

## Perris Union High School District Course of Study

### A. COURSE INFORMATION

<p><b>Course Title:</b> (limited to 34 characters with spaces in Infinite Campus)</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">RCOE Applied Kinesiology</div> <p> <input checked="" type="checkbox"/> New  <input type="checkbox"/> Revised         </p> <p>If revised, the previous course name if there was a change</p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div> <p><b>Transcript Course Code/Number:</b></p> <div style="border: 1px solid black; height: 20px; width: 100%; margin-bottom: 5px;"></div> <p>(To be assigned by Educational Services if it's a new course)</p> <p><b>CREDIT TYPE EARNED:</b>     <b>CALPADS CODE:</b></p> <table border="1" style="width: 100%; border-collapse: collapse; margin-bottom: 5px;"> <tr> <td style="width: 70%;">Elective</td> <td style="width: 30%;">7921</td> </tr> </table>	Elective	7921	<p><b>Subject Area:</b></p> <p> <input type="checkbox"/> Social Science  <input type="checkbox"/> English  <input type="checkbox"/> Mathematics  <input type="checkbox"/> Laboratory Science  <input type="checkbox"/> World Languages  <input type="checkbox"/> Visual or Performing Arts  <input type="checkbox"/> College Prep Elective  <input checked="" type="checkbox"/> Other         </p> <p>Is this classified as a Career Technical Education course?</p> <p> <input checked="" type="checkbox"/> Yes  <input type="checkbox"/> No         </p> <p>If yes, which pathway does this course align to?</p> <p>Pathway Name:</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">HSMT</div> <p><b>CTE CDE Code: Pathway 198</b></p>	<p><b>Grade Level(s)</b></p> <p> <input type="checkbox"/> MS  <input type="checkbox"/> HS  <input type="checkbox"/> 5  <input type="checkbox"/> 6  <input type="checkbox"/> 7  <input type="checkbox"/> 8  <input type="checkbox"/> 9  <input checked="" type="checkbox"/> 10  <input checked="" type="checkbox"/> 11  <input checked="" type="checkbox"/> 12         </p>		
Elective	7921					
<p><b>Was this course <u>previously approved by UC</u> for PUHSD?</b></p> <p> <input checked="" type="checkbox"/> Yes  <input type="checkbox"/> No          (Will be verified by Ed Services)         </p> <p>If Yes, which A-G Requirement does this course meet?</p> <div style="border: 1px solid black; padding: 2px; margin-bottom: 5px;">G</div>	<p><b>Credential Required to teach this course:</b> <i>To be completed by Human Resources only.</i></p> <div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="font-family: cursive; font-size: 1.2em;">CTE: Health Science and Medical Technology</p> </div> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; border: 1px solid black; padding: 5px;"> </td> <td style="width: 40%; border: 1px solid black; padding: 5px; text-align: center;"> <p>11/1/2023</p> </td> </tr> <tr> <td style="text-align: center; font-weight: bold;">Signature</td> <td style="text-align: center; font-weight: bold;">Date</td> </tr> </table>			<p>11/1/2023</p>	Signature	Date
	<p>11/1/2023</p>					
Signature	Date					
<p><b>Submitted by:</b> Dian Martin  <b>Site:</b> Ed. Services  <b>Date:</b> 11/01/2023  <b>Email:</b> dian.martin@puhsd.org</p>	<p><b>Unit Value/Length of Course:</b></p> <p> <input type="checkbox"/> 0.5 (half-year or semester equivalent)  <input checked="" type="checkbox"/> 1.0 (one-year equivalent)  <input type="checkbox"/> 2.0 (two-year equivalent)  <input type="checkbox"/> Other:         </p>					
<p><b>Approvals</b></p>	<p><b>Name/Signature</b></p>	<p><b>Date</b></p>				
<p>Director of Curriculum &amp; Instruction</p>		<p>11/13/23</p>				
<p>Asst. Superintendent of Educational Services</p>		<p>11/13/23</p>				
<p>Governing Board</p>						

