

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

P E 2 4 0 0

INTRODUCTION TO SPORTS INJURIES

UT: 3 CR (3 - 1.5)

COURSE OUTLINE: Winter Semester 2006

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

Class Days & Times:
Tuesdays and Thursdays
8:30 – 9:50 (D308)
Class Format: Lectures, assigned questions.
Lab: Wednesday, 2:30 – 3:50 (J226)

II COURSE EVALUATION

1. Four Class Tests: = 80%
2. LAB Practicals = 10%
3. Student Participation (Review Questions) = 10%

Grading for PE2400 is based on the following:

Letter Grade	Grade Point Value	Percentage Range
A+	4.0	94 – 100
A	4.0	89 – 93
A-	3.7	85 – 88
B+	3.3	81 – 84
B	3.0	77 – 80
B-	2.7	72 – 76
C+	2.3	69 – 71
C	2.0	64 – 68
C-	1.7	60 – 63
D+	1.3	55 – 59
D	1.0	50 – 54
F	0.0	Below 50

III COURSE TEXTS

Pfeiffer, R.P., and Mongus, B.C. (2005). Concepts of Athletic Training, 4th ed. Boston: Jones and Bartlett, Sport Medicine Council of Alberta (2004) Athletic First Aid.

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.

NOTE: Lab attendance is compulsory. Evaluations will be ongoing from January 11th. Missed labs result in a 1% deduction from your lab mark for each lab missed. Final lab tests will be conducted during the week of April 3-7, 2006.

Date	Description
Jan. 5	Intro. To course and requirements, The Concept of Sports Injury (Chapter 1 of Pfeiffer)
10, 12, 17, 19	Athletic First Aid: Course of the Sport Medicine Council of Alberta
Labs 11, 18	Note: This segment of PE2400 leads to Level 1 Certification in the Sport Medicine Council of Alberta. Attendance at all classes is <u>compulsory</u> in order to achieve certification.
24	Test on Athletic First Aid is for certification and is a course requirement. Test #1 – 20%
Feb. 26, 31, 2, 7, 9, 14	Chapters 2 – 8 of Pfeiffer
16	Test #2 - 25%
20-24	Winter Break: No classes
Mar. 28	Injuries to the Head, Neck and Face
2	(Ch. 9 of Pfeiffer)
7	Injuries to the Thoracic through Coccygeal Spine (Chapter 10)
9	Injuries to the Shoulder Region (Chapter 11)
14	Injuries to the Arm, Wrist and Hand (Chapter 12)
16	Injuries to the Thorax and Abdomen (Chapter 13)
21	Injuries to the Hip and Pelvis (Chapter 14)
23	Injuries to the Thigh, Leg and Knee (Chapter 15)
28	Injuries to the Lower Leg, Ankle and Foot (Chapter 16)
30	Skin Conditions in Sports (Chapter 17)
Apr. 4	Test #3 – 25%
6, 11	Thermal Injuries (Chapter 18); Other Medical Concerns (Chapter 19); the Adolescent Athlete: Special Medical Concerns (Chapter 20)
13	Test #4 - 10%

V 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.