



**Discipline: Health and Human Services**  
**Date Submitted: November 13, 2017**

**Cerritos College**  
**ARTICULATION AGREEMENT**

<p><b>Cerritos College Course:</b>  <b>KIN 102 – Introduction to Athletic Training</b>          11110 Alondra Blvd.          Norwalk, CA 90650</p>	<p><b>California Advancing Pathways for Students Course:</b>  <b>Athletic Training/Sports Fitness</b>          16703 S. Clark Ave.          Bellflower, CA 90706</p>
<p><b>General Course Description for KIN 102 Introduction to Athletic Training:</b> This course provides instruction in the prevention, assessment, management, and reconditioning of athletic injuries. Taping and bandaging, protective padding, and modalities used for treatment will be presented. This course is not open to students who have received credit in PE 107.</p> <p><b>General Course Description for Athletic Training/Sports Fitness:</b> This introductory course is designed to introduce the student to the vocabulary, theories, principles and skills involved with the rapidly growing field of Sports Medicine. Sports Medicine in a multidisciplinary approach for those involved in sports, involving a variety of professionals, such as physicians certified athletic trainers, physical therapists, chiropractors, and nutritionists. This course will place a special emphasis on the anatomy and physiology of the human body. Students from this class can also participate in an after school Student Athletic Training Program that will allow them hands-on-field experience.</p>	
<p><b>College Prerequisite(s):</b> None</p>	<p><b>HS/ROCP Prerequisite(s):</b> None</p>
<p><b>Advisories/Recommendations:</b> None</p>	
<p><b>Course Content:</b></p> <ol style="list-style-type: none"> <li>1. Effective Communication</li> <li>2. Collaboration, Creativity, and Critical Thinking</li> <li>3. Leaders and Teams: Roles and Responsibilities</li> <li>4. Legal, Ethical, and Environmental Considerations</li> <li>5. Personal Growth and Career Planning</li> <li>6. Workplace Safety and Personal Wellness</li> <li>7. Introduction to the Field of Sports Medicine</li> <li>8. Basic Anatomy and Physiology</li> <li>9. Core Patient/Client Care Skills</li> <li>10. Fundamentals of Fitness and Exercise</li> <li>11. CPR and First Aid</li> </ol>	

**Competencies and Skill Requirements. At the conclusion of this course, the student should be able to:**

1. Demonstrate understanding that effective verbal communication is dependent upon other interpersonal skills, such as non-verbal communication, listening skills, and clarification.
2. Demonstrate effective written communication by understanding the importance of tone, audience, organization, format, and that research, prewriting, writing, and rewriting are integral to the writing process.
3. Demonstrate that the ability to think critically and creatively is fundamental and, depending on context and purpose, can take place independently or interdependently.
4. Demonstrate understanding that collaboration is the collective determination to reach an identical objective by sharing knowledge, tasks, learning, and building consensus.
5. Acquire knowledge of individuals' and team member's roles and responsibilities and demonstrate the importance of technical, social, and communication skills in team success.
6. Demonstrates leadership skills (i.e., negotiation skills, initiative, and positive reinforcement, recognition of others' efforts, problem-solving skills, conflict resolution, and delegation).
7. Demonstrate how ethics, liability, and legal responsibility are integral to success within this industry sector.
8. Discuss the importance of being 'eco-friendly' and environmentally conscious within your industry sector.
9. Demonstrate the importance of personal development and growth (e.g., self-awareness, developing strengths and talents, improving health, learning new skills, improving social skills) to personal and professional success.
10. Integrate multiple sources of career information from diverse formats to make informed career decisions, develop, and manage personal career plans.
11. Demonstrate the proper implementation of safe work practices to prevent injury or illness as designated by each class, laboratory, and/or facility's safety protocol.
12. Understand that developing goals and attending to personal growth are instrumental to present and future personal and professional success.
13. Define the field of sports medicine, subcategories of the field, and basic terminology.
14. Define different aspects involved in the field of sports medicine including injury recognition, injury prevention and legal and liability issues.
15. Understand the organization and administration in Athletic Training
16. Demonstrate and understanding of the five major body systems and how the systems function as they work during physical activity.
17. Understand the importance of the inflammatory response as the first stage of healing.
18. Understand that the failure of these systems due to sport injury and proper body maintenance to avoid such an injury.
19. Assesses vital signs; blood pressure, respiratory, pulse, body temperature, height and weight
20. Provides basic first aid, including emergency/temporary care for all of the following: sprains, strains, bleeding, abrasions/lacerations, fractures, and dislocations
21. Explains and performs CPR
22. Understands the role of nutrition in fitness and health

**Competencies and Skill Requirements con't:**

23. Describes and practices universal precautions, as in all health fields
24. Describe and understand various protective equipment and it's uses in various situations
25. Determine the psychosocial intervention for sports injuries and illness
26. Document a specific injury
27. Describe the concepts of rehabilitation and therapeutic modalities
28. Demonstrates an understanding of the importance of exercise to health, and identifies its direct benefits
29. Explains the theory of exercise, including principles of isometric, and isokinetic isotonic, and isokinetic exercise
30. Understands and describes safety factors in exercise
31. Understands principles of aerobic exercise
32. Understands principles of exercise with free weights
33. Understands the principles of exercise on universal machines
34. Understands the principles of exercise with isokinetic equipment
35. Understands the principles of exercise with the Nautilus
36. Using therapeutic modalities
37. Using Therapeutic Exercise in Rehabilitation
38. Pharmacology, Drugs and Sports
39. Demonstrate proper First Aid, including CPR and rescue practices

**Measurement Methods (students will complete a minimum of 3 key assignments):**

1. Create a medical dictionary defining words and drawing examples where appropriate
2. Students identify, record and label bones and bone landmarks by using skeletons and disarticulated skeletons
3. Students build a muscular skeletal system out of materials such as cardboard. It must be at least 2-dimension.
4. Earn a CPR Card
5. Community coursework opportunities

**Textbooks or Other Support Materials:**

Principles of Athletic Training: A Guide to Evidence-Based Clinical Practice,  
William E. Prentice, 16<sup>th</sup> Edition

**Procedures for Course Articulation:**

Cerritos College credit for the articulated course listed above may be received when the following criteria are met:

1. The student has completed the articulated course listed above with a "B" grade or higher in ***Athletic Training/Sports Fitness***.
2. The student must complete a minimum of 3 key assignments.
3. The student will take and pass with a "C" or better the KIN 102 final exam.
4. The student will complete and submit the *Cerritos College's Credit by Exam Form* to the Office of Educational Partnerships & Programs.
5. The student must enroll at Cerritos College within two (2) years from the semester date in which the course was completed.
6. No more than 15 units of credit may be accepted for credit by examination.

This Agreement will be reviewed annually and will remain in effect until cancelled by either party giving 30 days' written notice.

**High School/ROP District Signatures**

Claudia Fotion 11/15/17  
Faculty/Department Chair Date

[Signature] 11/15/17  
Chief Executive Officer Date

**Cerritos College Signatures**

[Signature] 11/28/17  
Instructor/Division Chair Date

[Signature] 12/3/17  
Dean of Instruction Date

[Signature] 12/1/17  
Vice President Date