

# KINS 62D: CLINICAL EXPERIENCES IN SPORTS MEDICINE IV

## 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 62C.
<b>Advisory:</b>	Not open to students with credit in PHED 62D.
<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

- Demonstrate shoulder injury evaluation
- Design functional rehabilitation program for the lower extremity

## 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 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 upper 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 upper extremity
  - Evaluation of the wrist, hand, thumb and fingers
  - Evaluation of the elbow
  - Evaluation of the shoulder
- On-field emergency evaluation and first aid response
  - Cervical spine injury
  - Thoracic spine injury
  - Lumbar spine injury
  - Internal injury
- Fundamentals of exercise
  - Functional rehabilitation exercises
    - Upper extremity
    - Lower extremity
  - Year-round exercise program design
- Student instruction

- KINS 62A/62B educational session

## Lab Content

Instructor discussion and demonstration will teach:

- Injury evaluation skills for the upper extremity
  - Evaluation of the wrist, hand, thumb and fingers
  - Evaluation of the elbow
  - Evaluation of the shoulder
- On-field emergency evaluation and first aid response
  - Cervical spine injury
  - Thoracic spine injury
  - Lumbar spine injury
  - Internal injury
- Fundamentals of exercise
  - Functional rehabilitation exercises
    - Upper extremity
    - Lower extremity
  - Year-round exercise program design
- 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 course with observation and skill demonstrations.

## 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

Detailed explanation of a year-long exercise program.

## Discipline(s)

Physical Education