

## Grossmont-Cuyamaca Community College District Articulation Agreement

High School Course	Credits	College Course	Units
Sports Medicine 3, 4 T820, T821	10.0	ES 255, Care and Prevention of Athletic Injuries	3.0
<b>High school(s):</b>		<b>College:</b>	
Valhalla High School		Grossmont College	

### Course Prerequisites

None

### Recommended Preparation

None

### College Course Description

Students will be introduced to the concepts and skills needed for interacting with clients, athletes, and patients in a sports medicine setting. The class will address the professional career practices in sports medicine, and in particular, for athletic trainers. The course provides an overview for the prevention, response, care, and management of common recreational, orthopedic, and athletic injuries. Lab activities will include application of concepts, assessment techniques, and skill development such as wrapping and taping.

### Course Objectives

The student will:

1. Identify and differentiate between the various professions within the field of sports medicine
2. Recognize and monitor appropriate behavior for a sports medicine professional
3. Recognize legal issues and identify the necessary forms and records needed to prevent litigation
4. Explain the importance of prevention in sports medicine settings (nutrition, conditioning, mental health)
5. Differentiate between a primary and secondary assessment and demonstrate response skills
6. Identify life-threatening conditions and explain your professional role in the process
7. Describe the injury cycle and healing process
8. Demonstrate the appropriate management skills and techniques to care for an acute injury
9. Name and locate basic anatomy
10. Demonstrate anatomical planes, directions, and range of motion
11. Recognize different types of soft tissue, muscle, joint, bone injuries and wounds
12. Recognize and differentiate between common recreational/athletic injuries and conditions
13. Discuss the role of common therapeutic equipment, modalities, and treatments for acute and chronic injuries
14. Select and demonstrate the correct wrapping and taping procedures for a variety of orthopedic/athletic/recreational injuries or conditions
15. Identify basic rehabilitation concepts and associated therapeutic exercises

### Required Competencies (SLOs) for Articulation

Upon completion of this course, our students will be able to do the following:

1. Create an emergency action plan in response to athletic injury situations
2. Demonstrate appropriate decision-making steps for the care and management of athletic injury scenarios
3. Recognize and differentiate between common orthopedic/athletic/recreational injuries and conditions
4. Demonstrate the correct supportive wrapping and preventative taping procedures for a variety of orthopedic/athletic/recreational injuries

### Assessment Methods

*A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter as determined by multiple measurements for evaluation, which will include the following:*

1. Quizzes
2. Skills / Lab demonstration
3. Peer review: case studies and checklists
4. Video and image analysis
5. Final or credit by exam

### Texts and Other Supporting Materials

Recommended supplementary texts:

1. *ES 255 Course Reader*, El Cajon: Grossmont College.
2. Prentice, William and Arnheim, Daniel. *Principles of Athletic Injury Management*, 9<sup>th</sup> edition. New York, NY: McGraw-Hill, 2012. (Recommended)

### Criteria for Course Articulation

1. High school and college teachers attend articulation meetings to determine curriculum and assessment alignment.
2. Students must pass the high school course with a grade of **“B” or higher for BOTH semesters** and have mastered course competencies using assessment methods as identified in this articulation agreement.

**Signatures follow on the next page...**

Effective date: December 01, 2022

Expiration date: December 01, 2025

**High School Signatures**

**Grossmont College Signatures**

  
\_\_\_\_\_  
CTE Teacher Date 5/29/23

  
\_\_\_\_\_  
Instructor/Division Chair, Grossmont Date 5/18/2023

Marc Kraidman  
\_\_\_\_\_  
CTE Teacher (print name)

Randall O. Abshier Jr. 5/18/2023  
\_\_\_\_\_  
Instructor/Division Chair, Grossmont (print name)

  
\_\_\_\_\_  
Principal Date 5/31/23

  
\_\_\_\_\_  
Dean of Instruction, Grossmont Date 5/18/23

Joshua Johnson  
\_\_\_\_\_  
Principal (print name)

Shawn Hicks  
\_\_\_\_\_  
Dean of Instruction, Grossmont (print name)