



Grande Prairie Regional College

Department of Physical Education, Athletics & Kinesiology

COURSE OUTLINE – WINTER 2012

PE 2400 Introduction to Sports Injuries

INSTRUCTOR:	Ray Kardas	PHONE	Office: 539-2990
		E-MAIL	rkardas@gprc.ab.ca
OFFICE HOURS	C418 Drop in or by appointment	CLASS TIMES	Tuesdays & Thursdays 8:30 a.m. – 9:50 a.m. (E305)
		LAB TIMES	Wednesday, 14:30 – 16:20 (J228)

PREREQUISITE(S):

PE1000 or Equivalent

REQUIRED TEXT/RESOURCE MATERIALS:

Prentice, W.E. (2010). Essentials of Athletic Injury Management, 8th Edition. New York: McGraw-Hill.

Sport Medicine Council of Alberta: AIM and Taping Manuals.

CALENDAR DESCRIPTION:

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

CREDIT/CONTACT HOURS: 3 (3-0-2) UT [75 hours]

DELIVERY MODE: Lecture, Problem-Solving exercises, practical labs

OBJECTIVES:

1. To provide the student with a knowledge and understanding of the basic concepts of athletic injuries; injury assessment; prevention and management.
2. 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.

TRANSFERABILITY:

UA, UC (as jr. Kines.), UL (KNES 4650) AU, AF, CU, KUC (See page 163 of GPRC 2010-2011 Calendar.)

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.

GRADING CRITERIA:

Alpha Grade	4-point Equivalent	Designation
A+	4.0	EXCELLENT
A	4.0	
A-	3.7	FIRST CLASS STANDING
B+	3.3	
B	3.0	GOOD
B-	2.7	
C+	2.3	SATISFACTORY
C	2.0	
C-	1.7	
D+	1.3	MINIMAL PASS
D	1.0	
F	0.0	FAIL
WF	0.0	FAIL, withdrawal after the deadline

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 on p. 44 of the GPRC Admission Guide, 2011-2012.

EXAMINATIONS

Test #1	January 24 (SMCA material and Part 1)	15%
Test #2	February 7 (Part 2)	15%
Test #3	March 6 (Part 3, Chapters 13-17)	15%
Test #4	March 27 (Part 3, Chapters 18-21)	15%
Test #5	April 12 (Part 3, Chapters 22-25)	15%

*Practical and Written Lab Exams will be held during the
Week of April 2-5*

25%
100%

Note: Student must show proof of student First Aid and CPR to pass the course. Opportunity will be provided to secure this during the course.

STUDENT RESPONSIBILITIES:

It is the student's responsibility to read and understand the required areas of the text. The objective of the lectures is to highlight the major concepts of each topic area and provide examples to facilitate comprehension.

Lab attendance in proper attire is compulsory. Students will lose 2% from the lab grade for each absence.

STATEMENT ON ACADEMIC REGULATIONS AND STUDENT CONDUCT:

Please refer to pages 43-52 of the Admissions Guide: 2011-2012.