

GRANDE PRAIRIE REGIONAL COLLEGE
Department of Physical Education and Athletics

PE 2400 INTRODUCTION TO SPORTS INJURIES
1. Course Outline 1995-1996

Course Description: Analysis of practical and theoretical concepts of sports injury. Includes an overview of sports medicine, care and prevention of injuries and safety in athletics and physical education.

Instructor: Ray Kardas

Office: C418

Phone: 539-2990

Lectures: MW 1:00 - 2:50 Room J229
Tues. 3:00 - 3:50 Room J227
L1 Tues 4:00 - 5:30 Room J227

Course Objectives:

At the conclusion of this course, the student will be able to:

1. Discuss various injuries incurred in athletics and physical education with regard to etiology, mechanism of injury, pathology, assessment, acute treatment and rehabilitation, and prevention of injuries.
2. Discuss the concepts and basic methods of assessing athletic injuries.
3. Demonstrate basic assessment skills of athletic injuries.
4. Demonstrate taping and bandaging skills for specific athletic injuries.

Required Textbooks:

Arnheim DD and Prentice WE: Modern Principles of Athletic Training, 8th Ed, Mosby Year Book, Toronto, 1993

Kennedy R & Berry D: The Sports Therapy Taping Guide, 3rd Ed, Sports-Medics, Ottawa, 1991 Lab Kit

Labs:**NOTE****

1. Lab attendance is mandatory. Failure to attend and participate in all lab classes will result in your being restricted from taking the lab exam.
2. Students are required to purchase a prepared lab kit which includes some of the supplies necessary for participation in the lab sessions (tape, etc.). Failure to have the necessary supplies will result in exclusion from lab participation.
3. Due to the practical nature of the lab, students are required to wear shorts and T-shirts to lab classes unless otherwise instructed. Those failing to wear appropriate clothing may not be allowed to participate in lab sessions.

Examination and Grading Scheme:

NOTE** Please read pp. 27-30 in the College Calendar on policies of academic standing, exams, repeat final examinations, rights and responsibilities, plagiarism and cheating.

Assignments	25%
Midterm Exam	25% (Tentatively scheduled for February 15)
Class Presentations/Assignments	25%
Lab Exam	25%

Written assignments will consist of structural and functional anatomy review of the various body regions that we will be studying i.e. review of the skeleton, muscles and tendons, ligaments, major blood vessels, nerve supply, joint structure and movements, associated structures, etc. These assignments will be due prior to that unit of study.

The Mid-Term Exam may be composed of the following types of questions: MC, T/F, fill in the blank, short answer, long answer, diagrams, etc.

The Lab Exam will be an oral/practical examination approximately 30 minutes in length. It will be comprehensive in nature and may include questions on anatomy, specific injuries, ideas on prevention and rehabilitation of injuries, demonstration of basic assessment skills, demonstration of taping and bandaging, etc.

Marking Scheme: Marking is on a 9 point scale. The percent equivalencies for PE 2400 only are as follows:

<u>Cumulative Percentages</u>	<u>9 Point Scale</u>
90 - 100	9
80 - 89	8
70 - 79	7
61 - 69	6
56 - 60	5
50 - 55	4 PASS
40 - 49	3
30 - 39	2
0 - 29	1

TENTATIVE COURSE OUTLINE

NOTE** The instructor reserves the right to deviate in any manner from this outline to accommodate students needs.

Lectures

Sept. 8	Introduction, Chapter 1
Sept. 11, 12	Administration/Legal Concerns (Chapter 26)
Sept. 13, 18	Prevention of Related Issues (Chapter 2-5)
Sept. 19	Classification of Injuries (Chapter 6)
Sept. 20	Tissue Response to Injury (Chapter 7)
Sept. 25, 26, 27	Emergency Procedures, Assessment (Chapters 8, 9, 10)
Oct. 2, 3, 4	Returning the Injured Athlete to Competition (Chapters 12, 13, 14)
Oct. 9	THANKSGIVING DAY - NO CLASSES
Oct. 10, 11	Returning the Injured Athlete to Competition (Chapters 12, 13, 14)
Oct. 16	Mid-Term Examination
Oct. 17, 18	Conditions of the Skin and Other Conditions (Chapter 15, 25)
Oct. 23, 24, 25	Conditions of the Foot, Ankle, Lower Leg (Chapters 16, 17)
Oct. 30, 31, Nov. 1	Conditions of the Knee (Chapter 18)
Nov. 6, 7, 8	Conditions of the Thigh, Hips, Groin, Pelvis (Chapter 19)
Nov. 13, 14, 15	Conditions of the Abdomen and Thorax (Chapter 20)
Nov. 20, 21, 22	Conditions of the Spine, Head, Face (Chapters 21, 22)
Nov. 27, 28, 29	Conditions of the Shoulder Girdle and Upper Arm (Chapter 23)
Dec. 4, 5, 6	Conditions of the Elbow, Forearm, Wrist, and Hand (Chapter 24)

Labs

Sept. 7	NO LAB
Sept. 12	Massage Lab
Sept. 19	Massage Lab
Sept. 26	Therapeutic Modalities
Oct. 3	Emergency Care Procedures
Oct. 10	Assessment Skills
Oct. 17	Taping and Bandaging (Chapter 11)
Oct. 24	Taping Lab (Ankle)
Oct. 31	Taping Lab (Lower Leg and Foot)
Nov. 7	Taping Lab (Knee)
Nov. 14	Taping Lab (Thigh)
Nov. 21	Taping Lab (Shoulder and Elbow)
Nov. 28	Taping Lab (Wrist, Thumb, Fingers)
Dec. 5	Lab Exams