

Required Text: Arnheim, Daniel D. and Prentice, William E. Principles of Athletic Training, Mosby Year Book 10th ed.

#### COURSE DESCRIPTION:

This course teaches the principles, techniques, and ethics used by the athletic trainer in the care and prevention of athletic injuries. The scope of this class includes identification of common athletic injuries, their causes and preventative measures, first aid treatment, and associated follow-up care.

#### COURSE OBJECTIVES:

This course is designed to provide the future coach, physical educator, and athletic trainer with the basic theoretical knowledge and technical skills necessary for the proper and effective management of common sports related injuries.

Specific objectives include development of the student's:

Appreciation of the legal and moral responsibility to provide proper health care services for injured athletes.

Understanding of the proper role of the coach, physical educator, and athletic trainer in the prevention, initial management, and rehabilitation of sports related injuries.

Understanding of the proper role of the coach, physical educator, and athletic trainer in the prevention, initial management, and rehabilitation of sports related injuries.

Ability to recognize the characteristic signs and symptoms of common sports related injuries.

Ability to apply protective taping, bandaging, and special padding for common sports related injuries.

#### ATTENDANCE POLICY:

Attendance is required and roll will be taken each day. Any excused absence requires an authorized note and is subject to validation by the instructor. It is the responsibility of the student to notify the instructor of circumstances which will prevent attendance at any meeting of the class. Students may notify instructors by e-mail or by phone using the number listed on the course syllabus. Each student will receive active class participation points. An absence will result in a loss of those points. Each tardy will result in a reduction of active class participation points. It is the student's responsibility to get the notes, handouts, and any announcements after an absence. Instructor reserves the right to exclude or fail any student when absences in hours exceed the number of hours the class meets per week. Not attending the final exam will result in a deduction of your grade by one letter.

#### COURSE REQUIREMENTS:

A quiz will be given at the beginning of each class. If you are late to class or absent, you will NOT be given the quiz. A final written comprehensive examination will also be given. Cheating on exams will not be tolerated. You will be warned and then subject to being dropped from the class. In addition to the written examinations, assignments and labs will be assigned. The student will be required to successfully perform introductory skills. CELL PHONES must be TURNED OFF (not on vibrate) during class. The instructor reserves the right to excuse any student from the remainder of a class for engaging in cell phone activity.

#### STUDENT LEARNING OUTCOMES:

Students create a nutritional and training guideline for sports-related injury prevention.

Students analyze all the major muscle groups and muscle functions in relation to sports injuries.

Students evaluate and treat sport-related injuries.

East Los Angeles College • Spring, 2019

KIN 128 • Care and Prevention of Athletic Injuries • Section # 14584/14592 • F, 9:00a - 11:05a/11:05a - 1:10p

Dr. Diane Stankevitz, DAT, MS, ATC, CSCS, EMT

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Assignment	Points
Active Participation and Homework Assignments	20
Weekly Quizzes	20
Lab Hours	20
Practical Assignment	20
Final	20
<b>Total Semester Points</b>	<b>100</b>
90% to 100% = A	90 to 100
80% to 89% = B	80 to 89
70% to 79% = C	70 to 79
60% to 69% = D	60 to 69
59% and Below = F	59 and below

Date	Activities & Assignments
Friday, February 08, 2019	Orientation/Adds
Friday, February 15, 2019	Holiday - No Class
Friday, February 22, 2019	Anatomy
Friday, March 01, 2019	Quiz - Anatomy Chapter 10: Tissue Injury Response
Friday, March 08, 2019	Quiz - Chapter 10 Chapter 9: Sports Trauma Lab - Letter of Recommendation
Friday, March 15, 2019	Quiz - Chapter 9 Chapter 1: The Athletic Trainer and the Sports Medicine Team Chapter 3: Legal Concerns and Insurance Issues Chapter 7: Protective Sports Equipment Chapter 14: Bloodborne Pathogens
Friday, March 22, 2019	Quiz - Chapters 1, 3, 7, 14 Chapter 12: On-the-Field Acute Care and Emergency Procedures Chapter 13: Off-the-Field Injury Evaluation Lab - Injury Reporting Skills
Friday, March 29, 2019	Chapter 8: Taping Lab - Taping Skills
Friday, April 12, 2019	Quiz - Chapters 12 and 13 Chapter 4: Training and Conditioning Techniques
Friday, April 19, 2019	Quiz - Chapter 4 Chapter 5: Nutritional Considerations Lab - Calorie Count
Friday, April 26, 2019	Quiz - Chapter 5 Chapter 6: Environmental Considerations
Friday, May 03, 2019	Quiz - Chapter 6 Taping and Practical Skills Testing
Friday, May 10, 2019	CPR Lecture Lab - CPR Skills Quiz - CPR Research Articles
Friday, May 17, 2019	Review for Final
Friday, May 24, 2019	
Friday, May 31, 2019	Final - Not attending this day will lower your grade by one letter