certification
 - c. Wound care
 - d. Heat illness care knowledge
 - e. Crutch use
 - f. Ability to measure blood pressure
3. Manual therapy
 - a. Stroking, petrissage, tapotement massage techniques
 - b. Cross-friction massage techniques
 - c. Effleurage massage techniques
 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. Equipment and bracing skills
 - a. Football helmet fitting
 - b. Football equipment fitting
 - c. Orthoplast pad design and application
 - d. Donut pad design and use
 - e. Ankle bracing
 - f. Knee bracing
 - g. Shoulder bracing
 - h. Elbow bracing
 - i. Wrist and thumb bracing
2. Basic first aid skills
 - a. CPR certification
 - b. First aid certification
 - c. Wound care
 - d. Heat illness care knowledge
 - e. Crutch use
 - f. Ability to measure blood pressure
3. Manual therapy
 - a. Stroking, petrissage, tapotement massage techniques
 - b. Cross-friction massage techniques
 - c. Effleurage massage techniques
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 evaluation 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:

Lecture
Demonstration
Laboratory

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. Complete certification in cardiopulmonary resuscitation (CPR) and first aid

Discipline(s)

Physical Education