

JAN. 16 2001

**DEPARTMENT OF PHYSICAL EDUCATION,
ATHLETICS AND KINESIOLOGY OF
GRANDE PRAIRIE REGIONAL COLLEGE**

PE 2400

INTRODUCTION TO SPORTS INJURIES [UT: 3cr. (3-0-1.5)]

COURSE OUTLINE: WINTER SEMESTER 2001

CALENDAR DESCRIPTION:

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

I GENERAL INFORMATION

Instructor: Ray Kardas
Office: C418
Phone: 539-2990
e-mail: kardas@gprc.ab.ca
Office hours: MWF 10:00 - 11:30
and by appointment
Prerequisite: PE 1000 or
equivalent

Class Days & Times:
Tuesday & Thursday
10:00 - 11:20 (J204)
Lab: Wednesday
10:00 - 10:50 (J130)
Class format: Lectures, assigned questions,
Course lab format: Direct application of
theory

II COURSE EVALUATION

1.	Three Tests:	3 x 20%	=	60%
2.	Lab Tests		=	20%
3.	Course Workbook		=	20%

III COURSE TEXT/RESOURCES

1. Daniel D. Arnheim, and W.E. Prentice (2000). Principles of athletic training, 10th Edition. Boston: McGraw-Hill.
2. Sports Medicine Council of Alberta. Athletic First Aid.
3. Workbook for D. Arnheim and W.E. Prentice. Principles of athletic training, 10th Edition.

IV PROPOSED COURSE SEQUENCE

The Instructor reserves the right of adjusting the course material for the perceived and real needs of students which may result in a deviation from the following plan.

January 5	Introduction/orientation for course, responsibilities of the students
January 9	Part I: <u>Professional development and responsibilities</u> Text chapters 1 -3 (pp. 2 - 73)
January 16, 18, 23, 25	Part II: <u>Risk Management</u> Text chapters 4-8 (pp. 75 -211)
January 30, February 1	Part III: <u>Pathology of Injury</u> Text chapters 9-10 (pp. 213-254)
February 6	Test #1 (on parts I - III)
February 8, 13, 15, 20	Part IV: <u>Management Skills</u> Text chapters 11-17 (pp. 256-444)
February 22	Test #2
February 27-	WINTER BREAK
March 2	
March 6 - April 5	Part V: <u>Specific Sports Conditions</u> Text chapters 18-29 (pp. 446 - 867)
April 10, 12	Test #3 (two parts)

V PROPOSED LAB SCHEDULE

January 10	Sports Facilities - Safety Checklists
January 17	Introduction to Taping, Wrapping, and Bandaging
January 24, 31 & February 7	Conditions of Foot and Ankle
February 14	Conditions of Knee and Thigh
March 7	Conditions of Forearm, Wrist and Hand
March 21, 28	Other Assorted Taping Procedures
April 4	Lab Theory Test/ Week of Practicals

Note: Lab attendance is compulsory. As noted the evaluation will be ongoing from January 24th. Missed labs mean missed marks.

VI TRANSFERABILITY

U of A - PEDS 240 (3)

U of C - Jr. KNES (3)

U of L - KNES 4650 (3)

Transferable for 3 credits at Athabasca, Augustana, Concordia, and Kings College.

Note: Students will also receive Level I certification for Athletic First Aid through the Sports Medicine Council of Alberta for which additional costs may be required.