



DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – FALL 2020

PE 2400 A2: Introduction to Sports Injuries, 3 credit (3-0-2) UT [75 hrs, 15 wks]

INSTRUCTOR: Alexander Villafranca, PhD **VOICEMAIL:** 780-539-2971
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OFFICE HOURS: Digitally, by appointment

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.

PREREQUISITE(S)/COREQUISITE:

Prerequisite: PE 1000 (Human Anatomy) or equivalent.

MAIN REQUIRED TEXT/RESOURCE MATERIALS:

Fundamentals of Athletic Training, Fourth Edition. Lorin A. Cartwright, Kimberly Peer. Human Kinetics, 2019.

DELIVERY MODE(S):

FALL 2020 DELIVERY: Mixed Delivery. This course is delivered remotely with some face-to-face/onsite components at the GPRC Grande Prairie campus.

- For the remote delivery component (lectures): students must have a computer with a webcam and reliable internet connection. Technological support is available through helpdesk@gprc.ab.ca.
- For the onsite component (Labs): students must supply their own mask and *follow GPRC COVID-19 Campus Access Guidelines and Expectations*. The dates and locations of the onsite components can be found on the Course Calendar.

When in the labs, students must adhere to the following guidelines. As per the *GPRC COVID-19 Campus Access Guidelines and Expectation*, masks must be worn continuously due to the inability to effectively social distance during lab activities. Masks must also be worn while navigating hallways, classrooms and shared common spaces, including washrooms. In accordance with Departmental policies, students will sanitize their hands before handling equipment, and equipment will be sanitized between students. Failure to comply with these guidelines may result in removal from lab activities

and/or disciplinary action in accordance with GPRC's *Student Misconduct: Academic and Non-Academic Policy*.

LECTURE HOURS:

Tuesdays and Thursdays, 13:00-14:20

LAB HOURS:

L1- Mondays, 08:30-10:20

L2- Thursdays, 15:00-16:20

COURSE OBJECTIVES:

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

LEARNING OUTCOMES:

Students who successfully complete this course will be able to:

- Identify the various health professionals and their roles on the sports medicine team
- Identify the roles and responsibilities of the athletic therapist
- Identify and assess athletic injuries/conditions for treatment
- Explain athletic injuries/conditions to the athlete or client, and
- Develop proficiencies – preventative taping and strapping techniques for use with athletic injuries/conditions.

TRANSFERABILITY:

UA, UC, UL, AU, GMU, CU, CUC, KUC.

Please consult the Alberta Transfer Guide for more information

(<http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2>)

**** 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:

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN “C-” IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

COURSE SCHEDULE/TENTATIVE TIMELINE:

The instructor reserves the right to alter the timing, scope and depth of the topics covered based on the needs of students.

Wk.	Lecture	Theme	Topics	Suggested readings
1	1 Thurs, Sept 3, 2020	Introduction to the field and the course	<ul style="list-style-type: none">Review of syllabusWhat is athletic therapy?Scope of practiceBecoming an ATCareers in athletic therapyHow to study for this course	<p>On D2L: “Introduction to Athletic Therapy”. Frances Flint, PhD, CAT(C), ATC. <u>SKIP</u> THE SECTION “History of Athletic Therapy in Canada”</p> <p>On D2L: “Scope of Practice”. Canadian Athletic Therapists Association</p>
2	2 Tues, Sept 8, 2020	Ethical and legal considerations in athletic therapy	<ul style="list-style-type: none">What does it mean to be a professional?The difference between law and ethicsKey ethical issues and concepts in athletic therapyKey legal issues and concepts in athletic therapy	<p>On D2L: “Codes of Ethics and Professional Conduct” Canadian Athletic Therapists Association (CATA).</p> <p>On D2L: “EMERGENCY MEDICAL AID ACT”, Chapter E-7, Province of Alberta.</p> <p>On D2L: “Legal issues”. In: Fundamentals of Sports Injury Management. Lippincott Williams & Wilkins, 2011.</p> <p>On D2L: Ethics reading to be announced...</p>

	3	Thurs, Sept 10, 2020	Dealing with emergencies	<ul style="list-style-type: none"> • Making a plan • Non-technical skills in emergencies: Situational awareness, communication, and teamwork 	Chapter 23. Planning for emergencies On D2L: “Situational awareness”. From Safety at the Sharp End, CRC Press, 2008.
3	4	Tues, Sept 15, 2020		<ul style="list-style-type: none"> • Assessing and responding to situations that arise 	Chapter 24. Primary and Secondary Procedures
	5	Thurs, Sept 17, 2020		<ul style="list-style-type: none"> • Safely transferring the patient for specialized care 	Chapter 26. Stabilization and Transportation of Injured Athletes
4	6	Tues, Sept 22, 2020		<ul style="list-style-type: none"> • Communicable diseases • Universal precautions • Fact checking 	Chapter 31. Communicable Diseases On D2L: “Coronavirus Disease 2019 (COVID-19): Considerations for the Competitive Athlete”. Sports Health, May/June 2020.
	7	Thurs, Sept 24, 2020	Injury prediction and prevention	<ul style="list-style-type: none"> • Intro to prevention • Knowing your athletes 1 	Chapter 6. The pre-participation physical exam
5	8	Tues, Sept 29, 2020		<ul style="list-style-type: none"> • Knowing your athletes 2 	Chapter 30. Conditions and Illnesses
	9	Thurs, Oct 1, 2020		<ul style="list-style-type: none"> • Knowing the epidemiology of sports injuries and recognizing special environmental concerns 	On D2L: “General Considerations on Sports- Related Injuries”. In: Prevention of Injuries and Overuse in Sports. Chapter 25. Environmental Situations and Injuries
6	10	Tues, Oct 6, 2020		Test 1	n/a
	11	Thurs, Oct 8, 2020	<ul style="list-style-type: none"> • Using protective equipment 1 	Chapter 27. Protective taping and wrapping	
Oct 12-16- Fall break, no classes					
7	12	Tues, Oct 20, 2020	Injury identification and acute management 1	<ul style="list-style-type: none"> • Using protective equipment 2 	Chapter 28. Protective equipment used in athletics
	13	Thurs, Oct 22, 2020		<ul style="list-style-type: none"> • Types of injuries 	Chapter 8. Basics of Tissue Injuries
8	14	Tues, Oct 27, 2020		<ul style="list-style-type: none"> • Head 	Chapter 9. Head Injuries

