Course Information Form (CIF)

Course Code: KIN 184

Course Title: Introduction to Athletic Training

Department: Natural Sciences
PCS Code: 1.1 - Baccalaureate/Transfer
CIP Code: 31.0501
Repeatability: 0

Effective Date: Summer 2026

Credit Hours

Catalog Notation: 3-0-3
Credit Hour Distribution:

Lecture: 3	Lab: 0	Clinical: 0	**Total: 3**

General Course Information

Catalog Description

Introduction to athletic training, including history of the profession, modalities, and the prevention, care, and treatment of athletic injuries.

General Course Objectives

To provide the student with an introduction to the profession of athletic training. Daily responsibilities and occupational opportunities within the field are discussed. Laboratory experiences include basic skills needed within the profession.

Minimum Placement Levels

English	Reading	Math
None	Placement out of CCS 098	None

Prerequisites

None

Methods of Evaluation

15-25 practical exams, 5-10 written tests, and 1 final exam.

Instructional Materials and Additional Supplies

Fundamentals of Athletic Training, 4th edition; Lorin Cartright and William Pitney; Human Kinetics; Required. 9781492561491
I-Clicker Plus, Required. 9781319149246

Course Content

General Learning Outcomes (GLOs)

- Communication: Students will demonstrate the ability to read, write, listen, and speak effectively.
- Technology: Students will demonstrate the ability to evaluate, select, and appropriately use current and emerging tools.
- Global Awareness and Cultural Reasoning: Students will demonstrate their understanding of global issues, gender and sexual orientation, and multicultural perspectives.

Course Segments and Student Learning Outcomes

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
History of the Field of Legal Issues	1. Discuss the history of athletic training and the legal issues facing the athletic trainer. 2. Evaluate the legal ramifications of negligence, abandonment, and breach of duty.	3	0	0
Facility Management and Equipment Purchases	1. List the necessary supplies and equipment purchases to effectively operate a training room.	2	0	0
Nutrition	1. Discuss appropriate caloric intake; ratios of carbohydrates, proteins, and fats; and other nutritional habits for the athlete.	2	0	0
Protective Sports Devices	1. Distinguish between various sports devices and determine the appropriate use of each based on the injury or developed weakness.	2	0	0
Professional Development and Certification	1. State the certification process required by National Athletic Trainers Association.	2	0	0
Taping, Bandaging, and Wound Dressing	1. Demonstrate the proper techniques for taping, bandaging, and dressing various athletic injuries.	3	0	0
Emergency Procedures in Sports	1. Demonstrate the ability to safely transport the injured athlete from the playing field to the area of treatment.	3	0	0
Healing, Rehabilitation, and the Use of Modalities	1. Specify expected healing time frames. 2. Distinguish between the many different modalities used to treat athletic injury.	3	0	0
Physiological, Psychological, and Sociological Conditions Affecting the Athlete	1. Identify weak links in the kinetic chain that may lead to injury. 2. Discuss psychological and sociological patterns of thought that may increase the chance of injury, or motivate the athlete to compete while injured. 3. Identify conditions conducive to heat-related disorders.	3	0	0

Course Segment	Learning Outcomes	Lecture Hours	Lab Hours	Clinical Hours
The Prevention, Care, and Treatment of Athletic Injuries	1. Recognize, evaluate, and treat injuries to feet, ankles, lower leg, knee and related structures, thigh, hip, pelvis, abdomen, thorax, lower back, spinal column, head, face, shoulder complex and upper arm, elbow, forearm, wrist, and hand. 2. Identify the mechanism of injury for each of these body parts. 3. Demonstrate a constructive knowledge base in athletic training, including the definitions of key terms. 4. Describe and demonstrate normal joint movement. 5. Articulate the anatomy of the skeletal and muscular systems. 6. Observe movement patterns and determine the mechanism of injury.	22	0	0

Total Contact Hours

Lecture Hours	Lab Hours	Clinical Hours
45	0	0