MVLA
2024-25
COURSE INFORMATION SHEET

Course Title: KINS 16 A: Prevention of Athletic Injuries
School (Teacher): Mountain View High School (Achilles Walker, ATC)
UC/CSU requirement: G Elective
Textbook and/or other learning resources:

- Prentice, William E.. Arnheim's Principles of Athletic Training

Course Description:

Athletic injury prevention is emphasized through pre-participation physical exams, exercise programs, preventative taping, proper fitting of equipment, and protective braces.

Students have the opportunity to earn college credits for this course if they earn an overall grade of C or higher.

Student Learning Outcomes:

Students will be able to:
The student will be able to:
A. identify basic musculo-skeletal anatomy.
B. apply various adhesive strapping techniques to prevent injuries to joints.
C. apply various elastic wrapping techniques to add support to injured muscles.
D. demonstrate flexibility exercises to stretch major muscle groups.
E. list the necessary items in a first aid kit.
F. identify inflexible muscle groups that predispose someone to injury.
G. employ knowledge of muscle anatomy by designing sport specific pre-activity warm-ups.
H. discuss cultural differences in prevention care.

Course Outline/Units of Study:

A. General Considerations
1. Communication
2. Pre-participation
3. Practice locations
4. Warm-up conditions
5. Nutrition
6. Protective equipment, braces

B. Foot, Ankle, Lower Leg
1. Predisposing conditions
2. Mechanisms of injury
3. Injury prevention through exercise
4. Protective adhesive strappings

C. Knee, Thigh, Pelvis
1. Predisposing conditions
2. Mechanisms of injury
3. Injury prevention through exercise
4. Protective adhesive strappings

D. Spine, Thoracic, Abdomen
1. Predisposing conditions
2. Mechanisms of injury
3. Injury prevention through exercise
4. Protective adhesive strappings

E. Shoulder and the Upper Extremity
1. Predisposing conditions
2. Mechanisms of injury
3. Injury prevention through exercise
4. Protective adhesive strappings

Lab Content
Hands-on practice for athletic injury prevention, including bandaging, taping, manual resistance exercise, musculo-skeletal screening, warm-up stretching techniques.

Assessment and Grading (BP 5121 / AR 5121**):** To ensure that every student has an equal opportunity to demonstrate their learning, the course instructors implement aligned grading practices and common assessments with the same frequency.

Grading Scale
A: 90-100
B: 80-89
C: 70-79
D: 60-69
F: 0-68

Method(s) of Evaluation
Notebook
Quizzes
Research projects

Practical examination

Make-Up Policy:
Students who have been absent for illness or any other reason have the responsibility to contact the teacher about any make-up work they need to do.

Missing/Late work:
Late work will be accepted within 4 days of the due date with a 5-point deduction each day after the 4th day. Life happens, but can't be an excuse not to do work.

Absent Policy:
If a student is absent, it is their responsibility to get all late work from the teacher and return it in a timely manner.

Academic Dishonesty:
A student found to have engaged in academic dishonesty shall be subject to grade penalties on assignments or tests and disciplinary penalties. Academic dishonesty includes cheating or copying the work of another student, plagiarism, and unauthorized communication between students during an examination. The determination that a student has engaged in academic dishonesty shall be based on the judgment of the classroom teacher or another supervising professional employee, taking into consideration written materials, observation, or information from students.

Instructors' email addresses:

achilles.walker@mvla.net

Additional information:

Supplies for Class
3 ring binder, color pencils, and highlighter