	15 Thurs, Oct 29, 2020		<ul style="list-style-type: none"> • Face 	Chapter 10. Facial Injuries
9	16 Tues, Nov 3, 2020		<ul style="list-style-type: none"> • Throat and thorax 	Chapter 11. Throat and Thorax Injuries
	17 Thurs, Nov 5, 2020		<ul style="list-style-type: none"> • Abdomen 	Chapter 12. Abdominal Injuries
10	18 Tues, Nov 10, 2020		<ul style="list-style-type: none"> • Spine 	Chapter 13. Spinal Injuries
	Thurs, Nov 12, 2020		Test 2	n/a
11	19 Tues, Nov 17, 2020	Injury identification and acute management 2	<ul style="list-style-type: none"> • Shoulder 	Chapter 14. Shoulder Injuries
	20 Thurs, Nov 19, 2020		<ul style="list-style-type: none"> • Elbow, wrist and hand 	Chapter 15. Elbow Injuries Chapter 16. Wrist and Hand Injuries
12	21 Tues, Nov 24, 2020		<ul style="list-style-type: none"> • Upper leg, hip, and pelvis 	Chapter 17. Hip, Pelvis, and Thigh Injuries
	22 Thurs, Nov 26, 2020		<ul style="list-style-type: none"> • Knee 	Chapter 18. Knee Injuries
13	23 Tues, Dec 1, 2020		<ul style="list-style-type: none"> • Shank and foot 	Chapter 19. Foot, Ankle, and Lower-Leg Injuries
	24 Thurs, Dec 3, 2020	Introduction to rehabilitation	<ul style="list-style-type: none"> • General concepts 	On D2L: “Concepts of rehabilitation and healing”. From S. Hillman, 2012, Core Concepts in Athletic Training and Therapy instructor guide, (Champaign, IL: Human Kinetics)
14	25 Tues, Dec 8, 2020		<ul style="list-style-type: none"> • Therapeutic modalities 	On D2L: “Therapeutic modalities”. From S. Hillman, 2012, Core Concepts in Athletic Training and Therapy instructor guide, (Champaign, IL: Human Kinetics)
	26 Thurs, Dec 10, 2020	No class- use this time to study for your exams!		
15	27 Tues, Dec 15, 2020	-	Final exam week, exact date of final written exam TBD	n/a
	28 Thurs, Dec 17, 2020	-		n/a

Labs

Lab attendance is mandatory. Each unexcused absence will result in a 2% reduction from the total lab component for the course (from the student's total lab mark out of 40%). Exceptions will be considered on a case by case basis.

Lab section 1 (Monday), 08:30-10:20	Lab section 2 (Thursday), 14:30-16:20	Topic(s)
First week, No lab		
1. September 7	September 10	Medical bags, proper use of PPE and other precautions, principles of taping
2. September 14	September 17	Emergency care 1- Primary assessment, basic wound care
3. September 21	September 24	Emergency care 2- Secondary assessment
4. September 28	October 1	Emergency care 3- Splints, crutches, and transportation
5. October 5	October 8	Emergency care 4- Return to play assessment (including concussion identification and management)
Oct 12-16- Fall break, No lab		
October 19	October 22	Practical exam 1
6. October 26	October 29	Taping the foot and ankle (Handbook, Chapter 5, Chapter 6, in part)
7. November 2	November 5	Taping the knee and leg (Handbook, Chapter 6 and 7)
8. November 9	November 12	Taping the shoulder girdle (Handbook, Chapter 10)
9. November 16	November 23	Taping the elbow, wrist and hand (Handbook, Chapter 11)
10. November 23	November 30	Taping the fingers and thumb (Handbook, Chapter 12)
November 30	December 3	Practical exam 2
December 7	Dec 11th	No lab
Dec 14-19- Exam week, No lab		

NOTE: Student who are in the Thursday lab will have a lecture on Thursday from 13:00-14:20, and a lab from 15:00-16:20. If this tight schedule does not leave you enough time to transit from home to GPRC, you should sign up as soon as possible to attend the Thursday lectures from one of designated computer labs. This should be arranged in advance. More details about how to go about doing this will be available at the PEAK student orientation.

STUDENT RESPONSIBILITIES:

Note: Students must show proof of Standard First Aid and CPR to pass the course. There will be additional costs borne by the student for these certifications. Given the extenuating circumstances surrounding COVID-19, online Standard First Aid and CPR courses from reputable providers will be accepted, although students are cautioned that these online courses typically cannot be used to fulfill

CPR requirements for most fitness related certifications. The instructor strongly recommends in-person first aid and CPR training, if feasible.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at <http://www.gprc.ab.ca/programs/calendar/> or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

Assessment:

Task	Percent of final mark
Written test 1	15%
Written test 2	15%
Lab practical exam 1	20%
Lab practical exam 2	20%
Final written exam	30%

Further details regarding each examination will be given during the lectures and labs.