

PALOMAR COLLEGE
COURSE OUTLINE RECORD FOR
DEGREE CREDIT COURSE

Transfer course A.A. degree applicable course
(check all that apply)

COURSE NUMBER AND TITLE: PE 176 Athletic Training

UNIT VALUE: 3

MINIMUM NUMBER OF SEMESTER HOURS: 48

BASIC SKILLS REQUIREMENTS: Appropriate language skills

ENTRANCE REQUIREMENTS

PREREQUISITE: None

COREQUISITE: None

RECOMMENDED PREPARATION: None

SCOPE OF COURSE:

An overview of the field of sports medicine with an emphasis on the prevention, recognition, evaluation, first-aid, and treatment of athletic injuries.

SPECIFIC COURSE OBJECTIVES:

The successful student will:

1. apply principles of general and specific stretching and/or conditioning programs for the prevention of injuries.
2. identify the need for good nutrition in order to be able to perform athletic activities.
3. identify and use specific techniques for the evaluation and recognition of athletic injuries.
4. identify medical/legal aspects and liabilities of coaching and athletic training.
5. apply techniques of preventive and supportive taping and wrapping.
6. apply proper first-aid procedures to athletic injuries.
7. compare and contrast various rehabilitation protocols as related to return to practice/competition.

CONTENT IN TERMS OF SPECIFIC BODY OF KNOWLEDGE:

1. Introduction to athletic training:
 - a. Legal liabilities
 - b. History of athletic training
2. Scientific basis for conditioning/stretching
 - a. Physiology of exercise
 - b. Physical conditioning for prevention of injuries
 - c. Setting-up a general strength program
 - d. Need for sport-specific programs
3. Influence of nutrition and other factors on athletic performance:
 - a. Basic nutrition
 - b. Psychogenic factors
 - c. Pharmacological considerations
 - 1) steroids
 - 2) nutritional supplements
4. Specific athletic injuries covering major areas of the body:
 - a. Upper extremities
 - b. Lower extremities
 - c. Head
 - d. Neck
 - e. Low back
 - f. Abdominal
 - g. Thoracic
 - h. Hip
 - i. Pelvic
5. To include the following:
 - a. Mechanisms of injury
 - b. Recognition, evaluation, first-aid, treatment for specific injuries
6. Role of rehabilitation:
 - a. Goals of rehabilitation program
 - b. General procedures-includes modalities used
 - c. Return to competition
 - d. Healing process
7. Infections and contagious diseases:
 - a. General conditions encountered in athletics
 - b. Infection control and management

REQUIRED READING:

Carey, Richard J., et al. Athletic Training: A programmed Instructional Text. 3rd edition. Gardner, Kansas: Cramer Products Inc., 1986.

SUGGESTED READING:

Wright, Kenneth and William Whitehill. The Comprehensive Manual of Taping and Wrapping Techniques. Gardner, Kansas: Cramer Products Inc., 1992.

REQUIRED WRITING:

Student will be required to write one research paper of three pages in length, double spaced, typewritten dealing with a specific athletic injury. To be included will be basic anatomy, mechanism of the injury; and first aid treatment.

OUTSIDE ASSIGNMENTS:

Students are expected to spend a minimum of three hours per unit per week in class and on outside assignments, prorated for short-term classes.

Students are expected to practice taping and wrapping techniques, read and study handouts, lecture notes, and text. Prepare writing assignment, practice skills, and study for exams.

INSTRUCTIONAL METHODOLOGY:

Check all that apply:

- lecture
- laboratory
- lecture-laboratory
- directed study

This course may be offered as a distance education course and meets Title 5 regulations 55370, 55372, 55374, 55376, 55378, and 55380.

Yes _____ No

If yes, check all that apply. (See guidelines for preparation for definitions.)

- telecourse
- mediated instruction
- computer assisted instruction

GRADING POLICY AND STANDARDS (include methods of determining whether the stated objectives have been met by students):

- 75% Written examination
- 10% Skills tests
- 5% Participation
- 10% Research paper

IS COURSE REPEATABLE FOR REASON(S) OTHER THAN DEFICIENT GRADE?

Yes _____ No Number of times course may be taken for credit: 1.

If yes, identify specific provision of Division 2 section(s) 55761-55763 and 58161 which qualifies course as repeatable:

CONTACT PERSON: Flecicia Heise Ext. 2477

SIGNATURES:

SIGNATURES ON FILE

