

# KIN 0101 - SPORT FIRST AID FOR COACHES

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## Catalog Description

Hours: 54 lecture

Description: Provides new and experienced coaches with the action steps for the care and prevention of athletic injuries and illnesses. Includes performing physical assessments; strategies for reducing athletes' risk of injury or illness; developing a medical emergency plan; returning athletes to play; and educating athletes and coaches on the effects and dangers of performance enhancers. (CSU)

## Course Student Learning Outcomes

- CSLO #1: Analyze strategies for reducing athletes' risk of injury or illness.
- CSLO #2: Compare and contrast risks associated with individual and team sport injury or illness.
- CSLO #3: Develop a medical emergency plan.
- CSLO #4: Summarize the procedure for performing physical assessments.
- CSLO #5: Create an educational plan for athletes and coaches on the effects and dangers of performance enhancers.

## Effective Term

Fall 2017

## Course Type

Credit - Degree-applicable

## Contact Hours

54

## Outside of Class Hours

108

## Total Student Learning Hours

162

## Course Objectives

1. Demonstrate knowledge and understanding of the prevention, care, and management of injuries.
2. Design a sport first aid game plan.
3. Demonstrate an understanding of physical assessments and first aid techniques.
4. Identify the necessary steps to manage injuries and develop strategies to get the athletes healthy and participating.
5. Define anatomy and sport injury terminology.
6. Explain the risks involved with substance abuse.
7. Evaluate dietary supplements and nutritional guidelines for performance.

## General Education Information

- Approved College Associate Degree GE Applicability
- CSU GE Applicability (Recommended-requires CSU approval)
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

## Articulation Information

- CSU Transferable

## Methods of Evaluation

- Classroom Discussions
  - Example: In class discussions students will be asked to verbally identify the most common injuries for each sport. They will also be asked to list and identify the injury prevention as related to sport setting and the athlete participating. Students are evaluated by correctly identifying the injury and the sports associated with the particular injury.
- Objective Examinations
  - Example: Students will complete a quiz, showing applicable understanding of sport first aid and injury care. Students will be evaluated based on their competency and grading rubric. Example Question: List the signs and symptoms of a lower leg injury?
- Skill Demonstrations
  - Example: Students will work in groups and work on an injured athlete scenario provided by the instructor. Students will assess the injury through palpitation and the proper protocol for that injury.

## Repeatable

No

## Methods of Instruction

- Lecture/Discussion
- Distance Learning

Lecture:

1. Instructor will have students list common injuries and discuss the management of injuries, thereby helping students differentiate effective and proper technique.
2. Instructor will introduce how to design a sport first aid game plan for taking students through the plan. Students will be asked to create a plan for their choice if sport, challenges they may face, and present to the class for discussion.

Distance Learning

1. Based upon readings from Chapter 11 Weather-Related Problems the course textbook, the student will write a 2-page paper and establish a specific treatment of weather related problems that can occur during training for athletes. The paper will identify current practices, objectives of assessing weather related problems, describe factors that will help coaches identify athletes in distress and proper treatment protocols. The student will upload the assignment for peer review from two classmates, before submitting a final draft to the professor.

## Typical Out of Class Assignments

### Reading Assignments

1. Students will read chapter on leg injuries from textbook, as assigned by instructor, and be prepared to interpret a set of signs and symptoms to determine the specific lower leg injury. 2. Students will read an article on Rhambdomyosis while exercising, and in small group discussion will evaluate the methods to identify athletes who may be suffering from this condition and how to initially treat.

### Writing, Problem Solving or Performance

1. Students will be assigned to start and keep a journal on all reading assignments. 2. Students will be assigned to start and keep a journal on all sport injury videos.

### Other (Term projects, research papers, portfolios, etc.)

### Required Materials

- Sport Aid For Coaches
  - Author: Melinda Flegel
  - Publisher: Human Kinetics
  - Publication Date: 2013
  - Text Edition: 5th
  - Classic Textbook?:
  - OER Link:
  - OER:
- Sports and First Aid
  - Author: Ronald P. Pfeiffer
  - Publisher: Jones & Bartlett Learning
  - Publication Date: 2012
  - Text Edition:
  - Classic Textbook?:
  - OER Link:
  - OER:

**Other materials and-or supplies required of students that contribute to the cost of the course.**