

DEPARTMENT OF
PHYSICAL EDUCATION, ATHLETICS, & KINESIOLOGY
GRANDE PRAIRIE REGIONAL COLLEGE

P E 2 4 0 0

INTRODUCTION TO SPORTS INJURIES

UT: 3CR (3-0-1.5)

COURSE OUTLINE: Winter Semester 2003

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.

Prerequisite: PE 1000 or equivalent

I GENERAL INFORMATION

Instructor: Ray Kardas

Office: C418

Phone: 539-2990

Email: rkardas@gprc.ab.ca

Office Hours: MWF from 1:00 – 2:00 PM and
by appointment

Class Days & Times:

Tuesdays and Thursdays

8:30 – 10:00 AM (E301)

Class Format: Lectures, assigned
questions, presentations.

Lab: Wednesday, 2:30 – 3:50 (J130)

II COURSE EVALUATION

- | | | | |
|---|---------|---|-----|
| 1. Four Tests: | 4 x 15% | = | 60% |
| 2. LAB Practicals | | = | 20% |
| 3. Presentations and Class
Contributions | | = | 20% |

III COURSE MATERIAL

1. W.E. Prentice (2003). *Arnheim's principles of athletic training: A competency based approach*, 11th ed. Boston: McGraw-Hill.
2. Supplementary Course Readings and Workbook.

IV PROPOSED COURSE SEQUENCE

The instructor reserves the right of adjusting the course material for the perceived and real needs of the students which may result in a deviation from the following plan.

January 7	Introduction/orientation for course, responsibilities of the students
January 9	Part I: Professional development and responsibilities. Text chapters 1 – 3 (pp. 2 – 79)
January 14, 16, 21 & 23	Part II: Risk Management. Text chapters 4 – 8 (pp. 80-227)
January 28	Test #1 (Parts I & II)
January 30, Feb 4 & 6	Part III: Pathology of Injury. Text chapters 9 – 10 (pp. 228 – 277)
February 11, 13, & 18	Part IV: Management Skills. Text chapters 11 – 17 (pp. 278 – 487)
February 20	Test #2 (Parts III & IV)
February 24 – 28	Winter Break
March 3 – April 16	Part V: Specific Sport Conditions. Text Chapters 18 – 29 (pp. 489 – 971)
March 20	Test #3 (Chapters 18 – 23)
April 15	Test #4 (Chapters 24 – 29)

V PROPOSED LAB SEQUENCE

January 8	Sports Facilities – Safety Checklists
January 15	Introduction to taping, wrapping & bandaging
January 22, 29 & February 5	Conditions of foot and ankle
February 12	Conditions of knee and thigh
February 19	Conditions of forearm, wrist and hand
March 5, 12 & 26	Other assorted taping procedures
April 2, 7 - 11	Lab Theory Test/ week of practicals

NOTE: Lab attendance is compulsory. Evaluations will be ongoing from January 10th. Missed labs mean missed marks.

IV 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 will also receive Level I certification for athletic First Aid through the Sports Medicine Council of Alberta for which additional costs may be incurred.