



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2015

PE 2400 A2, B2 Introduction to Sports Injuries, 3 credit (3-0-2) UT [75 hrs.]

INSTRUCTOR: Ray Kardas

PHONE: 780 539-2990

OFFICE: K214
Office hours as posted
and as requested

E-MAIL: rkardas@gprc.ab.ca

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

PREREQUISITE(S)/COREQUISITE: PE1000 or equivalent

REQUIRED TEXT/RESOURCE MATERIALS:

Prentice, W.E. (2013). Essentials of Athletic Injury Management, 9th Edition. New York: McGraw-Hill.

Sport Medicine Council of Alberta: AIM and Taping Manuals.

Chapter outlines/worksheets: on Moodle

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.

A. September 4th – October 16th: Chapters 1-12 of text

Topics:

- Fitness Professionals, Coaches, and the Sports Medicine Team: Defining Roles
- Organizing and Administering an Athletic Health Care Program
- Legal Liability and Insurance
- Preventing Injuries through Fitness Training
- Sports, Nutrition and Supplements
- Selecting and Using Protective Sports Equipment
- Understanding the Potential and Danger of Adverse Environmental Condition
- Handling Emergency Situations and Injury Assessment
- Blood borne Pathogens, Universal Precaution and Wound Care
- Understanding the Basics of Injury Rehabilitation
- Helping the Injured Athlete Psychologically

B. October 23rd – December 7th: Chapters 13-25 of text

Topics:

- Recognizing Different Sports Injuries
- Foot and Toes
- Ankle and Lower Leg
- Knee and Related Structures
- Thigh, Hip, Groin and Pelvis
- Shoulder Complex
- Elbow, Forearm, Wrist and Hand

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, Chapters 1-12</i>	30%
<i>Research and Research Presentation</i>	20%
<i>Practical Lab Exams</i>	20%
<i>Final Exam TBA</i>	30%

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 at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy at www.gprc.ab.ca/d/STUDENTMISCONDUCT

**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.transferralberta.ca