



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2017

PE 2400 B2 Introduction to Sports Injuries 3 credit (3-0-2) UT [75 hrs.]

INSTRUCTOR: Ray Kardas

PHONE: 780 539-2990

OFFICE: K214

E-MAIL: rkardas@gprc.ab.ca

Office hours as posted
and as requested

DELIVERY MODE(S): Lecture, Problem-solving exercises, practical labs

PREREQUISITE(S)/COREQUISITE: PE1000 or equivalent

REQUIRED TEXT/RESOURCE MATERIALS:

Hillman, S.K. ed. (2012). Core Concepts in Athletic Training and Therapy. Champaign: Human Kinetics.

CALENDAR DESCRIPTION:

This course allows an analysis of practical and theoretical concepts of sports injury. It includes an overview of sports medicine, care and prevention of injuries, and safety in athletics and physical education.

LEARNING OUTCOMES:

Students who successfully complete this course will be able to:

- Identify the various health professionals and their roles on the sports medicine team,
- Identify the roles and responsibilities of the athletic therapist
- Identify and assess athletic injuries/conditions for treatment,
- Explain athletic injuries/conditions to the athlete or client, and
- Develop proficiencies – preventative taping and strapping techniques for use with athletic injuries/conditions.

COURSE OBJECTIVES:

- To provide the student with a knowledge and understanding of the basic concepts of athletic injuries; injury assessment; prevention and management.
- To develop an awareness of the function of the athletic therapist as a participant in the sports medicine community.
- To develop students' skills in injury assessment and various taping techniques.

COURSE SCHEDULE/TENTATIVE TIMELINE:

Class Times: Mondays, 1:00 p.m. – 2:20 p.m./Fridays, 11:30 a.m. – 1:00 p.m.

Lab Times: **A2:** Tuesday, 2:30 p.m. – 4:20 p.m. **B2:** Wednesday, 2:30 p.m. – 4:20 p.m.

I Class Component

September 1st – October 37th: Part I, (Chapters 1-6);

Part III (Chapters 13-14); Part IV – VI (Chapters 15-23)

Topics:

- Introduction to Athletic Training
- Pre-participation Physical Examination
- Fitness Testing and Conditioning
- Nutritional Aspects of Health and Performance
- Environmental Conditions
- Protective Devices, Regulations and the Law
- Athletic Taping, Padding and Bracing
- Acute Care
- Emergency Care
- Concepts of Rehabilitation and Healing
- Therapeutic Modalities
- Therapeutic Exercise Parameters and Techniques
- Pharmacology in Athletic Training

October 20th – December 4th: Part II (Chapters 7-12)

Topics:

- Injury Mechanisms and Classifications
- Principles of Examination
- Upper Extremity Injury Recognition
- Lower Extremity Injury Recognition
- Head, Spine and Thorax Recognition
- General Medical Conditions
- Applications from Parts III & IV to Part II

II Lab Component

The lab component for PE2400 is a comprehensive introduction to athletic taping and strapping. At the end of the course the student will have developed advanced expertise in those techniques and practices valued by athletic therapists. To that end, lab attendance is mandatory. Each absence will result in a 2% reduction from the total lab component for the course (20%).

Labs begin on Tuesday, September 5th for lab section A2 and on Wednesday, September 6th for Lab section B2.

EVALUATIONS:

Evaluation will be completed and expressed in raw marks (%) throughout the course. Grades (using the letter grading system) will be assigned only to the final distribution of mark totals for the course. Such assignment will be based on a combination of absolute achievement and relative performance in the class. Final grades will be assigned as per information in the current GPRC Admission Guide.

EXAMINATIONS

<i>Mid-Term, October 16th</i>	40%
<i>Practical Lab Exams (November 27-December 12)</i>	20%
<i>Final Exam (Between December 9th - 19th)</i>	40%

Note: Students must show proof of Standard First Aid and CPR to pass the course. There will be additional costs borne by the student for these certifications.

GRADING CRITERIA:

GRANDE PRAIRIE REGIONAL COLLEGE			
GRADING CONVERSION CHART			
Alpha Grade	4-point Equivalent	Percentage Guidelines	Designation
A ⁺	4.0	90 – 100	EXCELLENT
A	4.0	85 – 89	
A ⁻	3.7	80 – 84	FIRST CLASS STANDING
B ⁺	3.3	77 – 79	
B	3.0	73 – 76	GOOD
B ⁻	2.7	70 – 72	
C ⁺	2.3	67 – 69	SATISFACTORY
C	2.0	63 – 66	
C ⁻	1.7	60 – 62	
D ⁺	1.3	55 – 59	MINIMAL PASS
D	1.0	50 – 54	
F	0.0	0 – 49	FAIL
WF	0.0	0	FAIL, withdrawal after the deadline

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities on the GPRC website.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy on the GPRC website.

**Note: all Academic and Administrative policies are available at www.gprc.ab.ca/about/administration/policies/

UNIVERSITY TRANSFER:

UA, UC, UL, AU, AF, CU, CUC, GMU, KUC

**** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. Students are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability.**

Please refer to the Alberta Transfer guide for current transfer agreements:

www.transferalberta.ca