

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

P E 2 4 0 0

INTRODUCTION TO SPORTS INJURIES

UT: 3CR (3-0-0)

COURSE OUTLINE: Winter Semester 2002

- 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.
- Prerequisite:** PE 1000 or equivalent

I GENERAL INFORMATION

Instructor: Ray Kardas
Office: C418
Phone: 539-2990
Email: rkardas@gprc.ab.ca
Office Hours: MWF from 10:00 – 11:30 and
 by appointment

Class Days & Times:
 Tuesdays and Thursdays
 10:00 – 11:20 AM (B304)
Class Format: Lectures, assigned
 questions.
Lab: Wednesday, 2:30 – 3:50 J227

II COURSE EVALUATION

- | | | | | |
|----|----------------|---------|---|-----|
| 1. | Four Tests: | 4 x 20% | = | 80% |
| 2. | LAB Practicals | | = | 20% |

III COURSE TEXT

1. Daniel D. Arnheim, and W.E. Prentice (2000). Principles of athletic training, 10th Edition. Boston: McGraw-Hill.

IV PROPOSED COURSE SEQUENCE

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

January 3	Introduction/orientation for course, responsibilities of the students
January 8	Part I: Professional development and responsibilities, Text chapters 1 – 3 (pp. 2 – 73)

January 10, 15, 17 & 22

January 24

January 29, 31 & February 5

February 7, 12, 14, 19

February 21

February 25 – March 1

March 5 – April 11

March 19

April 4

Part II: Risk Management. Text chapters 4 - 8

Test #1 (Parts I & II)

Part III: Pathology of Injury. Text chapters 9 - 10 (pp. 213 - 254)

Part IV: Management Skills. Text chapters 11 - 17

Test #2 (Parts III & IV)

Winter Break

Part V: Specific Sport Conditions. Text Chapters 18 - 29 (pp. 446 - 867)

Test #2 (Chapters 18 - 23)

Test #4 (Chapters 24 - 29)

V PROPOSED LAB SEQUENCE

January 10

January 16

January 23, 30 & February 6

February 13

February 20

March 6, 13 & 20

March 27, April 1 - 5

Sports Facilities - Safety Checklists

Introduction to taping, wrapping & bandaging

Conditions of foot and ankle

Conditions of knee and thigh

Conditions of forearm, wrist and hand

Other assorted taping procedures

Lab Theory Test/ week of practicals

NOTE: Lab attendance is compulsory. Evaluations will be ongoing from January 10th. Missed labs mean missed marks.

IV 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 incurred.