

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 A2/B2: Tuesday & Thursday, 11:00 a.m. – 12:50 p.m. A208.

Lab Times: **A2:** Tuesday, 8:00 a.m. – 9:50 a.m., J202

B2: Wednesday, 12:00 p.m. – 12:50 p.m., J229

I Class Component

September 6th – October 18th: Part I, (Chapters 1-6);

Part III (Chapters 13-14); Part IV – VI (Chapters 15-23)

Topics:

- Introduction to Athletic Training
- Pre-participation Physical Examination
- Fitness Testing and Conditioning
- Nutritional Aspects of Health and Performance
- Environmental Conditions
- Protective Devices, Regulations and the Law
- Athletic Taping, Padding and Bracing
- Acute Care
- Emergency Care
- Concepts of Rehabilitation and Healing
- Therapeutic Modalities
- Therapeutic Exercise Parameters and Techniques
- Pharmacology in Athletic Training

October 23th – December 6th: Part II (Chapters 7-12)

Topics:

- Injury Mechanisms and Classifications
- Principles of Examination
- Upper Extremity Injury Recognition
- Lower Extremity Injury Recognition
- Head, Spine and Thorax Recognition
- General Medical Conditions
- Applications from Parts III & IV to Part II

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 Tuesday, September 5th for lab section A2 and on Wednesday, September 6th for Lab section B2.

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, October 23rd</i>	40%
<i>Practical Lab Exams (November 26th-November 30th)</i>	20%
<i>Final Exam (Between December 10th -19th)</i>	40%

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 on the GPRC website.

STATEMENT ON PLAGIARISM AND CHEATING:

Refer to the College Student Misconduct: Academic and Non-Academic Policy on the GPRC website.

**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