



**Contra Costa College
Course Outline**

Department & Number	Kinesiology 198	Number of Weeks	18
Course Title	Care and Prevention of Athletic Injuries	Lecture Hours	54
Prerequisite		Lab Hours	
Co-requisite		Hours By Arrangement	
		Activity Hours	
		Units	3

COURSE/CATALOG

This course is designed to provide students interested in the health care fields such as athletic training, physical therapy, nursing, and medicine with an introductory class in the recognition and basic management of athletic injuries. It is also designed to prepare coaches, physical educators, and parents to identify common athletic injuries, provide basic initial care, and access necessary medical personnel. Not repeatable.

COURSE OBJECTIVE

At the completion of the course the student will be able to:

Demonstrate and describe a working knowledge and understanding of athletic training principles.
Identify the basic skeletal-muscular anatomy associated with athletic injuries.
Demonstrate skill in recognition and immediate care of common injuries..
Demonstrate skill in taping, wrapping, and padding of injuries in both the care of and prevention of those injuries.

COURSE CONTENT: (In detail; attach additional information as needed and include percentage breakdown)

25	%	Tests (multiple choice, fill-in, short answer)
25	%	Term paper
25	%	Skills demonstration
25	%	Class competition

METHODS OF INSTRUCTION

Online instruction
Videos and other multi-media
Skill Demonstrations and discussion

INSTRUCTIONAL

Textbook Title: Arnheim's principles of Athletic Training

Author: William E. Prentice

Publisher: McGraw-Hill Co.,

Edition/Date: 14th Ed. 2012

COURSE EXPECTATIONS (List estimated average number of hours per week)

Reading – 3 hour per weeks
Outside practice – 2 hours per week (taping, wrapping, padding, etc.)
Writing – 1 hour per week

STUDENT EVALUATION: (Show percentage breakdown for evaluation instruments)

40	%	Written midterm tests (20%), Weekly Quizzes (20%)
20	%	Written assignments (10%), Class participation (open discussions) (10%)
20	%	Final Exam (objective exam)
20	%	Practical Final (wrapping, massage, equipment usage etc)

GRADING POLICY (Choose LG, CR/NC, or SC)

90% - 100% = A
 80% - 89% = B
 70% - 79% = C
 60% - 69% = D
 Below 60% = F

70% and above = Credit
 Below 70% = No Credit

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Prepared by:

Beth Goehring

Date: Semester/Year

Spring/2013