Riverside County Office of Education – Career Technical Education

**RCOE APPLIED KINESIOLOGY**

**DATE:**

**INDUSTRY SECTOR:** Health Science and Medical Technology Sector

**PATHWAY:** Patient Care

**CALPADS TITLE:** Intermediate Patient Care (Concentrator)

**CALPADS CODE:** 7921

**HOURS:**

Total	Classroom	Laboratory/CC/CVE
180	130	50

JOB TITLE	O*NET CODE	JOB TITLE	O*NET CODE
Athletic Trainers	29-9091.00	Sports Medicine Physicians	29-1069.11
Preventive Medicine Physicians	29-1069.09	Exercise Physiologists	29-1128.00

**COURSE DESCRIPTION:**

The RCOE Applied Kinesiology course is a two part course that includes classroom instruction and community site training that is designed to help students practice their skills as a healthcare provider in the areas of athletic training, physical therapy, personal fitness training, medical and sports equipment sales, massage therapy, emergency medicine, and other sports medicine related occupations. Students will have the opportunity to apply the knowledge they have gained from previous course work and continue to develop professional and employable skills. Subject matter will also include such items as ethics, legal concerns and insurance policies, administration in healthcare, pharmacology in athletics, sports psychology, and importance of strength and conditioning specialists/certifications. This course is rigorous and designed not only around the framework of the health profession in general but also around patient contact and care applications specifically.

Prerequisites: 1. Completion of RCOE Intermediate Kinesiology and RCOE Advanced Kinesiology with a "B" or better 2. Completion of Anatomy 3. Instructor approval to be enrolled

**A-G APPROVAL:** G

**ARTICULATION:** None

**DUAL ENROLLMENT:** None

**PREREQUISITES:**

Prerequisite
RCOE Advanced Kinesiology
RCOE Intermediate Kinesiology

**METHODS OF INSTRUCTION**

- Direct instruction
- Group and individual applied projects
- Multimedia
- Demonstration
- Field trips

**STUDENT EVALUATION:**

- Student projects
- Written work
- Exams
- Observation record of student performance
- Completion of assignment

**INDUSTRY CERTIFICATION:**

- None

**RECOMMENDED TEXTS:**

- Management Strategies in Athletic Training (5th/2018), Konin & Ray, Pub: Human Kinetics
- Principles of Athletic Training (15th/2014), Prentice, Pub: McGraw Hill
- Sports Medicine Essentials (3rd/2014), Clover, Pub: Cengage

**PROGRAM OF STUDY**

Grade	Fall	Spring	Year	Course Type	Course Name
10, 11, 12				Concentrator	RCOE Intermediate Kinesiology
11, 12				Capstone	RCOE Advanced Kinesiology
12				Concentrator	RCOE Applied Kinesiology

