

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.

TRANSFERABILITY:

Transfers to: UA, UC, UL, AU, AF, CU, CUC, GMU, KUC

***Warning:** Although we strive to make the transferability information in this document up-to-date and accurate, **the student has the final responsibility for ensuring the transferability of this course to Alberta Colleges and Universities.** Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at Alberta Transfer Guide main page <http://www.transferalberta.ca> or, if you do not want to navigate through few links, at <http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>

** 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:

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>	40%
<i>Practical Lab Exams (Week of October 28-December 2)</i>	20%
<i>Final Exam TBA</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

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 2nd – October 17th: Chapters 1-10 and selected portions of 19-23

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
- Helping the Injured Athlete Psychologically

A. October 21st – December 5th: Chapters 23-18 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
- Therapeutic modalities
- Therapeutic Exercise for Rehabilitation
- Return to Play/Sport

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 Wednesday, August 31st for lab section B2 and on Tuesday, September 6th for Lab section A2.

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at <http://www.gprc.ab.ca/about/administration/policies/>

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 College

Calendar at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at <https://www.gprc.ab.ca/about/administration/policies>

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