



Palm Springs Unified School District Secondary Course Description

Please read: Sections 1 and 2 must be completed and submitted to the Director of Secondary Curriculum and Instruction for all courses seeking PSUSD Cabinet and Board approval. Sections 3 and/or 5 must be completed if the course will be submitted to the University of California (UC) for placement on your school's a-g list and/or Career and technical educational (CTE).

District Office Use Only

Transcript Title(s)/Abbreviation: Athletic Training I

Transcript Course Code(s)/Number(s): 5080S2 & 5080TS2 Cabinet/BOE Approval Date: September 13, 2016

Section 1: Course Content

1. Course Title: Athletic Training I

Date this course was first submitted to the Curriculum Advisory: _____

2. Is this a re-write of an existing course? No If "Yes," what is the District Course Code: _____

3. CALPADS Code : 4255

4. PSUSD graduation requirement subject area: CTE

5. Unit Value for complete course: 5 PSUSD credits (half year/one semester) 6. Grade Level: -- -- 11 12

Course can be repeated for Credit?

Note: Grade level pertains to which grades the course has been designed.

7. PSUSD Department: Vocational

8. PSUSD weighted GPA? No 9. Is this an "online" learning course? No

If "Yes," list the online provider: _____

Note: If "Yes," an additional course code will be created by ETIS with a virtual designation.

10. Will this course be offered only through the Alternative Education Program? No

11. Career Pathway Relationship

Note: Refer to the list of Industries and their associated Pathways in Section 5, Item #38

Is this course an Industry and Career Pathway-related Course? Yes

If "Yes," which Industry? Health Science and Medical Technology

Which Pathway? Patient Care

What sequence level? 19-Advanced (Capstone)

12. Is this course an Academy-related Course? Yes If "Yes," which Academy? Palm Springs Academy for Learning Medicine

13. Course Content:

For each unit of the course, provide:

1. A brief description (5-10 sentences) of topics to be addressed that demonstrates the critical thinking, depth and progression of content covered.
2. A brief summary (2-4 sentences) of at least one assignment that explains what a student produces, how the student completes the assignment and what the student learns.

Course Content and Scope:

1. Sports Injury Management and the role of the Athletic Trainer
2. Mechanics of tissue injury and healing
3. Emergency procedures
4. Sports injury assessment
5. Therapeutic exercise
6. Protective equipment
7. Assessment and management of common foot, ankle and leg injuries
8. Assessment and management of common knee injuries
9. Assessment and management of common thigh, hip and pelvis injuries
10. Assessment and management of common shoulder injuries
11. Assessment and management of common arm and elbow injuries
12. Assessment and management of common wrist and hand injuries
13. Assessment and management of common head and facial injuries
14. Recognize common spine injuries
15. Recognize common throat, chest and abdominal injuries
16. Other health conditions related to sports

Course Student Learning Outcomes:

1. The student will be able to recognize and explain the difference between emergency and non-emergency injuries.
2. Demonstration through practical vignettes.
3. Breathing/ bleeding emergency paradigm, general verbal assessment within first two minutes, and description of critical next steps.
4. Accurate verbal description of injury parameters within time frame = A * Somewhat accurate description within time frame = B * Somewhat accurate description no more than one minute beyond time frame = C * Inaccurate description of injury parameters within time frame = D * Inaccurate description beyond time frame = F

Course Objectives: *Upon completion of this course, students will be able to:*

- a. Identify the health care services in sports and the role of the athletic trainer
- b. List and describe the mechanics of tissue injury and healing
- c. Describe signs, symptoms and management of life-threatening conditions
- d. Describe the injury assessment process and define common assessment terms
- e. Identify and explain the phases of a therapeutic exercise program
- f. Identify and discuss common protective equipment for the upper and lower body
- g. Demonstrate assessment and management techniques for the foot, ankle and leg
- h. Demonstrate assessment and management techniques for the knee
- i. Demonstrate assessment and management techniques for the thigh, hip and pelvis
- j. Demonstrate assessment and management techniques for the shoulder
- k. Demonstrate assessment and management techniques for the arm and elbow
- l. Demonstrate assessment and management techniques for the wrist and hand
- m. Recognize and describe common injuries to the spine
- n. Recognize and describe common injuries to the throat, chest and abdomen
- o. Specify contraindications for participation relative to other types of health conditions

14. Course Overview [Provide a brief summary/snapshot (3-5 sentences) of the course's content]:

This course provides an introduction to the principles and scientific foundations of athletic training, including prevention, evaluation, treatment and rehabilitation of common athletic injuries. It includes the responsibilities of the Certified Athletic Trainer, policies and procedures for the Training Room, and operation of selected injury rehabilitation modalities. This course is approved to receive dual credit through College of the Desert.

15. Texts and Supplemental Instructional Materials (*all non-core instructional materials are the responsibility of individual schools to purchase.*)

Texts: Prentice, William E. (2010). Essentials of Athletic Injury Management (9th/e). Boston McGraw Hill Compa

Supplemental Materials: _____

16. Will this course be submitted for approval by UC? No

Section 2: School and District Information

School Information

1. School Name: Palm Springs High School

School District: Palm Springs Unified School District

City and State: Palm Springs, California District Web Site: http://www.psusd.us

School Course List Contact Information (Name of AP of Curriculum or Principal)

2. Name: Michael Ventura

Position/Title: Instructor, PALM Academy Email: mventura@psusd.us

Phone #: 760-778-0400 Ext: 2804

Teacher Contact Information (Name of teacher/administrator who authored this course)

3. Name: COD Faculty

Position/Title: Adjunct Professor Email: _____

Phone #: _____ Ext. _____



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Section 3: Course Information

1. Was this course "Previously Approved" by UC? No

Note: if this course is to be submitted to UC and it was "Previously Approved," the exact same course title as the previously approved course must be used. Complete outlines are not needed for courses previously approved by UC. Courses that are defined as "previously approved" are courses from the following programs (Advanced Placement, International Baccalaureate, ROP courses, etc.), or courses from within the same district, or courses that have been removed within a three-year window are being reinstated, and/or courses from UC-approved online providers. Courses modeled after courses from outside the school district are also defined as "previously approved" but a complete course description will be required for submission to UC. Each section below represents an individual page on the UC electronic submission site.

