

DEPARTMENT OF KINESIOLOGY AND HEALTH SCIENCES

COURSE OUTLINE – Fall 2023

PE2400 (A2): Introduction to Sports Injuries – 3 credits (3-0-2) 75 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

INSTRUCTOR: Alexander Villafranca, **PHONE:** 780-539-2971
Ph.D.
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OFFICE HOURS: By appointment

CALENDAR DESCRIPTION:

The course provides an introduction to practical and theoretical concepts of sports injury. This includes an overview of athletic therapy and the prevention, assessment, acute management, and rehabilitation of injuries.

PREREQUISITE(S)/COREQUISITE:

Prerequisite: PE 1000 Human Anatomy or equivalent.

REQUIRED TEXT/RESOURCE MATERIALS:

- Sports Medicine Council of Alberta's Sports taping and strapping manual. Available for purchase directly from the SMCA (<https://www.sportmedab.ca/>)
- Sports Medicine Council of Alberta's Athletic injury management manual. Available for purchase directly from the SMCA (<https://www.sportmedab.ca/>)

- Principles of athletic training: A guide to evidence-based clinical practice, 17th edition. International student version. McGraw-Hill. 2021. Available for purchase from the NWP bookstore.
- Other select readings, as specified (provided with no cost on Brightspace/D2L).

DELIVERY MODE(S):

This course will involve lectures, case studies, online activities, tests, labs, and group discussion. All students should have a computer or smartphone for classroom activities. In class use of an NWP laptop can be arranged in advance, if required. Technological support is available through helpdesk@nwpolytech.ca.

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.
- To prepare students for the Sports Medicine Council of Alberta (SMCA) Sports Trainer credential.

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 an athlete or client, and
- Demonstrate proficiencies in taping and strapping for use with athletic injuries/conditions

TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.ca>.

**** 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**

EVALUATIONS:

Task	Percent of final mark
Participation in class discussions	5%
Lecture midterm	15%
Lab midterm (written)	20%
Completion of weekly quizzes	10%

Practical final exam	20%
Lecture final exam	30%

Students must pass both the lecture and lab components to successfully pass the class.

GRADING CRITERIA:

Alpha Grade	4-point Equivalent	Percentage Guidelines		Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100		C+	2.3	67-69
A	4.0	85-89		C	2.0	63-66
A-	3.7	80-84		C-	1.7	60-62
B+	3.3	77-79		D+	1.3	55-59
B	3.0	73-76		D	1.0	50-54
B-	2.7	70-72		F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

Lecture: T R 10:00-11:20

Labs:

L01- T, 16:00-17:50

L02- R, 16:00-17:50

Topics that will be covered include injury prevention, injury mechanism and classification, injury assessment, taping theory and practice, and extensive coverage of important sport injuries that affect different regions of the body. The instructor reserves the right to alter the pace, scope, and/or breadth of the topics covered to facilitate student learning and to cohere with the natural progression of class discussions.

Wk.	Lecture	Theme
W1	Sept 1	Unit 1A- Introduction, Injury prevention
W2	Sept 6	Unit 1B- Situational awareness
W2	Sept 8	Unit 2A- Injury mechanisms and classification
W3	Sept 13	Unit 2B- Tissue response to injury
W3	Sept 15	Unit 3A- Primary and secondary assessment
W4	Sep 20	Unit 3B- Off-field assessment
W4	Sept 22	Unit 4A- Environmental injuries
W5	Sept 27	Unit 4B- General health conditions

W5	Sept 29	Unit 5A- Introduction to taping, Effect of taping on muscle activation, pain, and proprioception
W6	Oct 4	Unit 6A- Skull and brain injuries
W6	Oct 6	Unit 6B- Facial injuries
W7	Oct 11	Fall break
W7	Oct 13	Fall break
W8	Oct 18	Unit 7A- Infectious disease
W8	Oct 20	Unit 7B- Spinal injuries
W9	Oct 25	Lecture midterm
W9	Oct 27	Unit 8A- Thoracic injuries
W10	Nov 1	Unit 8B- Abdominal injuries
W10	Nov 3	Unit 9A- Shoulder injuries
W11	Nov 8	Unit 9B- Shoulder injuries (continued), brachium injuries
W11	Nov 10	Unit10A- Elbow injuries, forearm injuries
W12	Nov 15	Unit 11A- Wrist injuries
W12	Nov 17	Unit 11B- Hand injuries
W13	Nov 22	Unit 12A- Hip and pelvis injuries
W13	Nov 24	Unit 12B- Hip and pelvis injuries (continued), thigh injuries
W14	Nov 29	Unit 13A- Knee injuries
W14	Dec 1	Unit 13B- Knee injuries (continued), shank injuries
W15	Dec 6	Unit 14A- Ankle injuries
W15	Dec 8	Unit 14B- Foot injuries
	Dec 13	Exam period runs from Dec 13-22- date and time of final written exam TBA
	Dec 15	
	Dec 20	
	Dec 22	

