Modesto Junior College  
Course Outline of Record  

PE 141  

I. OVERVIEW  
The following information will appear in the 2009 - 2010 catalog  

PE 141  
Supervision in Athletic Training  
2 Units  
Policies and procedures, emergency protocols, vital signs, bloodbourne pathogens, and daily functions that are necessary for the student to work in the Athletic Treatment Center. Continued development in decision-making strategies, analysis, and an awareness of the factors related to medical protocols. Basic skill development in working in the Athletic Treatment Center with athletes and coaches for an in depth experience related to sports medicine.  
Prerequisite: Satisfactory completion of PE 108.  

Four maximum completions.  
Field trips might be required.  
Units/Hours: 2.00 Units: Lecture - 18.00 hours  Lab - 54.00 hours  
Grading: A-F or P/NP - Student choice  
Transfer: CSU  

II. LEARNING CONTEXT  
Given the following learning context, the student who satisfactorily completes this course should be able to achieve the goals specified in Section III, Desired Learning:  

A. COURSE CONTENT  

1. Required Content:  

A. Medical forms  
1. Pre-participation Health Screening  
2. Incident forms  
3. Treatment forms  
4. Progress (rehabilitation) forms  
B. Emergencies  
1. EMS activation  
2. Non-life threatening  
3. Life threatening  
4. Vital signs  
5. Emergency equipment  
C. Protocols  
1. Non-life threatening  
2. Life threatening  
3. Athletic Treatment Center  
4. Travel requirements for away competitions  
5. Requirements for hosting competitions  
D. Strengthening programs  
1. wellness enhancement  
2. injury rehabilitation  
E. Stretching programs  
1. wellness maintainence  
2. injury rehabilitation  
F. Bloodbourne pathogens  
1. Identification  
2. Policies and procedures  
3. Contamination protocols  
4. Education  
G. Daily procedures  
1. Opening procedures (Athletic Treatment Center)  
2. necessary supplies  

Division: Physical, Recreation, & Health Ed.  
Printed on: 03/26/2009 12:09 PM
3. clean and disinfect areas
4. Whirlpools cleaned and filled
5. Stock kits needed for practice or competitions
6. Operational requirements
7. Secretarial duties for logging in treatments
8. Coverage of daily events

H. Closing
1. Clean and straighten facilities
2. disinfect and sanitize room and equipment

I. Supplies and Equipment
1. Proper use of equipment
2. Proper maintenance
3. Maintain clean area

J. Modalities:
1. Hydrocollator
2. Proper use
3. Proper maintainence
4. Maintain clean area

K Whirlpools
1. Proper use
2. Proper maintainence
3. Proper temperature control
4. Maintain clean area

L. Ice Machine
1. Proper use
2. Proper maintainence
3. maintain clean area

M. Electrical Muscle Stimulator
1. Proper use
2. Proper maintainence
3. Maintain clean area

2. Required Lab Content:

a. The students will work closely, under the instructor's supervision, in providing the care and attention given to the athletes in preparation for the daily practices and competitions

i. taping/wraping

ii. stretching

iii. rehabilitation

iv. injury care

b. the students will review and practice skills developed and presented during the lecture portion of the class

i. streching techniques

ii. massage techniques

iii. injury care

B. ENROLLMENT RESTRICTIONS

1. Prerequisites

Satisfactory completion of PE 108.
2. **Requisite Skills**
   *Before entering the course, the student will be able to:*
   
   a. Effectively and efficiently tape and wrap athletes for prevention of injury.
   
   b. Perform the entry level competencies as outlined in Care and Prevention of Athletic Injuries.
   
   c. Identify structures of the body.
   
   d. Utilize sports medicine terminology.
   
   e. Evaluate a sports related injury using ligamentous and special tests.
   
   f. Identify the components of an effective rehabilitation plan.
   
   g. Demonstrate an understanding of cryokenics and heat therapy.

C. **HOURS AND UNITS**

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D. **METHODS OF INSTRUCTION (TYPICAL)**
   *Instructors of the course might conduct the course using the following method:*

   1. Lecture
   
   2. Demonstration
   
   3. Group interaction
   
   4. Instructor led participation

E. **ASSIGNMENTS (TYPICAL)**

   1. **EVIDENCE OF APPROPRIATE WORKLOAD FOR COURSE UNITS**
      *Time spent on coursework in addition to hours of instruction (lecture hours)*
      
      a. Weekly readings
      
      b. Daily skills rehearsal
      
      c. Weekly review of material
      
      d. Per term research project

   2. **EVIDENCE OF CRITICAL THINKING**
      *Assignments require the appropriate level of critical thinking*
      
      A. Develop rehabilitation programs, based on athlete's needs.
      
      B. Perform evaluative procedures, based on athlete’s needs.
      
      C. Perform taping techniques, based on injuries presented, sport requirements, and prevention methods.
      
      D. Perform set-up and tear-down for sports competitions, using ice and water as needed, and first aid station as needed.
      
      E. Demonstrate and explain the different ligamentous tests used to evaluate a knee.
F. Perform the necessary evaluative procedures for a situational mock injury.
G. Create a stretching program for an athlete based on the evaluative findings during testing procedures.
H. Develop and utilize rehabilitation procedures based on the needs of the injured athlete.

F. TEXTS AND OTHER READINGS (TYPICAL)
   1. Other: Notebook created in PE 108. Notebook of Handouts created in PE 111

III. DESIRED LEARNING

A. COURSE GOAL
   As a result of satisfactory completion of this course, the student should be prepared to:
   work with athletic teams in practice and competitive situations performing appropriate procedures in prevention, care, and rehabilitation of athletic injuries.

B. STUDENT LEARNING GOALS
   Mastery of the following learning goals will enable the student to achieve the overall course goal.

   1. Required Learning Goals
      Upon satisfactory completion of this course, the student will be able to:
      a. First completion:
      b. collect and record information as it relates to an injury, using the HOPS format.
      c. utilize tape and wraps to provide preventive measures to reduce the risk of injury.
      d. assist athletes in regards to pre-event taping and care.
      e. implement strengthening and stretching programs as directed by the instructor.
      f. Second completion:
      g. evaluate collected information as it relates to an injury
      h. implement rehabilitation programs as directed by the instructor.
      i. initiate steps to treat athletic injuries.
      j. implement protocols used by athletes for their daily maintainence programs.
      k. Third completion:
      l. monitor treatments and update the staff in regards to any new or changing conditions as they pertain to the athletes.
      m. evaluate special test results and, under the supervision of the instructor, develop a rehabilitation program.
      n. Fourth completion:
      o. design a preventive strengthening program for an athlete.
      p. evaluate special tests performed by first semester students.
      q. assess and set up an event site to accomodate an intercollegiate athletic competition.

   2. Lab Learning Goals
Upon satisfactory completion of the lab portion of this course, the student will be able to:

a. work effectively with other students to provide care for the injured athletes
b. follow instructions in following the protocol for injury care and prevention
c. tape and wrap the athletes for greater protection during practices and games.
d. utilize knowledge and skills developed in previous prerequisite class on a daily basis.
e. work closely with other students in the same class with the same interest in athletic training.
f. work closely with other students in the same class with the same interest in athletic training.

IV. METHODS OF ASSESSMENT (TYPICAL)

A. FORMATIVE ASSESSMENT

1. Instructor evaluation of skills competencies.
2. Participation at athletic events.
3. Practical examinations
4. Practical demonstrations

B. SUMMATIVE ASSESSMENT

1. Completion of required internship hours.
2. Completion of competency skills
3. Completion of outside worksheets.