

**DEPARTMENT OF PHYSICAL EDUCATION,
ATHLETICS AND KINESIOLOGY OF
GRANDE PRAIRIE REGIONAL COLLEGE**

APR 27 2001

**PE 2400
INTRODUCTION TO SPORTS INJURIES [UT: 3cr.(3-0-1.5)]**

COURSE OUTLINE: SPRING SEMESTER 2001

CALENDAR DESCRIPTION:

The course allows an analysis of practical and theoretical concepts of sports injuries. It includes an overview of sports medicine, care and prevention of injuries, and safety in athletics and physical education.

I GENERAL INFORMATION

Instructor: Ray Kardas
Office: C418
Phone: (780)539-2990
e-mail: rkardas@prairie.ab.ca
Prerequisite: PE 1000 or equivalent

Class Days & Times: Monday - Thursday 8:30 - Noon
Class Times: J202 - 8:30 - 10:20 am
Lab: J130 - 10:30 - Noon
Class Format: Lectures, assigned questions
Course Lab Format: Direct application of theory

II COURSE EVALUATION

1.	Four Tests:	4 X 20%	= 80 %
2.	Lab Tests		= 15 %
3.	Course Workbook		= 5 %

III COURSE TEXT/RESOURCES

1. Daniel D. Arnheim, and W.E. Prentice (2000). Principles of athletic training, 10th Edition. Boston: McGraw-Hill
2. Workbook for D. Arnheim and W.E. Prentice. Principles of athletic training, 10th Edition.
3. Prepared Reading/Notes for PE 2400.

IV PROPOSED COURSE SEQUENCE

Tuesday May 1 st	Part I: Professional Development and Responsibilities
Wednesday May 2 nd	Part III: Pathology of Injury
Thursday May 3 rd	<i>Test #1: Parts I & III</i>
Monday May 7 th	Part II: Risk Management
Tuesday May 8 th	Part II: Continued
Wednesday May 9 th	Part II, Part IV Specific Sports Conditions (Chapters 11 & 17)
Thursday May 10 th	<i>Test #2: Part II, Part IV (Chapters 11 & 17)</i>
Monday May 14 th	Part IV: Specific Sports Condition (Chapters 18 & 19)
Tuesday May 15 th	Part IV (Continued: Chapters 20 & 21)
Wednesday May 16 th	Part IV (Continued: Chapters 22 & 23)
Thursday May 17 th	<i>Test #3: Material to Wednesday May 16th</i>
Monday May 21 st	Part IV (Continued: Chapters 24 & 25)
Tuesday May 22 nd	Part IV (Chapters 26 & 27)
Wednesday May 23 rd	Part IV (Chapters 28 & 29)
Thursday May 24 th	<i>Test #4: Material from May 21st to May 23rd</i>

V LAB SCHEDULE

Tuesday May 1 st	Lab #1	Survey of Facilities/Application of Ice
Wednesday May 2 nd	Lab #2	Range of Motion/Contraindicated Exercises
Thursday May 3 rd	Lab #3	General Massage Techniques
Monday May 7 th	Lab #4	Begin Taping - Ankle
Tuesday May 8 th	Lab #5	Ankle
Wednesday May 9 th	Lab #6	(a) Ankle - Testing #1 – 5% (b) Other Foot/Lower Leg Support
Thursday May 10 th	Lab #7	Testing for Remaining Conditions
Monday May 14 th	Lab #8	Wrist/Elbow Conditions
Tuesday May 15 th	Lab #9	Wrist/Elbow Conditions
Wednesday May 16 th	Lab #10	Testing #2 – 5% Wrist/Elbow Condition
Thursday May 17 th	NO LAB	
Monday May 21 st	Lab #11	Thumb/Knee/Shoulder Supports
Tuesday May 22 nd	Lab #12	Thumb/Knee/Shoulder Supports
Wednesday May 23 rd	Lab #13	Lab Testing #3 – 5%
Thursday May 24 th	NO LAB	Final Test for Course

VI TRANSFERABILITY

U of A – PEDS 240 (3)

U of C – Jr. KNES (3)

U of L – KNES 4650 (3)

Transferable for 3 credits at Athabasca, Augustana, Concordia, and Kings College.

NOTE: Students may also apply for Level I certification through the Sports Medicine Council of Alberta (SMCA) for Athletic First Aid and for which additional costs may be required.