I. UNIT 1: INTRODUCTION TO CLINICAL PRACTICUM	CR	Lab/ CC	Standards
<p>This unit is an introduction to the clinical practicum course. Here students will get an overview of the program that includes requirements for the course, organization of the course, and how the rotational industry internship application process works.</p> <p><b>Key Assignment:</b></p> <p>Students are to review, sign, and return the course syllabus that includes specific course requirements with their parent or guardian. Students are also required to complete a safety test for the class as well as any other required documents related with the internship requirement of the course.</p>	10	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
II. UNIT 2. PROFESSIONAL DEVELOPMENT	CR	Lab/ CC	Standards
<p>Students explore career opportunities and examine the professional and educational requirements needed to meet their goals. Students identify personal qualifications, interests, aptitudes, information and skills, and post-secondary options necessary to succeed in their desired future career. Upon successful complete of the class, students will have developed their own career plan and personal portfolio. Students will participate in site visits and mock interviews from various industry partners.</p> <p><b>Key Assignment:</b></p> <p>Students will develop professional portfolios that include relative course work such as projects and certifications, Cover Letters and Resume. Students will be involved in a mock-interview rotation where industry professionals will interview students to not only help with exposure to the interview process but also to potentially interview for an internship spot at their facility. Students will need to have a portfolio with required documentation and be dressed professional for mock-interview rotations.</p>	30	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
III. UNIT 3: ETHICAL AND LEGAL CONSIDERATIONS	CR	Lab/ CC	Standards
<p>Students will analyze and then produce examples of ethical and legal cases and the importance of ethical implications affecting the healthcare profession with full comprehension of the principles of the National Athletic Trainer's Association Code of Ethics. Students will research and collect information on the importance of compliance with federal laws concerning patient rights and confidentiality through the Patient's Bill of Rights and the Health Information Portability and Accountability Act of 1996 (HIPPA).</p> <p><b>Key Assignment:</b></p> <p>Students will research a legal case that involves a healthcare professional and present their case findings to the class in a PowerPoint presentation. Case findings include but not limited to; the nature of the case, the facts or characteristics of the case, the outcome of the case, and a reflection on the legal case and verdict.</p>	20	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
IV. UNIT 4: PERSONAL AND PROFESSIONAL INSURANCE POLICIES AND CONSIDERATIONS	CR	Lab/ CC	Standards
<p>This unit provides students with the knowledge of the various insurance policies offered in the United States; as well as, the ability to categorize the essential insurance requirements for the protection of the patient. Students will get an understanding of various third-party reimbursement organizations and have the ability to classify the types of liability insurance necessary to protect specific healthcare providers.</p> <p><b>Key Assignment:</b></p> <p>Students will research different professional liability insurance policies for their top three sports medicine related professions. Students will then write a 350-word essay on the importance of having professional liability insurance. The essay will need to also compare and contrast at least three different professional liability insurance companies that would cover one of the top three sports medicine related professions that the student is interested in.</p>	10	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
V. UNIT 5: HEALTH CARE ORGANIZATION AND ADMINISTRATION IN ATHLETIC TRAINING/COMMUNITY HEALTHCARE	CR	Lab/ CC	Standards
<p>Students will have the opportunity to visit various industry sites like physical therapy clinics, chiropractic offices, personal and community fitness gyms, athletic training facilities, orthopedic offices/clinics, and other sports medicine industry related sites. This unit will provide students with the knowledge to identify, plan, and establish strategic plans, policies, and procedures that go into creating a community healthcare facility. Students will investigate the importance of budgeting, record keeping, and collecting injury/patient data to enhance business and patient care.</p> <p><b>Key Assignment:</b></p> <p>Students will be given a budget for supplies to stock their most desired community healthcare facility; as well as, researching and then ultimately designing a blue-print of the facility that includes all relative amenities. This project can be produced in a number of forms such as a 3-D model, computer software program, poster board, and/or PowerPoint.</p>	20	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
VI. UNIT 6: PHARMACOLOGY, DRUGS, AND SPORTS	CR	Lab/ CC	Standards
<p>Students will differentiate the roles and administration of therapeutic medications in the United States and illustrate the methods and rights of medication storage, dispensing, and administration. Students will utilize advanced mathematical skills to solve sports medicine related problems in computing the necessary amount of medication to be considered part of the treatment therapy. Students will learn the main components of human physiology and biology and their functions in sports medicine, including the nervous, cardiovascular, respiratory, digestive, and lymphatic systems.</p> <p><b>Key Assignment:</b></p> <p>Students will research and create a presentation that will be presented to the class on various types of medicine or healing. Topics available are Eastern and Western medicine, holistic medicine, modern medicine, and alternative and</p>	10	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>

