

# KIN 182: CARE AND PREVENTION OF ATHLETIC INJURIES

## Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2021
Credits:	3
Total Contact Hours:	54
Lecture Hours :	54
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	108
Strongly Recommended:	ENGL 101.
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

## Catalog Course Description

This course is an overview of sports medicine, intended for those students in the fields of physical education, coaching and athletic training. This course covers the basics of exercise physiology, biomechanics, human motor learning, sports injuries and other special topics in sports medicine. Material fee. 54 lecture hours.

## Course Objectives

- Explain athletic injuries and illness
- Formulate effective treatment methods
- Assess injury trends
- Analyze and recommend conditioning methods to athletes
- Anticipate sport safety problems
- Apply the principles of basic anatomy and physiology to the body's response to exercise and to injury
- Demonstrate a working knowledge of acute and chronic physiological adaptation which occur during exercise and injury

## Major Course Content

1. Basic Physiology of Exercise
  - a. Skeletal muscle physiology
  - b. Nervous system
  - c. Respiratory system
  - d. Circulatory system
  - e. Endocrine system
  - f. Temperature regulation
2. Sports Injuries and Medicines
  - a. Orthopaedics
  - b. Tissue response to injury & infection
  - c. Common musculoskeletal conditions
  - d. The biomechanics of movement
  - e. Physical conditioning and therapeutic exercise

- f. Treatment of acute and chronic injuries
- g. Nutrition and supplements

## Suggested Reading Other Than Required Textbook

Professional journal articles Instructor handouts Professional organization website research documents

## Examples of Required Writing Assignments

Athletic Training observation journal Professional journal article critiques Essays pertaining to care of athletic injuries A written paper describing an Emergency Action Plan and observation assignment of a Certified Athletic Trainer.

## Examples of Outside Assignments

Athletic training room observation hours Athletic contests observation hours Oral presentations(preparation outside of class)

## Instruction Type(s)

Lecture, Online Education Lecture