If "No," proceed to the Course Description Section (Section 4).

If "Yes," indicate which category applies:

2. Is this course modeled after a UC-approved course from another high school outside of our district? No

Note: If "Yes," you will be required to submit a complete course description. UC will review the previous submission, if it is available, to assist them in their review process.

If "Yes," list which school: _____

Exact Course Title: _____

3. Is this course modeled after an identical course approved by UC for the current year at another high school in PSUSD: No

If "Yes," what school? _____

Exact Course Title: _____

4. Is this course being reinstated after removal within 3 years: No

If "Yes," what year was the course removed from the list? _____

Exact Course Title: _____

5. Has this course been provided program status, is not an online course, and is it listed below? No

If "Yes," select an option from the Program

Status list: -- _____

6. If "Advanced Placement," has it been authorized by the College Board through the AP audit process? --

Note: UC will only allow Advanced Placement courses that have passed or are in the AP audit process. UC requires all AP courses on your list, including those approved in prior years, to be verified via the College Board AP audit process. UC will run quarterly reports based on AP Audit data. AP courses not listed on the AP audit list will be removed.

If "In Progress," date submitted to AP: _____
MM/DD/YYYY

Exact Program Course Title: -- _____

7(a). Is this course provided by one of the UC-approved online curriculum providers listed in #9? No

8(b). Have you signed the appropriate partnership agreement with the provider regarding methods of delivery and instruction? No

Note: You must have signed an agreement with the appropriate provider and filed with UC in order to use their courses.

9. If the answer to either 26(a) or (b) is “No,” UC will not approve this course. If “Yes” to both 26(a) and (b)., then select the appropriate option from the Online Provider List below:

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10. Seeking “Honors” Distinction

Note: To receive “Honors” distinction for both UC and PSUSD, the course content must satisfy certain requirements. For information about these requirements, refer to the a-g Guide: <http://www.ucop.edu/a-gGuide/ag/a-g/honors.html>. For “Previously Approved” courses (including AP and IB), the honors information will be pre-populated as applicable on your UC submission template.

No

Note: “Other Honors” is defined by UC as a course specifically designed with distinctive features which set it apart from regular high school courses in the same discipline areas. The course should be seen as comparable in terms of workload and emphasis to AP, IB or introductory college courses in the subject. Honors courses must be designed for the 11th and 12th grade level to be UC approved and require a comprehensive, year-long written final exam. In addition to AP and IB higher level courses, **high schools may certify not more than one honors level course per grade level in each of the following subject areas only: history, English, advanced mathematics, each laboratory science course, each language other than English, and each of the four VPA disciplines.** If there are no AP or IB or higher level courses in a given subject area, the high school may certify up to, but not more than two honors level courses in that area.

11. Subject Area and Category

“a” - History/Social Science

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“b” - English

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“c” - Mathematics

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“d” - Laboratory Science

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Note: Students electing to enroll in an integrated-science program (ISP) are strongly advised by UC to complete the entire three-year sequence. In most cases, the first year of an integrated science sequence fulfills only the “g” elective requirement: the second and third years of the sequence then fulfill the two-year “d” laboratory science requirement. Accordingly, if only ISP 1 and only one of ISP 2 or ISP 3 are completed, then one additional course from the categories of Biology, Chemistry, or Physics from the “d” subject area must be taken to fulfill the “d” requirement.

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Note: This category demonstrates that the course is cross-disciplinary and is often used for advanced science courses such as AP Environmental Science or Biochemistry

“e” - Language Other than English

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Language --

“f” - Visual and Performing Arts

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“g” - Elective

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Palm Springs Unified School District High School Course Description

Section 4: Course Attributes

1. Is this course classified as a Career Technical Education Course?

Yes

If no, skip to item #2

2. If "Yes," select the name of the industry **and** Career Pathway:

<input type="checkbox"/> Agriculture and Natural Resources	--
<input type="checkbox"/> Arts, Media, and Entertainment	--
<input type="checkbox"/> Building and Construction Trades	--
<input type="checkbox"/> Business and Finance	--
<input type="checkbox"/> Education, Child Development and Family Services	--
<input type="checkbox"/> Energy, Environment, and Utilities	--
<input type="checkbox"/> Engineering and Architecture	--
<input type="checkbox"/> Fashion and Interior Design	--
<input type="checkbox"/> Finance and Business	--
<input checked="" type="checkbox"/> Health Science and Medical Technology	Patient Care
<input type="checkbox"/> Hospitality, Tourism, and Recreation	--
<input type="checkbox"/> Information and Communication Technologies	--
<input type="checkbox"/> Manufacturing and Product Development	--
<input type="checkbox"/> Marketing, Sales, and Service	--
<input type="checkbox"/> Public Services	--
<input type="checkbox"/> Transportation	--