Physical Education (PHED) 1649 Beginning Athletic Training (3 Units) CSU: UC
[Formerly Physical Education 49]

Prerequisite: None

Hours and Unit Calculations:
48 hours lecture. 96 Outside-of-class Hours. (144 Total Student Learning Hours.) 3 Units

Catalog Description: An examination of the theories of prevention, care, and rehabilitation of athletic injuries and other sport-related pathological conditions.

Type of Class/Course: Degree Credit


Additional Instructional Materials:
1. Internet sports medicine websites
2. Medline
3. Handouts
4. Refereed medical journals
5. Text website and supplemental materials

Course Objectives:

By the end of the course, a successful student will be able to:

1. relate the concept of “The Sports Medicine Team,
2. discuss concepts of physical conditioning and nutritional concerns in an athletic setting,
3. illustrate the body’s response to injury,
4. have a basic knowledge of athletic injury including being able to understand a physician’s diagnosis and put it into lay terms for athlete understanding,
5. provide critical analysis of athletic injury through subjective and objective assessment,

Course Scope and Content:

Unit I Sports Injury Concepts:
  a. Injury Classification, Recognition, & Epidemiology
  b. The Athletic Health Care Team
  c. Sports Injury Prevention
  d. The Injury Process
  e. Injury Evaluation

Unit II Upper Extremity:
a. Injuries to the Shoulder
b. Injuries to the Arm, Wrist, and Hand

Unit III  Head, Thorax, and Pelvis:
a. Injuries to the Head, Neck, and Face
b. Injuries to the Thorax and Abdomen
c. Injuries to the Thoracic through Coccygeal Spine
d. Injuries to the Hip and Pelvis

Unit IV  Lower Extremity:
a. Injuries to the Thigh, Leg, and Knee
b. Injuries to the Lower Leg, and Foot

Unit V  Other Considerations:
a. Thermal Injuries
b. Nutritional Considerations
c. Exercise Induced Asthma

Learning Activities Required Outside of Class:
The students in this class will spend a minimum of 6 hours per week outside of the regular class
time doing the following:

1. Studying
2. Answering questions
3. Completing required reading
4. Completing written work

Methods of Instruction:

1. Lecture
2. Class discussion
3. Audiovisual presentation
4. Hands on participation

Methods of Evaluation:

1. Writing assignment
   a. Written evaluation of published research articles.
   b. In-Class presentation by students
2. Examinations, including
   a. multiple choice items
   b. fill in the blank items
   c. matching items
   d. true/false items

Supplemental Data:

<p>| TOP Code:       | 083500: Physical Education |</p>
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<thead>
<tr>
<th><strong>SAM Priority Code:</strong></th>
<th>E: Non-Occupational</th>
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<tr>
<td><strong>Distance Education:</strong></td>
<td>Not Applicable</td>
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<tr>
<td><strong>Funding Agency:</strong></td>
<td>Y: Not Applicable(funds not used)</td>
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<td><strong>Program Status:</strong></td>
<td>1: Program Applicable</td>
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<td><strong>Noncredit Category:</strong></td>
<td>Y: Not Applicable, Credit Course</td>
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<td><strong>Special Class Status:</strong></td>
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<td><strong>Basic Skills Status:</strong></td>
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<td><strong>Prior to College Level:</strong></td>
<td>Y: Not applicable</td>
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<td><strong>Cooperative Work Experience:</strong></td>
<td>N: Is not part of a cooperative work experience education program</td>
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<td><strong>Eligible for Credit by Exam:</strong></td>
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<td><strong>Discipline:</strong></td>
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