	complementary medicine.			
<b>VII.</b>	<b>UNIT 7: PSYCHO-SOCIAL INTERVENTION FOR SPORTS INJURIES AND ILLNESSES</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	<p>This unit provides students with the ability to analyze, recognize, and explain a patient's psychological response to an injury as well as psychological factors important to rehabilitating the injured athlete/patient. Students will compare and contrast the mental training techniques that are used to manage the psychological aspects of injury in addition to recognizing the different mental disorders, appropriate referrals, and treatment techniques.</p> <p><b>Key Assignment:</b></p> <p>Students will be given a specific psychological scenario of an athlete/patient dealing with a specific injury/illness (including mental illness) and will need to create an appropriate treatment plan that might also include an appropriate referral process. Students will utilize material learned in lectures and readings to create a report using a word document template for their assigned patient.</p>	15	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B.1.1</p>
<b>VIII.</b>	<b>UNIT 8: STRENGTH AND CONDITIONING SPECIALIST</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	<p>In this unit, students will get an overview of a specific specialization in the field of sports medicine, a Strength and Conditioning Specialist (SCS), and be able to describe duties and characteristics specific to a SCS. Being this specialty or obtaining this certification allows for the use of many talents such as good communication, organizational skills, fitness education skills, motivational talents, and an active participation in good health and fitness habits. Students will learn and develop effective methods of working with clients to establish an effective working relationship to meet the needs of the client/patient/athlete.</p> <p><b>Key Assignment:</b></p> <p>Students will research a certified strength and conditioning specialist to interview. Students will conduct a 10-15 minute interview asking relative questions such as qualifications for career, daily duties, personal qualities and attributes needed, and the specific professional certification they obtained. Interview can be recorded or typed for submission as well as submission of research of the professional certification that the SCS holds.</p>	15	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
<b>IX.</b>	<b>INTERNSHIP</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	<p><b>Internship Site:</b></p> <ul style="list-style-type: none"> <li>● 2x/week; Classroom site:</li> <li>● 1x /week for the week where students have the course 3x /week</li> </ul> <p>Completed Portfolio; Cover Letter, Resume, Community Site Evaluations, Certifications obtained in the pathway, Personal Essay (Minimum 2 pages) "In what ways have your experience as a student in the Sports Medicine Pathway provided you with the opportunity for personal growth and prepared you to proceed in a career in the medical field".</p>	0	50	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
<b>X.</b>	<b>RCOE COLLEGE AND CAREER TRANSITION PLAN (CCTP)</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>
	<p>This unit of instruction links student interests to potential careers through exploration and research. Students will develop a post-secondary career plan that identifies and maps out a course of action which incorporates college and career opportunities. Within the twelve (12) topics, students will complete interest surveys, career related documents (i.e., applications, resumes, letters of introduction, letters of recommendation), and mock interviews with the express goal of preparing students to graduate from high school academically and socially prepared for college, the workforce, and civic responsibility. Additionally, students will analyze the importance of financial literacy through topics such as credit, creating a budget, and saving and investing.</p> <p><b>Lessons:</b></p> <ul style="list-style-type: none"> <li>● Work, Job, and Career</li> <li>● The Career Plan</li> <li>● Job Applications (Portfolios – Part 1)</li> <li>● The Letter of Introduction (Portfolios – Part 2)</li> <li>● Resume (Portfolios – Part 3)</li> <li>● Letters of Recommendation (Portfolios – Part 4)</li> <li>● Interviewing</li> <li>● Career Research and Reflection</li> <li>● Financial Literacy (Part 1 – The Basics)</li> <li>● Financial Literacy (Part 2 – Credit)</li> <li>● Financial Literacy (Part 3 – Creating a Budget)</li> <li>● Financial Literacy (Part 4 – Saving and Investing)</li> </ul> <p><b>Key Assignments:</b></p> <p>1. <b>RCOE College and Career Transition Guide:</b> This project will incorporate the development of a 5-10 year career plan, preparing a portfolio (letter of introduction, resume, and letters of recommendation), and practicing job applications and mock interviews.</p> <p>2. <b>Financial Literacy:</b> This project will include identifying elements and deduction on a paycheck, research loan options based on credit worthiness, creating a budget, and planning for retirement.</p>	15	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.3, 2.4</p> <p><b>Career Planning and Management:</b> 3.1, 3.2, 3.4, 3.8, 3.9</p> <p><b>Technology:</b> 4.1</p> <p><b>Problem Solving and Critical Thinking:</b> 5.4</p> <p><b>Responsibility and Flexibility:</b> 7.6</p> <p><b>CTE Pathway:</b> B1.1</p>
<b>XI.</b>	<b>COURSE NOTES</b>	<b>CR</b>	<b>Lab/CC</b>	<b>Standards</b>

<p><b>Previous Course Title:</b> RCOE Sports: Clinical Practicum</p> <p><b>Course Code/Transcript Abbreviation:</b> HLT-198-03-04</p>	0	0	<p><b>Academic:</b> LS: 11-12.1</p> <p><b>CTE Anchor:</b> Communications: 2.1</p> <p><b>CTE Pathway:</b> B1.1</p>
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**Entered by:**

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