

KINS 62C: CLINICAL EXPERIENCES IN SPORTS MEDICINE III

Foothill College Course Outline of Record

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

- Demonstrate foot, ankle, and lower leg injury evaluation
- Identify muscles used during various free weight and variable resistance machine exercises

Description

Hands-on experience in emergency care, injury prevention, treatment and rehabilitation of athletic injuries in the on-campus Athletic Treatment Center. Off-campus athletic training facilities and outpatient physical therapy clinics may also be utilized for the internship. Observation of orthopedic surgical procedures with the permission of the team physician is available.

Course Objectives

The student will be able to:

- Demonstrate injury evaluation skills for the lower extremity
- Demonstrate on-field emergency evaluation and first aid response
- Demonstrate fundamentals of exercise
- Instruct beginning students on novice skills

Course Content

- Injury evaluation skills for the lower extremity
 - Evaluation of foot, ankle, lower leg
 - Evaluation of knee
 - Evaluation of thigh, hip and groin
- On-field emergency evaluation and first aid response
 - Head injury
 - Cranial nerves (II - XII)
 - Mental capacity testing
 - Fundamentals of exercise
 - Isotonic/variable resistance exercise machines
 - Upper extremity
 - Lower extremity
 - Free weights/constant resistance exercise
 - Upper extremity

- Lower extremity
- Proprioceptive neuromuscular facilitation (PNF)
 - Upper extremity
 - Lower extremity
 - Student instruction
 - KINS 62A/62B educational session

Lab Content

Instructor lecture and demonstration will teach:

- Injury evaluation skills for the lower extremity
 - Evaluation of foot, ankle, lower leg
 - Evaluation of knee
 - Evaluation of thigh, hip and groin
- On-field emergency evaluation and first aid response
 - Head injury
 - Cranial nerves (II - XII)
 - Mental capacity testing
 - Fundamentals of exercise
 - Isotonic/variable resistance exercise machines
 - Upper extremity
 - Lower extremity
 - Free weights/constant resistance exercise
 - Upper extremity
 - Lower extremity
 - Proprioceptive neuromuscular facilitation (PNF)
 - Upper extremity
 - Lower extremity
 - Student instruction
 - KINS 62A/62B educational session

Special Facilities and/or Equipment

None required.

Method(s) of Evaluation

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

Method(s) of Instruction

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

Description of exercise techniques with correlating muscle use.

Discipline(s)

Physical Education