

KINS 62D: CLINICAL EXPERIENCES IN SPORTS MEDICINE IV

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 62C.
Advisory:	Not open to students with credit in PHED 62D.
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 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:

1. Demonstrate injury evaluation skills for the upper extremity
2. Demonstrate on-field emergency evaluation and first aid response
3. Demonstrate fundamentals of exercise
4. Instruct beginning students on novice skills

Course Content

1. Injury evaluation skills for the upper extremity
 - a. Evaluation of the wrist, hand, thumb, and fingers
 - b. Evaluation of the elbow
 - c. Evaluation of the shoulder
2. On-field emergency evaluation and first aid response
 - a. Cervical spine injury
 - b. Thoracic spine injury
 - c. Lumbar spine injury
 - d. Internal injury
3. Fundamentals of exercise

- a. Functional rehabilitation exercises
 - i. Upper extremity
 - ii. Lower extremity
 - b. Year-round exercise program design
4. Student instruction
 - a. KINS 62A/62B educational session

Lab Content

Instructor discussion and demonstration will teach:

1. Injury evaluation skills for the upper extremity
 - a. Evaluation of the wrist, hand, thumb, and fingers
 - b. Evaluation of the elbow
 - c. Evaluation of the shoulder
2. On-field emergency evaluation and first aid response
 - a. Cervical spine injury
 - b. Thoracic spine injury
 - c. Lumbar spine injury
 - d. Internal injury
3. Fundamentals of exercise
 - a. Functional rehabilitation exercises
 - i. Upper extremity
 - ii. Lower extremity
 - b. Year-round exercise program design
4. Student instruction
 - a. KINS 62A/62B educational session

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:

Laboratory course with observation and skill demonstrations

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 detailed explanation of a year-long exercise program

Discipline(s)

Physical Education