Labs

In person attendance at labs is mandatory. Each unexcused absence will result in a 10% reduction from the final lab mark. Students who miss 3 or more labs without permission will be required to withdraw from the course due to truancy.

Module	Week	Labs	Topic(s)
	Aug 29- Sept 2		First week, no lab
1	Sept 5-9	i.	Intro to wrapping- ankle wrapping

			Intro to taping- buddy taping Emergency care 1- Primary assessment
	Sept 12-16	ii.	Emergency care 2- Secondary assessment Preparticipation screening- Garrick ortho screen
	Sept 19-23	iii.	Shoulder wrapping, elbow hyperextension taping
	Sept 26- 30	iv.	Wrist: hyperextension taping, hyperflexion taping, contact wrist taping
	Oct 3-7	v.	Thumb: Peppard taping (refresher), contact thumb taping
	Oct 10-14		Fall break, No labs
2	Oct 17-21	vi.	Groin wrapping and thigh wrapping
	Oct 24-28	vii.	Knee 1: Hyperextension taping, general knee support (MCL, LCL, ACL) taping
	Oct 31-Nov 4	viii.	Knee 2: Patellar tilt taping, patellar glide taping, patellar external rotation taping
	Nov 7-11	ix.	Ankle 1: ankle taping, open basketweave taping
3	Nov 14-18	x.	Ankle 2: closed basketweave taping
	Nov 21-25	xi.	Foot: arch technique taping, Achilles tendon taping
	Nov 28-Dec 2	xii.	No lab, use the time to finish your final exam video submission
	Dec 6-10	xiii.	No lab

STUDENT RESPONSIBILITIES:

Note: Students must show proof of certification in “Standard First Aid with CPR C and AED” to pass the course. There will be additional costs borne by the student for this certification.

- Students are required to come to class prepared
- Regular attendance is critical to succeed in this class. Students should contact the instructor in advance if they are unable to attend.
- Any student who misses 10 or more classes or 3 or more labs without approval will be required to withdraw from the class due to truancy.
- If a student misses tests for medical reasons, a doctor’s note must be provided
- Late assignments will be deducted 10% per day submitted past the deadline
- Assignment details will be provided on D2L

CREDIT FROM THE SPORTS MEDICINE COUNCIL OF ALBERTA:

Students who receive a final mark of B- or better in this course will be eligible to apply for the SMCA's Sports trainer certificate. An additional fee that is directly payable to the SMCA will apply (approximately \$10). Students are not obligated to purchase the certification, but it is highly recommended due to its utility and low cost.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

**Note: all Academic and Administrative policies are available on the same page.

POLICY ON RECORDING TEACHING ACTIVITIES:

Students may not record classroom activities (such as lectures, group activities, group presentations delivered in class, etc.) without the advance written permission of the instructor. This policy is set to protect the privacy and reputation of students, to uphold the copyrights of the instructor and other content creators, and to facilitate free and open discussion of ideas. The classroom is meant to be a psychologically safe environment, where students are free to explore and think through new and controversial ideas without fear of public repercussions. Recording lectures can undermine this goal. If permission to record an activity is granted, the recorded material can only be used for the student's own private use and is not to be posted online or otherwise distributed. Students will be notified in advance by the instructor when someone has been granted permission to record a classroom activity. In the case of student presentations, the recording student must show proof that the presenting student(s) have agreed to be recorded before the instructor will grant permission.

COPYRIGHT NOTIFICATION:

Any course material created by your instructor is his intellectual property and is provided to you based upon your registration for this class. As such, the material is for your private use only. It is not to be distributed, publicly exhibited, or sold without the permission of the instructor. Third party materials (such as assigned readings) have either been licensed for use in this course or fall under an exception or limitation in Canadian Copyright law.